

CHAPTER 13

Understanding Drugs



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“ I have never been as **scared**
as I was **when I saw** my friend Chris
faint from **inhaling glue fumes**.

He blacked out right away, and I couldn't tell if he was breathing. I had to tell his parents what happened so that they could call an ambulance. I didn't know if Chris was going to live or die. ”

Health IQ

PRE-READING

Answer the following multiple-choice questions to find out what you already know about drugs. When you've finished this chapter, you'll have the opportunity to change your answers based on what you've learned.

1. Which of the following is NOT a drug?

- a. caffeine
- b. alcohol
- c. medicine
- d. water

2. Prescription medicines

- a. are not drugs.
- b. can be bought only with a doctor's written order.
- c. can be bought without a doctor's permission.
- d. are illegal for teens.

3. A drug can

- a. change how the mind works.
- b. change how the body works.
- c. damage human health.
- d. All of the above

4. Who can get addicted to drugs?

- a. adults who take drugs
- b. criminals who take drugs
- c. teens who take drugs
- d. all of the above

5. Which of the following is NOT a form of drug abuse?

- a. taking an illegal drug
- b. taking too much of a medicine on purpose
- c. taking medicine as recommended by a doctor
- d. taking someone else's prescription medicine

6. Which of the following statements is true?

- a. Teens can help each other avoid drugs.
- b. If you refuse drugs, you have to give an explanation.
- c. Most teens do drugs.
- d. Drugs can improve a person's social life.

ANSWERS: 1. d; 2. b; 3. d; 4. d; 5. c; 6. a

Lesson 1

Facts About Drugs

Have you ever felt different after drinking caffeinated soda, coffee, or tea? Some people feel more alert after drinking something that has caffeine in it. These drinks affect the mind and body because caffeine is a drug.

What You'll Do

- Explain how drugs affect people.
- Describe how reactions to a drug can vary.

Terms to Learn

- drug

Start Off Write

Why is it important to know how drugs can affect people?

Drugs Change the Mind and Body

A **drug** is any substance that changes how the mind or body works. Food and water are not drugs because the body needs them every day in order to function properly. Drugs are not usually needed on a daily basis. And unlike food, drugs do not give the body nutrients. Certain drugs, such as cough syrup, can affect the body in healthy ways. But drugs can also affect your body in unhealthy ways. In fact, even cough syrup can be dangerous. Any drug may change the mind or body in unexpected and possibly harmful ways.

Because drugs can be dangerous, people have rules about drugs. These rules say when and how each kind of drug can be used. Many drugs are never legal for anyone. Some drugs are legal only for adults. Other drugs require a doctor's permission for someone to use them. By following rules about drugs, people can avoid many health risks caused by taking drugs.

Figure 1 There are several different kinds of drugs.



Drugs Are Unpredictable

Predicting how drugs will affect a person is often hard. Different people can react differently to the same drug. And the same person can react differently to the same drug at different times. How a person responds to a drug depends on many things. Table 1 lists several things that affect how people respond to drugs.

Body weight plays a major part in determining a drug's effects. A person with low body weight usually needs less of a drug than a larger person does to feel the same effects. Young people usually weigh less than adults do. Because of this lower weight, drugs can have strong effects on young people. This is one reason that some drugs are legal only for adults.

The amount of a drug taken also affects a person's response to the drug. Taking a large amount of a drug at one time causes a strong reaction. Taking a small amount of the drug causes a weaker reaction. Medicines come with instructions that explain how much of the drug can be taken safely at once. Taking too much of a drug can be very dangerous—even fatal.

Unpredictable effects are only one of many risks from taking drugs. Taking drugs can put relationships and lives at risk. It can also affect your responsibilities. Before using any drug, you should make sure you know the risks. Then you will be able to make an informed decision about using it. You can ask a parent or trusted adult for help in finding information about the risks of taking drugs.

TABLE 1 Factors that Affect a Person's Reaction to Drugs

Weight	A lighter person needs less of a drug to feel the same effects that a heavier person feels from a drug.
Mood	Drugs can intensify your mood.
Food	Having food in the stomach can decrease the strength of some drugs.
Mixing	Mixing different drugs can change how they affect the mind and body.
Amount	Taking more of a drug causes a stronger reaction.
Allergies	Some people have allergies to certain drugs, causing unexpected and dangerous reactions to the drug.

Lesson Review

Using Vocabulary

1. Define *drug* in your own words.

Applying Concepts

2. Why is food not a drug?
3. How does body weight affect how a person responds to a drug?

Critical Thinking

4. **Making Inferences** When people eat a lot of sugar, they sometimes feel full of energy. Why might some people think of sugar as a drug? Why might others not consider sugar a drug?

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Topic: **Drugs**

HealthLinks code: **HD4030**

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Lesson 2

Medicine

What You'll Do

- Compare the terms *drug* and *medicine*.
- Explain the difference between prescription and over-the-counter medicines.
- List three things you can do to use medicines safely.

Terms to Learn

- medicine
- over-the-counter (OTC) medicine
- prescription medicine

Start Off Write

What advice would you give to a friend about how to use medicine safely?

Mike's older brother, Jay, had some painkillers left over from his oral surgery. Now, Jay wants to take some of the pills for fun. Mike is worried. What would happen if Jay took too many pills at once?

Any drug—even one that is supposed to help people stay healthy—can be dangerous. Taking painkillers when they aren't needed can even cause death. Understanding the risks can help you use medicines safely.

What Is a Medicine?

A **medicine** is a drug that is used to cure, treat, or prevent pain, disease, and illness. When used correctly, medicines can save lives. However, improper use of medicines can cause health problems. For example, taking too much of a medicine can lead to sickness or death. Other examples of improper use include taking medicine when it is not needed or taking medicine with other drugs. Even accidentally taking the wrong medicine can make people sick. Following instructions from a doctor or a medicine's label will help you use medicines safely.

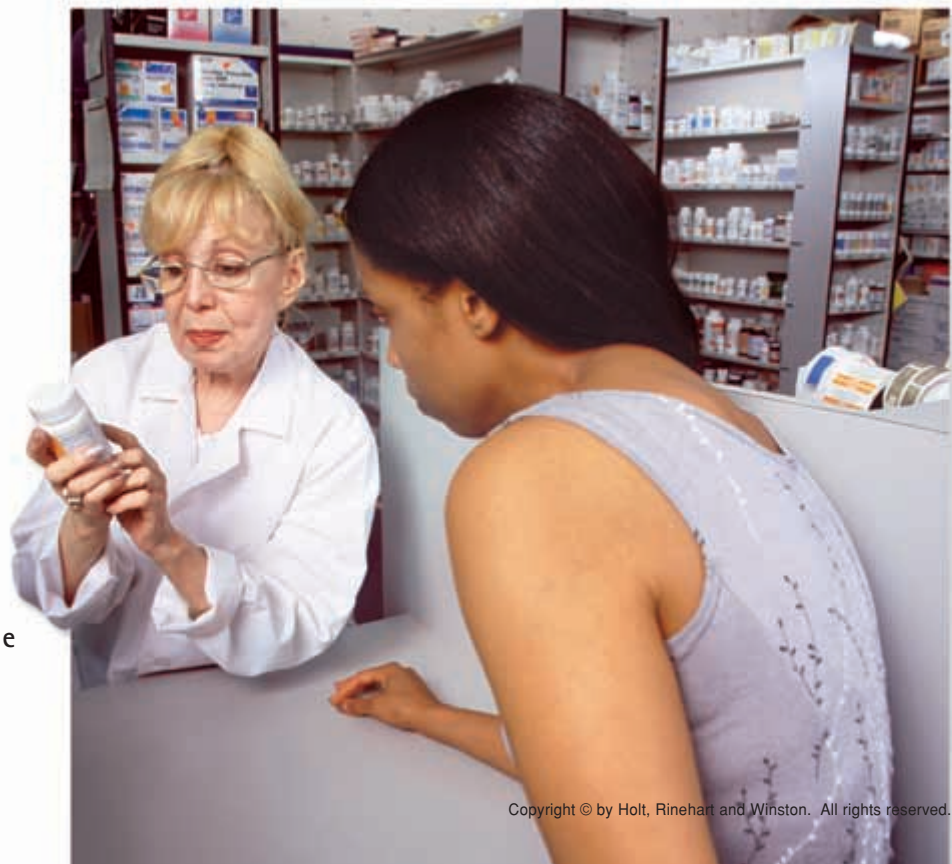


Figure 2 Advice from professionals helps people use medicine safely.



Figure 3 Medicines come in many forms.

Different Forms of Medicine

Medicines come in many forms. Medicine can take the form of a pill, liquid, syrup, cream, or spray. Some medicines can be swallowed, inhaled, or injected. Others are rubbed into the skin or dripped into the eyes, nose, or ears. How people take a medicine influences the effects of the medicine. For example, drugs that are inhaled reach the blood very quickly. Drugs that are swallowed take longer to reach the blood. So, a medicine that is helpful when swallowed might be dangerous when inhaled. It is important to take a medicine exactly as directed by a doctor or by the medicine's label.

Over-the-Counter Medicines

Over-the-counter (OTC) medicines are medicines that can be bought without a doctor's written order. People can buy OTC medicines at drugstores and grocery stores. These drugs are used for minor problems, such as headaches or sore throats. They are not used to cure serious illnesses. OTC medicines usually have few side effects. *Side effects* are unexpected changes in the body or mind that are caused by medicines. One example of a side effect is feeling tired. If OTC medicines are not used properly, they can be dangerous. People who use OTC medicines should follow the label's instructions carefully.

MATH

ACTIVITY

The labels of over-the-counter pain relievers list how many pills a person feeling pain should take. Suppose a label says that an adult should take 1 to 2 pills every 4 to 6 hours while the pain lasts, but no more than 6 pills in a 24-hour period. What is the highest number of pills an adult can take if the pain lasts for 2 days?

Myth & Fact

Myth: Taking more medicine than the recommended amount will make it work faster.

Fact: Taking more medicine than the recommended amount is very dangerous. This amount of medicine could cause unexpected side effects and health problems.

Prescription Medicines

Prescription medicines (pree SKRIP shuhn MED 1 suhnz) are medicines that can be bought only with a written order, or *prescription*, from a doctor or other licensed professional. These drugs are used to treat, prevent, or cure serious medical problems. Sometimes, these medicines have strong side effects. Common side effects from prescription medicines include headaches, nausea, and tiredness. However, a medicine's health benefits usually make up for any uncomfortable side effects.

People should never take a prescription medicine unless a doctor recommends it. Prescription medicines are strong enough to fight serious health problems. They have powerful effects on the mind and body. If they are not used correctly, they can be dangerous. Taking too much of some prescription medicines can even be deadly.

Reading a Medicine Label

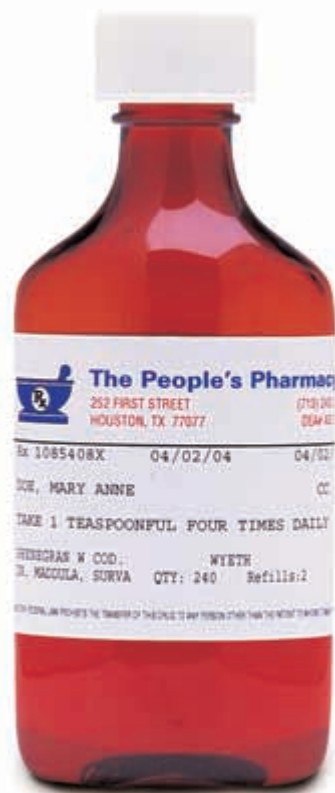
Reading medicine labels can help you use medicines safely. Both OTC medicines and prescription medicines have detailed instructions on their labels. The labels state how much of the medicine to take at one time and how often to take the

medicine. This amount can vary depending on a person's age. The labels also tell you when a medicine is too old to use. A medicine may no longer work properly after this date. The labels also warn you of any possible side effects. If serious side effects occur, you should talk to a doctor.

Prescription labels contain some extra information. They show the patient's name and the doctor's name. Labels for prescription medicines may list special directions for individual patients.



OTC medicine



Prescription medicine

Figure 4 Both OTC and prescription medicines have instructions on the label.



Figure 5 Always check to see how much of a medicine you should take.

Using Medicines Safely

Following directions from doctors and on medicine labels helps make using medicine safe. But there are other things to know about medicine safety. One rule is never to mix drugs unless a doctor tells you to. Taking a medicine with another drug—even another medicine—can change the effects of the drugs. Another part of medicine safety is to be aware of allergies. Some people have sensitive reactions, or allergies, to certain medicines. If you react strangely to a drug, you should tell a doctor. If you know that you have a drug allergy, you can carry a card that says so. The card will keep people from giving you that drug in an emergency.

Medicine is not always the best way to solve or prevent health problems. For example, if you have a headache you may need water. If you feel bad, make sure to get enough food, exercise, sleep, and water. If you get enough of these things, then medicine may help you feel better. Ask an adult before taking any medicine.

LIFE SKILLS ACTIVITY

MAKING GOOD DECISIONS

In a small group, discuss how to know whether you need medicine for a health problem. Imagine that you have a sore throat, and decide what to do about it. Is an OTC medicine always the best way to get rid of a sore throat?

Lesson Review

Using Vocabulary

1. What makes medicine a drug?
2. What is the difference between over-the-counter medicine and prescription medicine?

Understanding Concepts

3. What are three things you can do to use a medicine safely?

Critical Thinking

4. **Applying Concepts** Suppose that you spent a day hiking outside in strong sunlight. You ran out of water before you finished the hike. That night, you got a headache that really bothered you. How should you try to get rid of the headache? Is medicine the best solution in this case?

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Topic: **Medicine Safety**
HealthLinks code: **HD4066**

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Lesson 3

Illegal Drugs

What You'll Do

- Describe the dangerous effects of marijuana.
- List six health problems caused by inhalants.
- Explain why anabolic steroids are dangerous.

Terms to Learn

- gateway drug
- stimulant
- depressant
- hallucinogen

Start Off Write

What would you tell a friend who wanted to try marijuana?

Rose's friend Becky inhaled fumes from a can of paint last week. Becky just laughed when Rose told her that inhaling fumes was dangerous.

Inhaling poisonous fumes is no laughing matter. These drugs are very dangerous, and can be fatal. Taking dangerous drugs can damage your physical, social, and mental health.

Marijuana

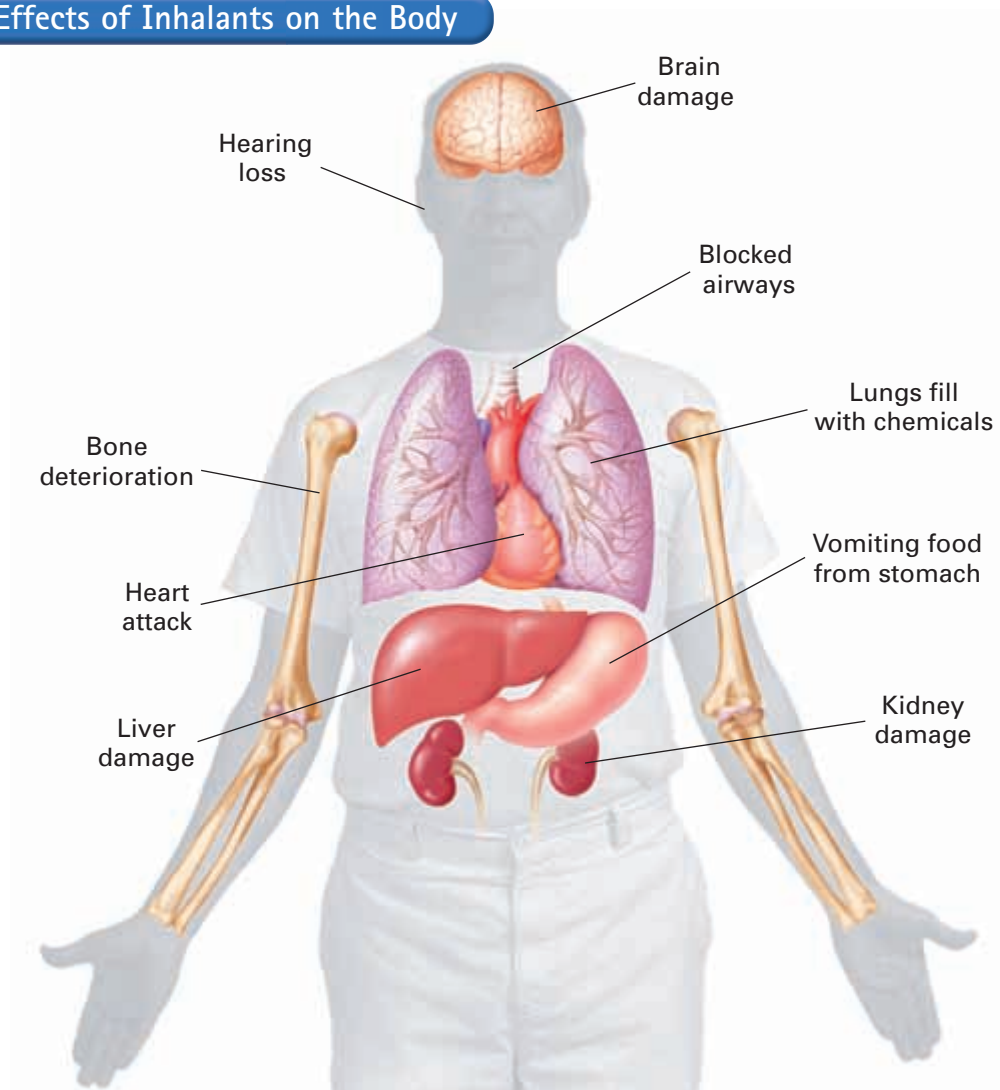
Marijuana (MAR i WAH nuh) is one of the most commonly used illegal drugs. This drug has many names, such as pot, grass, bud, and weed. People who abuse marijuana usually smoke parts of the dried plant. The drug is often smoked from a rolled-up paper, called a *joint*. Smoking marijuana can make people nervous and can raise their heart rate. Marijuana can harm the immune system, increasing a person's risk of developing infections. The drug also makes it hard to pay attention. Marijuana can affect short-term memory and the ability to judge time and distance. Marijuana is considered to be a gateway drug. A **gateway drug** is a drug that introduces people to drug use, increasing the risk that they will try stronger drugs.

Long-term use of marijuana can damage the lungs. Tar and chemicals build up in the lungs when marijuana is smoked. Problems similar to those caused by smoking tobacco may develop, such as cancer. In fact, five joints can contain as many cancer-causing chemicals as seven packs of cigarettes do.



Figure 6 Marijuana is used in many different forms.

Figure 7 Effects of Inhalants on the Body



Inhalants

Inhalants (in HAYL uhnts) are chemical products that have strong fumes, or odors. Examples include nail polish remover and paint. Breathing fumes from such products makes a person feel lightheaded. Some people abuse inhalants to feel this way for fun. However, inhalants also cause dizziness, nosebleeds, nausea, headaches, and, in some cases, death.

Serious effects can occur immediately after using inhalants. Breathing these products can make the heart stop beating within a few minutes. Inhalants can also keep a person from getting enough air. If chemicals fill the lungs, there is no room for fresh air. If the drug causes nausea, vomit can also prevent air from reaching the lungs. Using inhalants can lead to death.

Death is the most serious danger of using inhalants, but there are other dangers. Inhalants can cause brain damage and hearing loss. They can also damage the kidneys, the liver, and bones.

WARNING!

A Chemical Smell

Accidentally inhaling a chemical product can be just as dangerous as inhaling one on purpose. If you are having a strong reaction to a chemical smell in your home, get fresh air immediately by opening all of the windows or by going outside.



Figure 8 It is estimated that cocaine is involved in 29 percent of drug-related trips to the emergency room.

Anabolic Steroids

Anabolic steroids (A nuh BAH lik STER oidz) are drugs that are abused to build muscles. Steroids can be used legally when they are prescribed by a doctor. However, some people illegally abuse steroids to improve their athletic ability. Steroids cause fast weight gain and muscle growth. But these drugs also increase one's risk of having a stroke or heart attack. Other effects include high blood pressure, liver and kidney tumors, serious acne, and dangerous behavior. Young people who abuse steroids also risk stunting their growth. Steroids can cause enlarged breasts and genital shrinking in men. These drugs can cause facial hair and a deeper voice in women.

Stimulants and Depressants

Stimulants (STIM yoo luhnts) and depressants (dee PRES uhnts) are drugs that affect the body in opposite ways. **Stimulants** are drugs that speed up the brain and the heart. **Depressants** are drugs that slow the body down.

Stimulants can raise heart rate, blood pressure, and brain activity. These drugs can speed up body processes too much, causing heart attacks, strokes, or even death. Cocaine and caffeine are examples of stimulants.

Depressants can slow the body processes so much that it is hard for the body to pump blood or get enough oxygen. Low breathing and heart rates can cause breathing failure, a coma, and, in some cases, death. Alcohol and sleeping pills are examples of depressants.

Hands-on ACTIVITY

DRUG AND CHEMICAL SAFETY

1. Examine empty boxes and containers from household chemical products and medicines provided by your teacher.
2. Make a table with columns for
 - (1) the name of each product
 - (2) chemicals in each product
 - (3) dangers of each chemical or product, and
 - (4) first-aid responses for exposure to each product.

3. Fill in the table by using the information on the labels of the chemical product containers.

Analysis

1. What are some dangers of these common household products? Are these dangers similar to the dangers of using illegal drugs?
2. What should you do if you accidentally breathe, swallow, or touch these products?

Other Illegal Drugs

Some illegal drugs can change how a person's senses work. **Hallucinogens** (huh LOO si nuh juhnhz) are strong drugs that can make people see and hear things that do not exist. This can cause people to do dangerous things that they otherwise would not do. Hallucinogens also cause anxiety and depression.

Opiates (OH pee its) are a group of drugs that are made from poppy flowers. Some opiates are used as medicine to treat severe pain. All opiates slow heart rate, breathing, and brain activity. Heroin (HER oh in) is an illegal opiate that is very dangerous. In large amounts, heroin or other opiates can be fatal.

Illegal drugs are very dangerous. The government monitors foods and legal drugs for our safety. Nobody monitors illegal drugs. Illegal drugs can be mixed with unknown chemicals that change the drugs' effects. A person can never know the strength of an illegal drug before taking the drug. There is never a good reason to risk taking an illegal drug.



Teen: What is ecstasy?

Expert: Ecstasy (EK stuh see) is an illegal drug that is both a stimulant and a hallucinogen. It can cause severe dehydration, which sometimes leads to death. It raises a person's heart rate and blood pressure, which can lead to a heart attack. Ecstasy also causes brain damage.



Figure 9 Illegal drugs do not have labels. People who take these drugs never know exactly what ingredients they contain.

Lesson Review

Using Vocabulary

1. Why is marijuana a gateway drug?
2. What is a hallucinogen?

Applying Concepts

3. Why are anabolic steroids dangerous?

4. What are six health problems caused by using inhalants?

Critical Thinking

5. **Applying Concepts** Marijuana has no warning labels. Design a label that warns people about the dangers of marijuana.

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www.scilinks.org/health
Topic: Anabolic Steroids
HealthLinks code: HD4009

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Lesson 4

Drug Abuse

What You'll Do

- Explain the difference between misuse and abuse.
- Discuss the costs of abusing drugs.
- Describe how drugs affect one's ability to make decisions.

Terms to Learn

- misuse
- abuse

Start Off Write

How could drug abuse damage a person's relationships?

Lynn knew that her mom used medicine for her back pain. But lately her mom seemed to take more pills more often. Lynn noticed that her mom got cranky and nervous whenever she ran out of the medicine.

If used correctly, medicines can help people. But Lynn's mother was not using her pain medicine correctly. Using too much of a drug—even a medicine—can cause serious problems.

Misuse and Abuse

Using drugs is not always dangerous. Most adults can control their use of alcohol to drink it safely. And medicine can cure disease. Drugs become dangerous when they are misused or abused. **Misuse** is the accidental incorrect use of a drug. An example of misuse is taking an extra pill of prescription medicine accidentally. **Abuse** is the purposeful incorrect use of drugs or the use of an illegal drug. An example of abuse is taking pain medicine when you are not in pain. Lynn's mother abused her pain medicine by taking pills when she did not need them.

The Cost of Abusing Drugs

Abusing drugs is very costly. People who abuse drugs risk more than damaging their physical health. They also risk losing their friends, families, and jobs. Friends and family members of drug abusers may feel scared or angry when a loved one abuses drugs. This situation can harm or destroy relationships. Drug abuse can also keep people from concentrating on responsibilities. As a result, drug abusers may lose their jobs or do poorly in school.

In addition to its social costs, drug abuse has high financial costs. Using a drug frequently can make a person want more of the drug. Buying so much of a drug becomes expensive.

Figure 10 People caught using illegal drugs can go to prison.



Drug Abuse Affects Decisions

Drugs change the way your mind works. For this reason, making healthy decisions while abusing drugs is difficult. Drug abuse can have terrible effects on social decisions. For example, drugs may influence a person's decisions about having sex. Sex can result in diseases, pregnancy, and confusing emotions. A person should never make such important decisions while influenced by drugs.

Drug abuse can also influence how people decide to spend their time. When people abuse drugs, they may forget about things that were once important to them. Drug abusers may neglect relationships with friends or family. They may neglect healthy activities, such as exercise. They spend their time using drugs or finding ways to get more drugs.

Avoiding drugs helps you focus on what is important to you. Without drugs, you can make healthy decisions. That way, you can be successful in reaching your goals.



Health Journal

Some drug abusers spend \$2,500 a month on drugs! In your Health Journal, write a paragraph describing how you would spend \$2,500 a month if you had that much money.



Figure 11 Avoiding drugs will help you do your best at whatever you like to do.

Lesson Review

Using Vocabulary

1. What is the difference between misusing and abusing a drug?

Applying Concepts

2. How can abusing drugs affect a person's friendships?
3. What are the costs of abusing drugs?

Critical Thinking

4. **Making Inferences** Depressants are drugs that slow down the body's functions. How do you think depressants could change the way a person's mind works? How could these changes affect a person's ability to make decisions?

Lesson 5

Drug Addiction

Eduardo knew that Uncle Dave was trying to quit using drugs. He had tried to quit before but had not succeeded. Why was it so hard for Uncle Dave to quit?

When people take strong drugs or take drugs for a long time, quitting can be very difficult. The body gets so used to drugs that a person feels uncomfortable without them.

What You'll Do

- **Explain** how people can form a drug addiction.
- **Describe** how difficult it is to quit using drugs once a person is addicted.

Terms to Learn

- tolerance
- withdrawal
- drug addiction

Start Off Write

How does a person become addicted to drugs?

Becoming Addicted

Suppose that a person takes a drug many times. Eventually, the body will need more of the drug to feel the original effect. **Tolerance** is a condition in which a person needs more of a drug to feel the original effects of the drug. When a person takes more of a drug to feel its original effect, the problem gets worse. The person may begin to feel uncomfortable without the drug and suffer from withdrawal (with DRAW uhl). **Withdrawal** is the body's reaction to not having a drug that is usually present in the body. Signs of withdrawal include headaches, chills, and nausea. People experiencing withdrawal may have trouble paying attention. When a person experiences withdrawal, it is a sign that the person is dependent on a drug. *Dependence* is the need to take a drug in order to feel normal. If a person is dependent on a drug, he or she craves it every day and has an addiction. **Drug addiction** is the failure to control one's use of a drug. The best way to avoid drug addiction is never to start abusing drugs.

Figure 12 This is an example of how drug abuse can lead to dependence on the drug.



Takes pain killers when he has no headache



Needs many pills to relieve the pain of a headache



Takes pills all the time—without them, he would have a headache

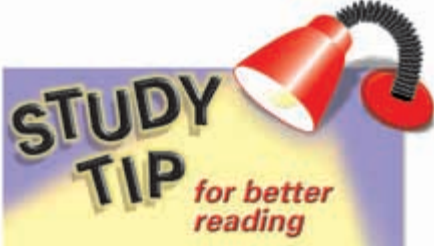
Recovery

Recovering from a drug addiction is very hard. Addicted people who stop using drugs go through a tough period of time. Withdrawal from an addiction can be painful and even dangerous. Withdrawal is painful because the body has been used to large amounts of a drug. When a person stops taking the drug, a major change in body chemistry takes place. Withdrawal from some drugs, such as alcohol, can require medical help.

Unfortunately, withdrawal makes it hard for a person to stop using a drug. People who try to quit may start using drugs again to avoid the painful symptoms. However, the extreme discomfort of withdrawal will go away. The time needed to recover from withdrawal depends on the kind of drug addiction. With support, a person can recover from drug addiction and live a healthy life.



Figure 13 Support groups can help people get through the tough process of ending a drug addiction.



STUDY TIP for better reading

Reviewing Information
Look at the introductory story about Eduardo and his uncle, Dave. Using the words *tolerance*, *withdrawal*, and *addiction*, write a few sentences to answer Eduardo's question. Why was it hard for Dave to quit if he really wanted to stop using drugs?

Lesson Review

Using Vocabulary

1. How do tolerance and withdrawal contribute to forming a drug addiction?

Understanding Concepts

2. Why is it difficult for a person who has a drug addiction to stop using drugs?

Critical Thinking

3. **Applying Concepts** A friend who just quit smoking tells you that she can't think clearly without cigarettes and may start smoking again. Use your knowledge of withdrawal to encourage the friend to avoid cigarettes a little longer.



internet connect

www.scilinks.org/health
Topic: Drug Addiction
HealthLinks code: HD4028

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Lesson 6

Refuse to Abuse

What You'll Do

- **Explain** how avoiding drug environments can help you stay drug free.
- **List** four ways to deal with problems without using drugs.
- **Describe** how you could refuse an offer to try drugs.

Start Off Write

How could friends help you refuse to try drugs?

Angela knew that some older teens at her cousin's party would be smoking marijuana. She didn't want to try marijuana and felt nervous just knowing it would be at the party. What could she do?

Angela has many options for avoiding drugs. She could practice refusing drugs. Or, she could stay home from the party and avoid drugs completely. Planning a way to avoid drugs ahead of time can help you stay drug free.

Avoiding Drug Environments

One way to avoid drugs is to stay away from places where they are used. For example, if you think drugs will be used at a party or activity, do not go. Remember that you can still be social while avoiding drug environments. If someone invites you to a party where drugs may be used, you can suggest going somewhere else. Many fun things do not involve drugs. By filling your time with drug-free activities in drug-free places, you can avoid a lot of social pressure to use drugs.

Drug-Free Coping

Some people use drugs to cope, or deal with problems. This makes quitting very difficult. It is important to find drug-free ways to deal with problems. Talking to a friend, parents, or trusted adult can be a good first step to coping. Even if talking to someone does not solve a problem, that person may suggest other sources of help. The person might suggest that you speak to a counselor, see a doctor, or call a teen hotline.



Figure 14 Talking to a trusted adult can help you solve problems without using drugs.

Refusing Offers

If you were offered drugs, would you know how to refuse? Thinking about ways to refuse drugs ahead of time can be helpful. Then, if you ever face that situation, you'll know what to do. Simply saying, "No, thanks," is usually enough. But you may be more comfortable giving a reason why you don't want to do drugs. Or you may want to suggest another idea, such as getting ice cream. Another way to escape uncomfortable situations is to leave. Walking away from an offer sends a clear message that you do not want to try drugs.

Remember that most teens do not do drugs. Friends that share your ideas about drug abuse can help you avoid drugs. These friends can set examples of how to refuse drugs. They can support you when you act on your decisions about drugs. And most important, these friends can enjoy doing drug-free activities with you.



Figure 15 The Red Ribbon Campaign helps people stay drug free. It honors Kiki Camarena, who was killed while working for the U.S. Drug Enforcement Agency.

LIFE SKILLS ACTIVITY

PRACTICING WELLNESS

Make a list of 10 fun, drug-free things that you like to do. Then, meet with other students in small groups to exchange ideas. Add other students' ideas to your list if those ideas sound like fun to you. Keep this list in a safe place at school or at home. Look at the

list when you feel bored or if you are tempted to try drugs. As a class, make one huge poster that lists every idea that was mentioned. Put this poster up in the classroom or in a place where everyone at school can look at it to get ideas for alternatives to using drugs.

Lesson Review

Applying Concepts

1. How can avoiding drug environments help you stay drug free?
2. What are four ways to deal with personal problems without using drugs?

Critical Thinking

3. **Using Refusal Skills** Suppose that you are at a party with a friend. An older teen offers your friend some drugs. How could you use refusal skills to help your friend get out of an uncomfortable situation?

Chapter Summary

- Drugs change how the mind and body work. These changes can be dangerous.
- Some drugs can be used as medicine to cure, treat, and prevent disease. Medicine can be dangerous if it is not used correctly.
- Some people illegally abuse marijuana, inhalants, steroids, stimulants, and depressants.
- Abusing drugs is very costly—financially, physically, and socially.
- Drug abuse can also affect decision making.
- Drug addiction can ruin relationships with friends and family.
- Ending an addiction is very difficult.
- Refusal skills, such as saying “No, thanks,” leaving uncomfortable situations, or suggesting alternatives, can help you refuse drugs.

Using Vocabulary

For each pair of terms, explain how the meanings of the terms differ.

- 1 drug/medicine
- 2 misuse/abuse
- 3 prescription medicine/OTC medicine

For each sentence, fill in the blank with the proper word from the word bank provided below.

medicine	tolerance
drug addiction	gateway drug
drug	withdrawal

- 4 Marijuana is considered a(n) ____ because it may lead users to try other drugs.
- 5 When a drug user can't control the need for a drug, the drug user has a(n) ____.
- 6 Headaches, chills, and nausea are often signs of ____.
- 7 The need to take more of a drug to feel the original effects is called ____.

Understanding Concepts

- 8 Why is it difficult to recover from a drug addiction?
- 9 What should you do if you experience strange side effects after taking a drug?
- 10 Why is it dangerous to take a drug that does not have a label?
- 11 What are four ways to refuse an offer of drugs?
- 12 What are six health problems caused by inhalants?
- 13 What are three social costs of abusing drugs?
- 14 How can a person build up a tolerance to a drug?
- 15 Why are foods not considered to be drugs?
- 16 How does the amount of a drug taken affect a person's reaction to the drug?
- 17 What can you do to ensure that you are never given a drug that you are allergic to?

Critical Thinking

Applying Concepts

- 18 Suppose you have a friend on the football team. You notice that he has recently gained a lot of weight and has bulked up with muscles. He has also been very aggressive lately. What do you think could be causing these changes?
- 19 If one of your friends started using drugs, what kind of changes might you notice in your friend?
- 20 What do you think is the biggest danger for each of the following kinds of drugs: marijuana, inhalants, anabolic steroids, stimulants, and depressants. Support your answer with specific reasons.

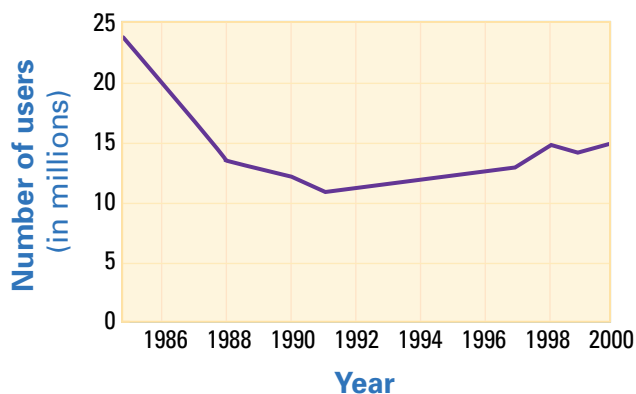
Making Good Decisions

- 21 Imagine that your friend is very sad. This friend suggests going to a party and doing drugs to forget his or her problems. What could you suggest as an alternative solution?
- 22 A friend of yours tells you that she has a drug addiction. Your friend says that she has entered a drug treatment program but that it will be difficult to recover. What can you do to help your friend recover?
- 23 Suppose you need to get home from a party. You could take a bus, walk, get a ride from a friend, or call your parents to ask for a ride. How might drugs affect your ability to make this decision? What could happen if you made the wrong decision while influenced by drugs?

- 24 A friend tells you that he is worried that his brother has a drug addiction. Your friend asks you where he could find help for his brother. What could you tell your friend?

Interpreting Graphics

People Who Use Illegal Drugs Monthly



Use the figure above to answer questions 25–28.

- 25 What was the trend in monthly illegal drug use between 1985 and 2000?
- 26 How many fewer monthly drug users were there in 2000 than in 1986?
- 27 During which years was the decline in monthly illegal drug use the greatest?
- 28 In what year was monthly illegal drug use the lowest?

Reading Checkup

Take a minute to review your answers to the Health IQ questions at the beginning of this chapter. How has reading this chapter improved your Health IQ?

Making Good Decisions

You make decisions every day. But how do you know if you are making good decisions? Making good decisions is making choices that are healthy and responsible. Following the six steps of making good decisions will help you make the best possible choice whenever you make a decision. Complete the following activity to practice the six steps of making good decisions.

The Way Home



Setting the Scene

Guillermo walks home from school every afternoon. He always hurries because he wants to get home in time to watch his favorite TV show. On his way home the last few days, Guillermo has been stopped by some older teens. The older teens always pressure him to try some drugs. Guillermo doesn't like talking to the older teens, but he knows that he would have to take a longer way home to avoid them. Guillermo goes to talk with his friend Steve about his problem.



The 6 Steps of Making Good Decisions

1. Identify the problem.
2. Consider your values.
3. List the options.
4. Weigh the consequences.
5. Decide, and act.
6. Evaluate your choice.

Guided Practice

Practice with a Friend

Form a group of three. Have one person play the role of Guillermo and another person play the role of Steve. Have the third person be an observer. Walking through each of the six steps of making good decisions, role-play Guillermo talking to Steve about his problem. Steve can help by brainstorming options with Guillermo. The observer will take notes, which will include observations about what the person playing Guillermo did well and suggestions of ways to improve. Stop after each step to evaluate the process.

Independent Practice

Check Yourself


After you have completed the guided practice, go through Act 1 again without stopping at each step. Answer the questions below to review what you did.

1. What values could Guillermo consider as he makes his decision?
2. What options does Guillermo have in this situation?
3. What are the consequences of each of his options?
4. Which of the six steps of making good decisions is the most difficult for you? Explain your answer.



On Your Own

Guillermo now takes a longer way home to avoid meeting the older teens. He tries to run most of the way home so that he won't miss much of the TV show he enjoys watching. Yesterday, Guillermo sprained his ankle while running home. His ankle hurts a lot, so Steve gives him a prescription painkiller that Steve took after his tonsil surgery. Steve says that the medicine is safe because it was prescribed by a doctor. Guillermo is not sure if he should take the medicine. Draw a comic strip that shows how Guillermo could use the six steps of making good decisions to decide whether to take Steve's medicine.

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