**2B 8th Grade Substance Abuse & Refusal Skills**

Name ___________________________ Teacher ___________ Block ______ Quiz Date ___________

*Drug* – substance leg____ or illegal that causes add______ or marked change in body f_______ or consciousness. Ex. = prescription drugs, alcohol, illegal drugs, marijuana, etc

**SOL 8.1 k - Explain how drugs affect the brain.**

**Your Brain and D.A.T.** – the brain is wired so that when you do something pleasurable you want to do it ag____. Survival behaviors such as ea____, sl______ and ex______ induce plea______ which causes us to repeat these behaviors, these types of behaviors are known as natu_______ rewards. Dr______ also cause our body to experience pleasure, however these are c_________ induced. The difference in the pleasure caused by nat______ rewards and dr____ can be described as the difference between someone whis______ in your ear and someone who sho______ in a megaphone. Just like turning do____ the volume on the radio when the music is too loud your brain will re_____ the number of cells that regulate ple______ if the pleasure is caused by something other than natural rewards, such as dr_________. This will cause the drug user to eventually become us_________ to experience pleasure. At this point the user will appear flat, l___________, and/or depr_________________.

**SOL 8.1 j - Research the signs, symptoms, and causes of addiction.**

*Addiction* – when the body becomes physically dep_________ on a substance to function nor____. Common addictive substance include; caffe____, nicotine, alcohol, some nasal sprays, prescription and illegal dr__________.

**What causes Addiction?** – It takes time to become add_________ to a certain substance. The first time you use an add_________ substance there is a feeling of pleasure. As you continue to use the substance you need mo_______ and more to get the sa_______ effect, this is called tol_________. Eventually, the body becomes addicted to the substance and the user no longer experiences pleasure from the substance and takes it simply to prevent withdrawal symptoms - taking the substance just makes them feel nor_____________.

**Signs/Symptoms of Addiction** – cannot stop taking the substance, withdrawal symptoms when they try to stop or just simply go without the substance,

**Sign** – something anot__________ person notices (bloodshot eyes)

**Symp_____________________** – something the person notices (sleepy feeling)

**Tolerance** – the body’s ne________ for more of the same dr_______ to get the same eff_______

**Withdrawal** – a condition the body goes into after one st_________ using a substance they were add__________ to. Signs and symptoms may include; headaches, anxiety, dep___________, difficulty breathing, vomiting, diarrhea, seizures, hallucinations, heart attacks, and str_________.
SOL 8.1 i - Describe the short- and long-term health issues related to alcohol, tobacco, inhalants, marijuana, stimulants, steroids, and performance-enhancing drugs.

Smoking

Stimulants – drugs that s______ up activity in the brain and spinal cord (i.e. Nicotine)

Smoking Short Term E_______ - Smoking causes shortness of b______ due to the reduced capacity of the lungs getting l____ oxygen (cardio-respiratory endurance), causes coughing, makes your breath and clothing smell, stains your teeth, hands, and clothes, inc______ heart rate (means heart is working h______ than it normally does), weakened immune system (lower resistance to other diseases), and speeds up activity in the b______

Smoking Long Term Effects – Smoking causes lung cancer, m______ cancer, throat cancer, premature d______, can also cause heart disease, heart attacks and stroke prematurely, wrinkles, loss of the sense of t________

Cancer Treatments for cancer include radiation therapy, chemotherapy, and surgery.

*The f______ time you smoke your heart begins to beat f______ and has to work h________.

*Other similar products that produce mostly the same effects as smoking are chewing tobacco, snuff, dip, marijuana, and h________

Alcohol

*Depressants – substances such as alcohol that s______ down body functions and reactions

*Alcohol belongs to a classification of drugs known as depressants because it slows down the central n______ system (brain) With the first drink, alcohol r______ a person, but after that n______ effects are different from person to person.

*Short term – Alcohol causes impaired j__________, violence, reduced brain function, blackouts, alcohol poisoning, reduced inhibitions, reduced motor coordination, deduced reaction time, possible falls, accidents, drowning, unplanned pregnancies, and drunk d__________

*Long term – Alcohol causes increases chance of h______ disease and stroke, weakened immune system (lower resistance to other diseases), reduced brain size (memory l______ and thinking skills), high blood pressure

*Blackout – reaction to the consumption of alcohol which impacts m__________. It’s the inability to recall any memories that may have been formed during the period of intoxication.

*Motor coordination – smooth and effective working together of muscles and bones, this may be affected with only __ drink depending on the individual and the d__________ (tripping, driving, walking, etc.)

High B________ pressure – condition in which the pressure of the blood on the walls of the blood v__________ is higher than normal and can lead to heart attacks and strokes

Alcohol poisoning – result of when a person drinks excessive amounts of alcohol in a s________ period of time which can cause a coma or d________

Inhibition - restraint of a person’s own b__________ or actions. They are lessened after drinking alcohol

Binge Drinking - (action) consumption of a l______ quantity of alcohol in a s________ period of time which can lead to alcohol poisoning, c______, or death
Marijuana

Short-Term Effects of Marijuana
The main active chemical in marijuana is THC. Marijuana users can experience these short-term effects: difficulty in t________ and problem solving, problems with memory and learning, l____ of coordination, distorted perception. These effects can make activities like playing sports, working with t____, and d______ dangerous while under the influence of the drug.

Long-Term Effects of Marijuana
Changes in the brain. Marijuana can affect the areas of the brain that play a part in response to stress, m________, and reward.
Fertility implications. Studies also show that b_____ born to women who use marijuana when they are pregnant may be more likely to have developmental and behavioral problems.
Respiratory problems. People who smoke marijuana have more respiratory problems — such as having more mucus, a chronic cough, and bronchitis (irritated breathing passages). Effects are similar to those who smoke c_________.
Changes in b_______ pressure. Over time, continued use of marijuana can lead to decreased blood pressure, which may cause dizziness. It also seems to impair the body's ability to f______ off infections and some other diseases.
Emotional problems. Users are more likely to report symptoms of d________ than nonusers. They can also feel more a______, have more personality disturbances, and are at an increased risk of developing schizophrenia, a severe form of mental illness. People who have used marijuana are e______ times more likely to have used cocaine, ___ times more likely to have used heroin, and f______ times more likely to need treatment for substance abuse.
L______ aspects. Every state except Colorado and Washington has laws against growing, possessing, and selling marijuana. Penalties vary from state to state, but they usually involve fines and/or jail time for those caught using or distributing marijuana. People who use marijuana may end up with criminal records that can hurt plans for c_______ or finding a job. Speaking of jobs, more and more places t_____ for drug use as part of the h______ process. It can take several w______ for marijuana to leave someone's body. So people who use marijuana may find they don't get a job they want — or, if their place of work does ongoing drug tests, they may lose their j_____.

Medical Use of Marijuana
The U.S. Food and Drug Administration (FDA) has approved pills that contain THC (the active ingredient in marijuana) to help relieve nausea in people who have cancer and help people with AIDS regain their a_______. There's still debate over the medical use of marijuana, though, so the THC pill is only available in certain s_____ and requires a doctor's prescription. At present, not enough data exist for scientists to determine whether smoking marijuana is any more helpful than taking its active ingredient in p______ form.

Heroin
--Heroin is a highly addictive drug that is processed from morphine, which is a naturally occurring substance extracted from the seed pod of the o______ poppy plant.
--After a short time more heroin is needed to produce the same level of i_________. This results in addiction.
--Health risks to using heroin include: Fatal overdose, High risk of infections such as HIV/AIDS, Collapsed veins, Infection of the heart lining and valves, l______ disease
--When an addict stops using, he experiences physical withdrawal which can begin within just a few h______ since the last use. Withdrawal symptoms include: Restlessness, Insomnia, Diarrhea, Vomiting, Cold flashes with goose bumps, Muscle and b______ pain.
--Major withdrawal symptoms peak between 48 and 72 hours after the last dose and can last up to a week. For some withdrawal can be as long as a few m______ after stopping the drug. Sudden withdrawal by heavily dependent users can be f_______.
--Heroin craving can persist y______ after drug use stops.
--Toxic ingredients are usually mixed with heroin so the true purity of the drug and its strength is usually hard to really k______.
SOL 8.2 h – Analyze how family and peer pressure influences tobacco, alcohol, marijuana, and other drug use.

P____ Pressure – The influence to go along with the beliefs and actions of other people of you’re a____

Family V________ – The influence to go along with the beliefs and actions of your f________

*Do peers or family have the most experience and facts about substance abuse? __________

Who cares about you the most? __________

Refusal Skills

Refusal Skills - You should p_________ and plan how you are going to avoid drugs before the situation arises. Know what you plan to say. Be determined to say “___” and have a backup plan or excuse if “no” doesn’t work. You can talk about it being i_______, hurting your h______, or how it might affect your schooling, future, or s_______. Saying “No” and sticking to it show confidence and leadership!

Avoidance – re________ yourself from a r______ or harmful situation.
Example- You’re invited to a party where you know a_______ will be present, rather than going to the party you a______ the situation by n____ going.

S.T.O.P.
S-________________
T-________________
O-________________
P-________________

*The best option is to always r_____ drug, alcohol, tobacco and other situations to a trusted a_____ as soon as possible. Ask trusted adults for advice and be h_______, because if you aren’t honest just 1 time it is hard for you to ever be t_______ again.