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

**Teacher Answers**

*Drug* – substance legal or illegal that causes addiction or marked change in body function 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 again. Survival behaviors such as eating, sleeping and exercise induce pleasure which causes us to repeat these behaviors, these types of behaviors are known as natural rewards. Drugs also cause our body to experience pleasure, however these are chemically induced. The difference in the pleasure caused by natural rewards and drugs can be described as the difference between someone whispering in your ear and someone shouting in a megaphone. Just like turning down the volume on the radio when the music is too loud your brain will reduce the number of cells that regulate pleasure if the pleasure is caused by something other than natural rewards, such as drugs. This will cause the drug user to eventually become unable to experience pleasure. At this point the user will appear flat, lifeless, and/or depressed.

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

*Addiction* – when the body becomes physically dependent on a substance to function normally. Common addictive substance include; caffeine, nicotine, alcohol, some nasal sprays, prescription and illegal drugs.

What causes Addiction? – It takes time to become addicted to a certain substance. The first time you use an addictive substance there is a feeling of pleasure. As you continue to use the substance you need more and more to get the same effect, this is called tolerance. 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 normal.

**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 another person notices (bloodshot eyes)

Symptom – something the person notices (sleepy feeling)

Tolerance – the body’s need for more of the same drug to get the same effect

Withdrawal – a condition the body goes into after one stops using a substance they were addicted to. Signs and symptoms may include; headaches, anxiety, depression, difficulty breathing, vomiting, diarrhea, seizures, hallucinations, heart attacks, and strokes.
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 speed up activity in the brain and spinal cord (i.e. Nicotine)

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

**Smoking Long Term Effects** – Smoking causes lung cancer, mouth cancer, throat cancer, premature death, can also cause heart disease, heart attacks and stroke prematurely, wrinkles, loss of the sense of taste.

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

*The first time you smoke your heart begins to beat faster and has to work harder.

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

**Alcohol**

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

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

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

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

*Blackout* – reaction to the consumption of alcohol which impacts memory. 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 1 drink depending on the individual and the drink (tripping, driving, walking, etc.)

*High blood pressure* – condition in which the pressure of the blood on the walls of the blood vessels 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 short period of time which can cause a coma or death.

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

**Binge Drinking** - (action) consumption of a large quantity of alcohol in a short period of time which can lead to alcohol poisoning, coma, or death.

*Talk about differences in Male & Female in how fast they get drunk, never drinking out of cup they didn’t see poured, and differences in proofs of wine, liquor, and beer and how it affects them.
Marijuana

Short-Term Effects of Marijuana

The main active chemical in marijuana is THC. Marijuana users can experience these short-term effects: difficulty in thinking and problem solving, problems with memory and learning, loss of coordination, distorted perception. These effects can make activities like playing sports, working with tools, and driving 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, motivation, and reward. Fertility implications. Studies also show that babies 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 cigarettes. Changes in blood 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 fight off infections and some other diseases. Emotional problems. Users are more likely to report symptoms of depression than nonusers. They can also feel more anxiety, 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 eight times more likely to have used cocaine, 15 times more likely to have used heroin, and five times more likely to need treatment for substance abuse. Legal 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 college or finding a job. Speaking of jobs, more and more places test for drug use as part of the hiring process. It can take several weeks 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 job.

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 appetite. There’s still debate over the medical use of marijuana, though, so the THC pill is only available in certain states 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 pill 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 opium poppy plant.
--After a short time more heroin is needed to produce the same level of intensity. 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, Liver disease
--When an addict stops using, he experiences physical withdrawal which can begin within just a few hours since the last use. Withdrawal symptoms include: Restlessness, Insomnia, Diarrhea, Vomiting, Cold flashes with goose bumps, Muscle and bone 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 months after stopping the drug. Sudden withdrawal by heavily dependent users can be fatal.
--Heroin craving can persist years 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 know.
SOL 8.2 h – Analyze how family and peer pressure influences tobacco, alcohol, marijuana, and other drug use.

**Peer Pressure** – The influence to go along with the beliefs and actions of other people of your age

**Family Values** – The influence to go along with the beliefs and actions of your family

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

Who cares about you the most? ______________

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**Refusal Skills**

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

**Avoidance** – removing yourself from a risky or harmful situation.

Example- You’re invited to a party where you know alcohol will be present, rather than going to the party you avoid the situation by not going.

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**S.T.O.P.**

S-ay NO Firmly

T-ell Why Not

O-ffer Another Idea

P-promptly Walk Away

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