

The Downward Spiral: Alcohol & Drug Abuse

**Health & Physical
Education**

Know the Facts About Drugs

- Marijuana is the most widely used illegal drug in the United States.
- Cocaine, heroin and methamphetamines are illegal in all states and highly dangerous.
- It is illegal to buy or sell ecstasy. It is also a federal crime to use any controlled substance to aid in a sexual assault.
- A survey of high school students found that 18% of females and 39% of males say it is acceptable for a boy to force sex if the girl is stoned or drunk. **Is this right???**

Classifications

- Stimulants- speed up the central nervous system
- Depressants- slow down the central nervous system
- Narcotics- drugs derived from the opium plant that relieve pain
- Hallucinogens- drugs that alter mood, thoughts and perception
- * Designer Drugs- synthetic substances meant to imitate hallucinogens

Key terms

- Tolerance- the body needs more of the drug to get the same effect
- Psychological dependence- the person believes they need to the drug to feel good or function
- Physiological dependence- condition in which the user has a chemical need for the drug
- Addiction- a psychological or physiological need for the drug
- Overdose- a strong sometimes fatal reaction to a drug

Marijuana



- Street names include *pot, herb, weed, boom, Mary Jane, and chronic*
- Average age of first use is 14
- The amount of tar inhaled and the level of carbon monoxide absorbed are 3-5 times greater than cigarette smokers.

Effects of Marijuana Use

- **Physical Effects of use:** Dry mouth, nausea, headache, decreased coordination, increased heart rate, reduced muscle strength, increased appetite and eating
- **Mental Effects of use:** Anxiety, paranoia, confusion, anger, hallucinations, tiredness, possible suicidal thoughts

Other effects of Marijuana

- **Reproductive Problems in Guys:** smaller testicular size, lower testosterone hormone levels, impotence, decreased sexual desire, change in sperm size, amount and strength.
- **Reproductive Problems in Girls:** Period problems, abnormal eggs, decreased sexual desire, reduced fertility in your future children
- **If used during pregnancy,** it can decrease the size of the baby and increase the risk of the baby developing leukemia later in life.



Inhalants

- Chemicals that are “huffed” or “sniffed” like paint thinners, gasoline, glue, butane lighters, propane tanks, aerosol sprays, nail polish remover, etc.
- **Effects of Use:** Slows down the body’s functioning, loss of body control, passing-out, permanent hearing loss, permanent muscle spasms and twitches, cancer, brain damage, bone damage, liver & kidney damage, heart failure and possible death.
- **The vast majority of teens aren't using inhalants.** According to a 1998 study, only 1.1% of teens are regular inhalant users and 94% of teens have never even tried inhalants.

Club Drugs



- MDMA (Ecstasy), Rohypnol (date rape drug-Roofies), GHB, and Ketamine (Special K or Vitamin K) are among the drugs used in nightclubs, bars, raves, or the trance scene.
- These are man-made drugs that can cause seizures, amnesia, anxiety, tremors, sweating, coma, high body temperature that can lead to death and long term brain damage that affects the parts of the brain that involve thought, memory and pleasure.

Pics

Same Logo, Different Contents:



MDMA, Meth,
Ephedrine, Caffeine



MDA, Meth,
Ephedrine



MDMA, Caffeine



MDMA, Meth,
Caffeine



Sold as "Ecstasy," actual contents are
methamphetamine, MDMA, & Ketamine

Pics cont.



Amphetamine



Methamphetamine



Yaba tablets are the size of a pencil eraser

Prescription Drug Abuse

- **OPIOID (OxyContin, Vicodin, Percocet)**, also known as analgesics or opioids are drugs that are prescribed for moderate to severe physical pain. They are abused because of their euphoric, sedating, and numbing effects. Narcotic abuse causes tolerance and dependence and the withdrawal symptoms are severe.
- **DEPRESSANTS (Xanax, Valium, Librium)** are drugs that are prescribed to treat anxiety and sleep disorders. They are abused because of their sedating properties. With abuse, depressants cause tolerance and dependence and the withdrawal symptoms can be severe.
- **STIMULANTS (Ritalin, Dexedrine, Meridia)** are prescribed to treat ADD/ADHD and other conditions such as asthma. They are abused because of their energizing and euphoric effects. Stimulants do not generally cause tolerance or dependence but abuse is associated with hostility and paranoia. There is also great risk for cardiovascular failure and seizures.

Hallucinogens



- *LSD, Acid, PCP, Angel Dust, Mushrooms or Shrooms* are all hallucinogens that alter the time, reality and environment around you.
- Long term effects can include flashbacks, schizophrenia and severe depression.
- According to a 1999 study, only 1% of teens use hallucinogens regularly and 94% of teens had never even tried hallucinogens.



Methamphetamine



- *Meth, Speed or Chalk* is taken by mouth, by snorting the powder, by needle injection, and by smoking.
- **Effects of Use:** Brain damage, confusion, anxiety, paranoia, anger, stroke, high body temperature, and convulsions which can lead to death.
- Everybody doesn't think it's okay to take methamphetamine. A 1999 National High School Survey indicates that over 80% of teens disapprove of using meth even once or twice.

Cocaine & Heroin

- Both drugs can be snorted, smoked or injected by needle into a vein.
- Prolonged cocaine snorting can result in sores of the inside of the nose and can damage the cartilage enough to cause it to collapse.
- Heroin is ranked second as the most frequently mentioned drug in drug-related deaths.



Cocaine & Heroin

- The IV drug user is at risk for transmitting or acquiring HIV infection/AIDS if needles or other injection equipment are shared.
- **Bad Effects:** Infected veins, hepatitis liver disease, pneumonia, heart infections, paranoia, depression, miscarriage, overdose and even death!
- **Good News:** According to a 1998 study, less than 1% of teens are regular cocaine users. In fact, 98% of teens have never even tried cocaine.



Physical Effects of Drug Use

1990



1995



Same user of Methamphetamines 5 years later



Infection from IV drug use

What's Your Anti-Drug?

- What stands between you and drugs?
- Do you have a hobby, passion or person that keeps you from the downward spiral?
- **Some popular anti-drugs:** music, dancing, computers, basketball, family, singing, friendship, life, football, track, rock climbing, volunteering.
- To learn more about alcohol & drugs and how to keep yourself clean, check out www.freevibe.com

References

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