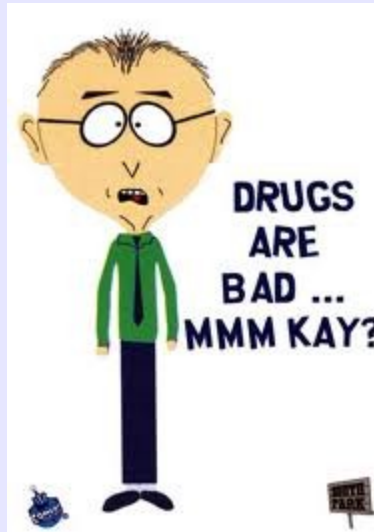


Illegal Drugs

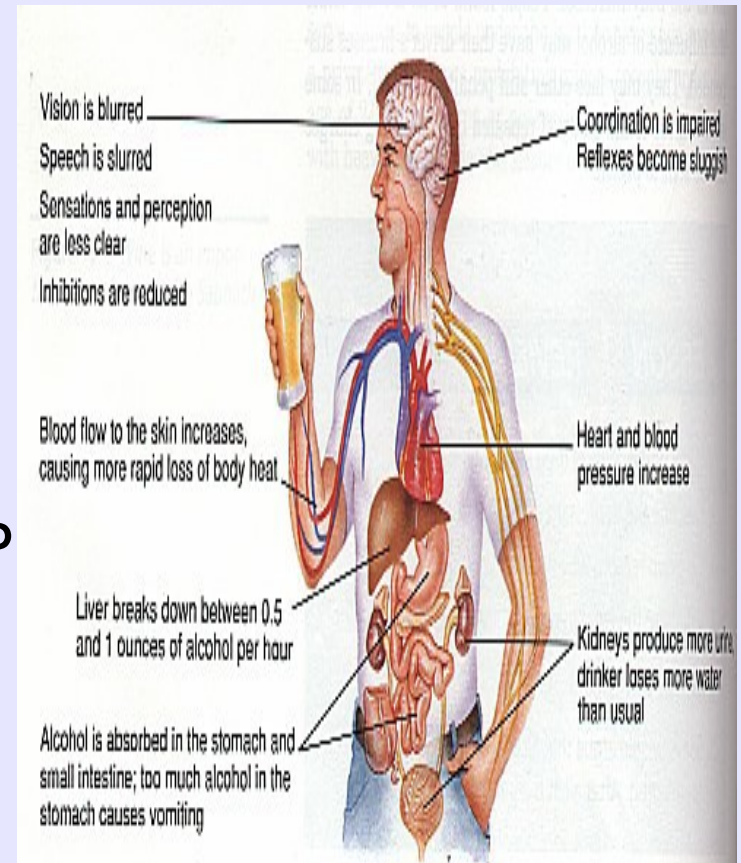


A. Alcohol- a depressant drug that slows the CNS

1. Short term effects

- a. memory is dulled
- b. altered judgment
- c. impaired coordination
- d. body temp. drops
- e. decrease/irregular HR & BP

Cosby Drinking- start at 4:45



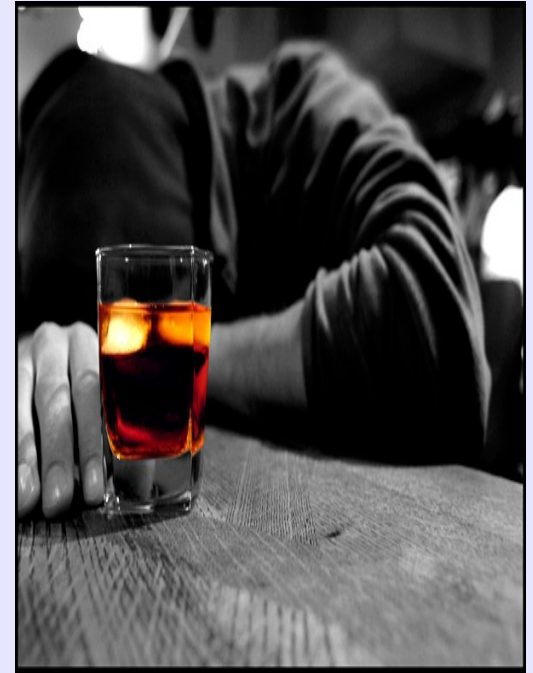
Short Term Effects Cont.

- f. damage to liver
- g. dehydration
- h. nausea & vomiting
- i. pancreatitis
- j. impaired speech & vision



2. Long Term Effects

- a. damage to brain cells
- b. heart damage or stroke
- c. cirrhosis of the liver
- d. digestive system cancers
- e. destruction of the pancreas

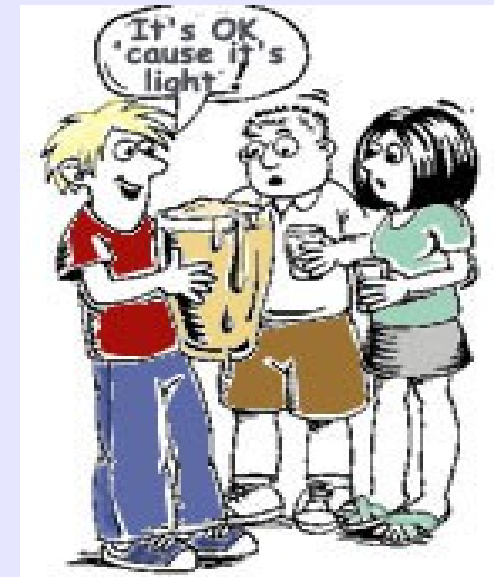


3. Binge drinking- five or more drinks in one sitting

Drunk at police station

4. Alcohol poisoning- fatal reaction to alcohol

Hannah Graham



5. Alcohol laws- can vary from state to state

Field Sobriety Test

Intoxicated Thief

6. Alcohol and Driving

It Takes a Little

a. BAC- Blood Alcohol Concentration

It Hurts Others

b. **DWI, DUI, OMVI**- former drunk driving terms

c. OVI- Operating a Vehicle Impaired; current term for drunk driving

d. OVI charges- **.08** for 21 years; **.02** for under 21

7. Zero tolerance- none for under 21; Are there exceptions?



Moderate Drinking

Drinks slowly

Respects nondrinkers

Does not use alcohol to deal with problems

Obeys drinking laws

Stays cool while drinking

Does not view intoxication as stylish/cool

Causes no problems when drinking

Problem Drinking

Gulps/chugs drinks

Pressures others to drink

Turns to alcohol during tough times

Becomes loud or angry

Hurts self or others

Thinks drunks are admirable

Drinks in unsafe situations

Ohio's Smoking Law

At least 15 other states have similar laws

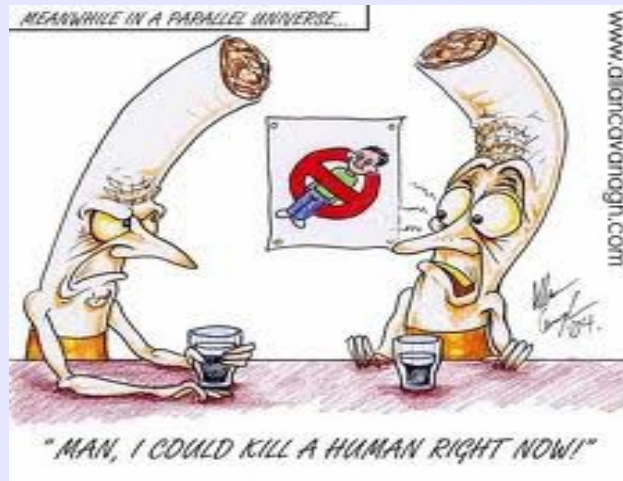
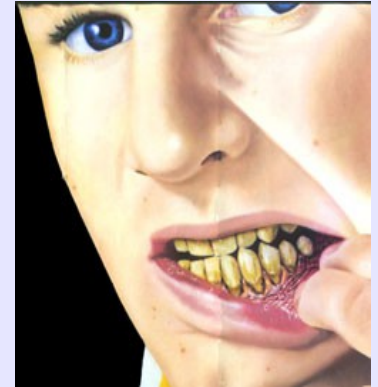
Issue 5, passed on November 7, 2006, put into effect a law that made public places smoke-free. The law covers all enclosed public places and workplaces. If an establishment has employees or invites people of the public to enter, the establishment must be smoke-free. Generally, the law does not apply to cars, homes, or outdoor areas. Additionally, some retail tobacco stores, resident-only smoking rooms in nursing homes, up to 20% of sleeping rooms in a hotel, and narrowly defined private clubs may be exempt from the law.

How did this law come about?

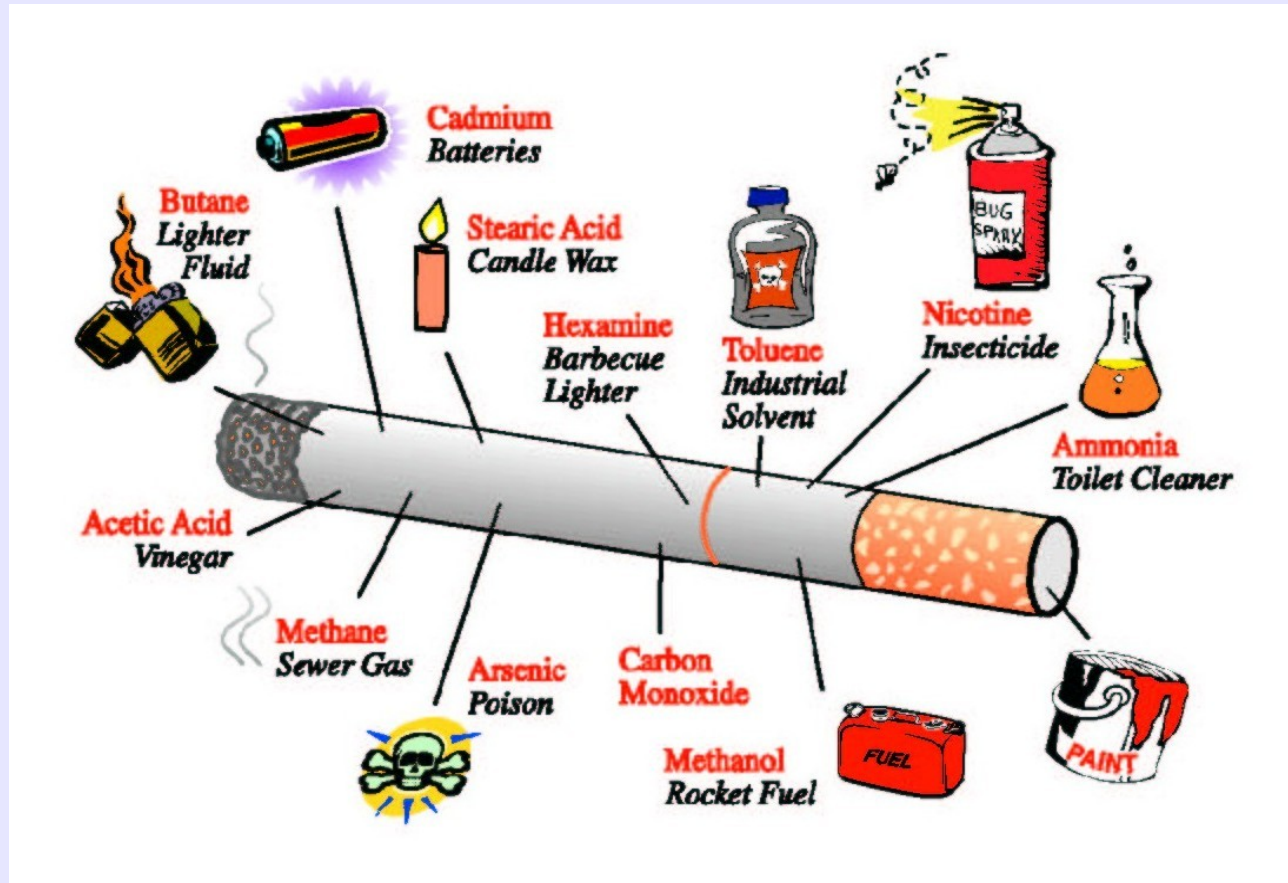


B. Tobacco- contains the stimulant nicotine

1. there are thousands of chemicals in tobacco (next slide)
2. At least 70 are carcinogens
3. nicotine- stimulant drug in tobacco
4. carbon monoxide- colorless, odorless, & poisonous gas



Substances in tobacco



THERE IS NO SAFE FORM OF TOBACCO

5. Short term effects

Quit Smoking!

- a. cravings
- b. breathing rate increases
- c. dulled taste buds
- d. bad breath, yellow teeth, smelly clothes

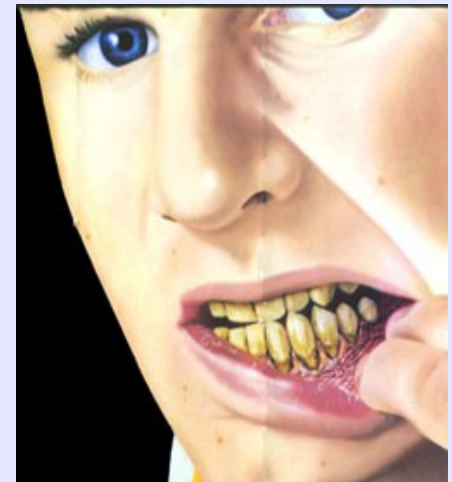


6. Long term effects

- a. chronic bronchitis
- b. emphysema
- c. lung cancer
- d. heart disease & stroke
- e. weakened immune system



The Doctors



7. The effects of smoke on others

- a. **sidestream smoke**- smoke from the burning end of a cigarette, etc.
- b. **mainstream smoke**- smoke exhaled from the lungs of the smoker
- c. **secondhand smoke**- the air contaminated by all smoke
- d. babies- greater risk of SIDS (Sudden Infant Death Syndrome) or low birth weight



Fatty Blood Vessels

What's Your Excuse?

Advertising

Why do many people fail to quit?



The # of teen smokers has gone down since the 1990's, though ½ of high school students have tried cigarettes at one time or another.

About 90% of adults started smoking during their teen years.

Cosby- stop at 4:00

Stop Smoking

I'm a Joint

Marijuana & Stress

Truth- Steve Crowder

C. Marijuana- plant whose leaves, buds & flowers are usually smoked

1. users are more likely to use other drugs
2. mind-altering drug- contains THC
3. contains cancer-causing chemicals
4. damages the immune system
5. may lead to infertility
6. users may experience paranoia
7. impairs driving



D. What is addiction

Anyone Can

Heroin in America

-When people who use drugs can't stop taking a drug even if they want to



-The urge is too strong to control, even if you know the drug is causing harm.

1. When people start taking drugs, they don't plan to get addicted
2. They like how the drug makes them feel & believe they can control it
3. The drug changes the brain, leading to a loss of control
4. Addiction can become more important than food or sleep
5. An addicted person will do nearly anything to keep taking the drug
6. Addiction is a disease that can affect ANYBODY of any age



E. What are Opioid drugs?

Opioids work by binding to specific receptors in the brain, spinal cord and gastrointestinal tract. In doing so, they minimize the body's perception of pain.

Opioids include the following:

1. heroin
2. morphine
3. codeine
4. methadone
5. oxycodone (Oxycontin, Percocet)
6. fentanyl
7. Vicodin

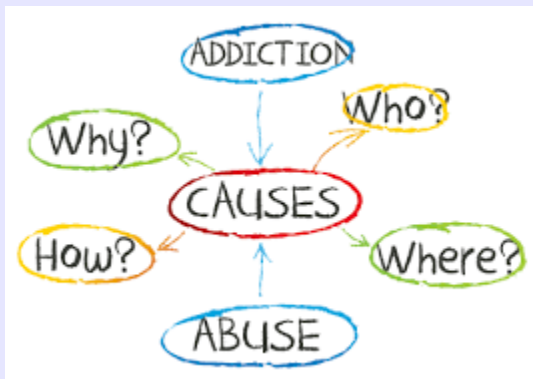


Truth About Prescription Drugs



F. Why do some people become addicted? Heroin in the Heartland

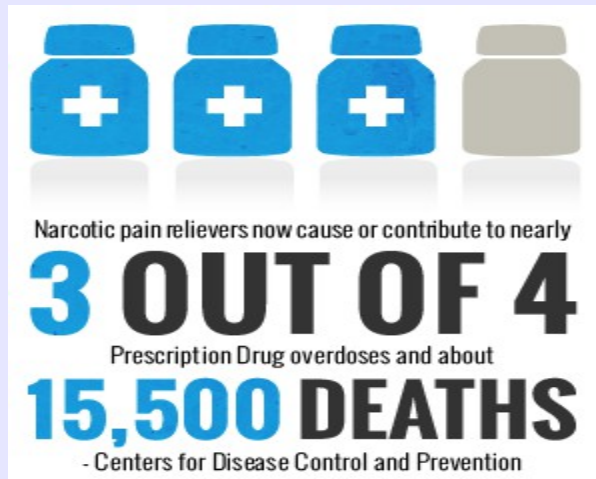
1. genes account for about half of your risk
2. environment- peer pressure, abuse, early exposure, parents
3. development- the earlier you start, the greater the risk
4. surgery- opioids may be prescribed after surgery or an injury
 - a. the drugs used to kill pain are chemically similar to heroin
 - b. some depend on the “convenience” of pain killers after surgery
 - c. one can become addicted even as the prescription runs out; in too many cases, this leads to heroin use



G. Proper handling of medication



1. Use ONLY as prescribed by your doctor
2. Use NSAIDs in place of opioids when possible
3. When opioids are used, start with the lowest possible dose
4. There is a risk of unintentional overdose
5. Opioids cannot be taken with alcohol
6. Consult with your doctor if you experience side effects
7. Store opioids away from others; never let anybody else take your medicine or take medication from others



H. Overdose signs- the majority of overdose deaths (60%) involve opioids

1. slow breathing
2. small pupils
3. confusion
4. passing out
5. apathy
6. dizziness
7. cold & clammy skin
8. vomiting
9. seizures



I. Seeking help for a medical emergency

1. make a call to 911 or your friend's parents
2. try to get your friend to respond by calling his/her name
3. make your friend wake up and talk to you
4. shake him/her if you have to
5. never assume a passed out person is OK



J. Finding the right help

1. a pain specialist may be needed
2. peer to peer recovery support groups
3. faith based organizations
4. neighborhood groups
5. family & community support programs



National Treatment Referral Helpline 1-800-662-HELP (4357)
National Substance Abuse Treatment Facility Locator
<http://starkmhar.org/prevention-resources/opiate-task-force/>
<https://starkmhar.org/>
<http://starkmhar.org/tag/opiates/>

Drug Categories

Stimulants

Amphetamines
Cocaine
Crack
Methamphetamine
Tobacco

Inhalants

Plastic cement
Gasoline
Spray can vapors
Glue
Poppers/whippets
Laughing Gas
Paint thinner

Depressants

Barbituates
GHB
Rohypnol
Tranquilizers
Alcohol

Cannabis

Marijuana

Hallucinogens

DXM (cough med.)
Ecstasy
Ketamine
LSD
Mescaline (peyote)
PCP
Psilocybin (mushrooms)

Narcotics

Codeine
Heroin
Morphine
Opium
Oxycontin
Vicodin
Fentanyl

D. Stimulants

1. Amphetamines- what do they do?
2. Cocaine- what are the dangers?
3. Crack- what are the risks?
4. Methamphetamine- what are the dangers?



E. Inhalants- sniffed or inhaled to give effect

1. What are the immediate effects?

2. What are the long term effects?



F. Depressants

1. What do they do to the body?
2. What is rohypnol?
3. What is GHB?




THE LAST THING I REMEMBER WAS DANCING


I went to a party with some friends. Everyone was dancing. I put my drink down next to my friends. I came back and finished it. I started dancing again. Everything felt strange. Then I felt confused. There was this guy in the house. He offered to take me home. I remember getting in the car and thinking where am I? I didn't know where he was taking me. Help! I can't scream. I can't see his face. He was on top of me. My arms didn't work. I can't move. Help. I woke up eight hours later. I was raped. I just can't remember who, where or how.


RAPISTS DON'T HAVE TO USE FORCE

ANY KIND OF DRINK CAN BE DRUGGED

PROTECT YOUR DRINK PROTECT YOURSELF

 Michael D. Bradbury
Vermont County District Attorney
Vermont Services: 800-551-6544-3622

 For help 24 hours
call 911 or
800-551-6544-3622

 800-551-6544

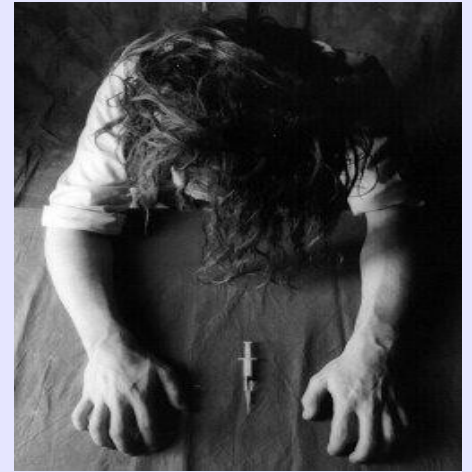
G. Hallucinogens- overload the brain's sensory controls

1. What is PCP?
2. What is DXM?
3. What is Psilocybin?
4. What is peyote?



H. Opiates- also called narcotics; obtainable by prescription

1. What is codeine?
2. What is heroin?
3. What is morphine?
4. What is Oxycodone or Oxycontin?



This is Your Brain

Directions: Rank the following behaviors from most risky to least risky

1. Your parents are away for the night so you invite a few friends over. Soon they get into the liquor cabinet and start getting drunk. Shortly after, dozens more start to show up at your house
2. You attend a party with a friend who has several drinks, as do you. You are very drunk but your friend, who drank as much as you, says he is fine to drive
3. Being driven home by a parent who hired you to baby-sit; you know this adult has been drinking because her speech is slurred & you smell alcohol on her breath
4. Driving home at 2 AM; you have not had any alcohol but friends in your car are very intoxicated
5. Taking the keys of a friend who is drunk and driving the friend home; you do not have a driver's license and have no experience driving as a 15 year-old
6. Getting drunk with your boyfriend or girlfriend when parents are away
7. Drinking at a party and calling your sober parents for a ride home
8. Your friends are grabbing small handfuls of pills from a bowl at a party; you decide to give it a try and pop two pills to join in with the others