

Category	Effect on the body	Examples(street names)
Marijuana	Inability to think or speak clearly Loss of short term memory	Marijuana(pot, weed)
Stimulant	Speeds up body functions	Amphetamines (speed) Cocaine (blow,snow, coke) Crack cocaine (crack)
Depressant	Slows down body functions	Tranquilizer Barbituates Hypnotics Alcohol
Narcotic	Relieves pain	Heroin =illegal, highly addictive Morphine Codeine
Hallucinogen	Distorts, moods, thoughts and senses	PCP (Angel dust) LSD (Acid)
Inhalant	Substances whose fumes are inhaled	Spray paints Gasoline Glue
Club Drug		Rohypnol (Roofies) GHB Ketamin (Special K)

## Medicines

### Types

Prescription – Dr. prescribes

Over the counter – can be bought without a prescription

### How meds help the body

1. Prevent disease – **V**accinations cause immune system to build antibodies against **V**iruses.
2. Fight germs – Anti**B**iotics kill **B**acteria
3. Relieve pain – Acetaminophin and Ibuprofen relieve pain, reduce fever and reduce inflammation.
4. Treat other conditions –Certain conditions like diabetes can be treated but not cured.

### Guidelines for safe use of meds

1. Read labels
  - a. Take as directed
  - b. Ask dr if you have questions
  - c. Check the expiration date
2. Take safety precautions
  - a. Always take with parent supervision
  - b. Use as directed
  - c. Keep out of reach of children
  - d. For overdose or allergic reaction seek immediate medical attention

### Misusing medicines

To avoid misusing durgs

Take according to directions

Take prescribed dosage

Take medicine for prescribed time

Don't give your prescription meds to others

Don't mix medicines – can be dangerous and even fatal.

## VOCABULARY

Drug – substance other than food that changes the structure or function of the mind or body.

Drug abuse – use of a drug for nonmedical purposes.

Illegal drugs – substances that is illegal for anyone to manufacture, buy, possess or sell.

Medicine – drug that prevents or cures illness or eases its symptoms

Side effect – reactions to medicines other than the ones intended.

Gateway drugs – tobacco, alcohol and marijuana. (adolescents usually start with alcohol and/or tobacco and then marijuana before entering into other illegal drugs.

## AVOIDING DRUGS

### Physical risks

Slowed reflexes

Loss of coordination

### Mental/Emotional risks

Addiction

Depression

Reduced ambition to do things

Irritability

Anger

Poor judgment

Lack of concentration

### Social risks

Mood and personality changes that can strain or end relationships

### Risks in school

Be late or miss often

Do poorly

### Risks to the family

Lie or steal to support habit

Become violent and hurt other family members

No dependable – fail to fulfill responsibilities

### Risks to the law

Arrest or fines

Time in a detention center

Alternative activities – stay involved in other activities to give reasons and self confidence to stay drug free

School teams / Intramurals

School clubs / organization

Community youth group volunteer work