Illegal Drug Use Is Dangerous

- **Drug abuse** is the intentional improper or unsafe use of a drug.
- Drugs used for recreational purposes are called **drugs of abuse**.
- Many drugs of abuse are illegal drugs. Possessing, using, buying, or selling these drugs is illegal for people of any age.
Illegal Drug Use Is Dangerous

- Using illegal drugs is not only against the law, it is also dangerous. Here are some of the reasons:
  - Illegal drugs can have permanent effects on the brain and the body.
  - You can become addicted.
  - You can catch infectious diseases from needles.
  - You can overdose.
  - You can lose the ability to make responsible decisions about other risky behavior.
Why Do People Begin Using Drugs?

• Some of the reasons people try illegal drugs include:
  
  • a desire to experiment
  • a desire to escape boredom or depression
  • enjoyment of risk-taking behavior
  • a belief that drugs solve personal, social, or medical problems
  • peer pressure
  • glamorization of drugs by the media
Teens and Illegal Drug Use

- Teens have a higher risk of addiction to drugs than adults do because teens’ brains are still developing.
- Drug use or abuse can change the function of the brain.
- Altering brain development with drug use can lead to a life-long struggle to overcome addiction.
Types of Illegal Drugs

• There are many types of illegal drugs, but they all have three things in common.
  1. They affect the function of the brain.
  2. They are dangerous to your health.
  3. They can result in drug dependence and addiction.

• The following slide gives some information about several common illegal drugs and their effects.
Beliefs Vs. Reality

• You or the people around you may have some misconceptions about the dangers of illegal drugs.
• The next slide presents some common beliefs and the facts.
### Beliefs vs. Reality

<table>
<thead>
<tr>
<th>Belief</th>
<th>Reality</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Marijuana is a safe drug.”</td>
<td>Driving high on marijuana can be just as dangerous as driving drunk.</td>
</tr>
<tr>
<td>“It’s okay to try a drug just once.”</td>
<td>Some drugs, such as crack cocaine or inhalants, can be fatal the first time they are used.</td>
</tr>
<tr>
<td>“I can stop any time I want.”</td>
<td>The more often you use drugs, the more difficult it can be to stop.</td>
</tr>
<tr>
<td>“If I want to use drugs, I only affect myself.”</td>
<td>Drug use affects you, your family, your friends, and society.</td>
</tr>
</tbody>
</table>
## Common Illegal Drugs and Their Effects

<table>
<thead>
<tr>
<th>Drug and common or street names</th>
<th>How it is taken</th>
<th>Possible intoxication effects</th>
<th>Possible health consequences*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marijuana</td>
<td>smoked or mixed in food and eaten</td>
<td>▶ relaxation&lt;br&gt;▶ feelings of well being&lt;br&gt;▶ distortion of time and distance&lt;br&gt;▶ loss of short-term memory&lt;br&gt;▶ loss of balance and coordination&lt;br&gt;▶ increased appetite</td>
<td>▶ frequent respiratory infection&lt;br&gt;▶ impaired learning and memory&lt;br&gt;▶ panic attack</td>
</tr>
<tr>
<td>Hashish</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*All of the drugs listed in this table can result in tolerance, physical dependence, and addiction.*
Marijuana

- Marijuana is the dried flowers and leaves from the plant *Cannabis sativa*.
- The active chemical in marijuana is *tetrahydrocannabinol* (THC).
- People who use marijuana build up a tolerance, so they need more and more to get high. This can lead to physical dependence.
Marijuana

• Common short-term effects of marijuana include:

  • Slowed thinking ability
  • Difficulty paying attention
  • Distorted sense of time and distance
  • Giddiness

Continued on next slide
Marijuana

• Common short-term effects of marijuana include:
  • Loss of short-term memory
  • Loss of balance and coordination
  • Increased appetite
  • Anxiety
  • Panic attacks
Marijuana

- Smoking marijuana over a long period has many of the same negative health effects as smoking tobacco.
- Marijuana use is also dangerous when driving. The loss of attention and coordination can make driving high as dangerous as driving drunk.
- Hashish has the same effects as marijuana, but stronger.
## Common Illegal Drugs and Their Effects

<table>
<thead>
<tr>
<th>Drug and common or street names</th>
<th>How it is taken</th>
<th>Possible intoxication effects</th>
<th>Possible health consequences*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Inhalants</strong></td>
<td>inhaled</td>
<td>▶ stimulation</td>
<td>▶ heart attack</td>
</tr>
<tr>
<td>glue, paint</td>
<td></td>
<td>▶ loss of inhibitions</td>
<td>▶ liver damage</td>
</tr>
<tr>
<td>thinner, propane, nitrous oxide</td>
<td></td>
<td>▶ dizziness</td>
<td>▶ kidney damage</td>
</tr>
<tr>
<td>NO, poppers, snappers, whippets</td>
<td></td>
<td>▶ loss of coordination</td>
<td>▶ brain damage</td>
</tr>
<tr>
<td></td>
<td></td>
<td>▶ nausea and vomiting</td>
<td>▶ coma</td>
</tr>
<tr>
<td></td>
<td></td>
<td>▶ headache</td>
<td>▶ death</td>
</tr>
</tbody>
</table>

*All of the drugs listed in this table can result in tolerance, physical dependence, and addiction.
Inhalants

- **Inhalants** are drugs that are inhaled as vapors.
- Commonly abused inhalants include paint thinner, glue, gasoline, marker fluid, propane, butane, and nitrous oxide.
- Because inhalants are often common products, they can be easy to get and inexpensive.
- Inhalants are a common gateway drug for teens.
Inhalants can be extremely dangerous.

- Inhalants damage many organs.
- Inhalants kill brain cells.
- Inhalants can cause sudden death.
<table>
<thead>
<tr>
<th>Drug and common or street names</th>
<th>How it is taken</th>
<th>Possible intoxication effects</th>
<th>Possible health consequences*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Club (designer) drugs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ecstasy</td>
<td>swallowed or snorted</td>
<td>increased awareness of senses, mild hallucinations, increased energy, loss of judgment</td>
<td>impaired learning and memory, hyperthermia (overheating), rapid or irregular heartbeat, high blood pressure, heart attack, death</td>
</tr>
<tr>
<td>GHB (Liquid X, grievous bodily harm)</td>
<td>swallowed or snorted</td>
<td>relaxation, nausea, loss of inhibitions, euphoria</td>
<td>dangerously slowed breathing, seizures, coma</td>
</tr>
<tr>
<td>Ketamine and PCP (Special K, K, Vitamin K, angel dust (pcp))</td>
<td>injected, snorted, or smoked</td>
<td>confusion, distortions of reality, numbness</td>
<td>loss of memory, loss of muscle control, dangerously slowed breathing</td>
</tr>
</tbody>
</table>

*All of the drugs listed in this table can result in tolerance, physical dependence, and addiction.
Club (Designer) Drugs

- **Club drugs**, also called designer drugs, are drugs designed to resemble other illegal drugs in chemical structure and effect.
- Some common club drugs are Ecstasy, GHB, Ketamine, and PCP.
### Common Illegal Drugs and Their Effects

<table>
<thead>
<tr>
<th>Drug and common or street names</th>
<th>How it is taken</th>
<th>Possible intoxication effects</th>
<th>Possible health consequences*</th>
</tr>
</thead>
</table>
| Anabolic steroids (roids, juice) | swallowed or injected | ▶ no intoxication effects | ▶ increased aggression  
▶ shrinking of testes  
▶ infertility  
▶ growth of breasts in men  
▶ growth of facial hair in women  
▶ deepening of voice in women  
▶ liver rupture/liver cancer  
▶ heart damage/heart attack |

*All of the drugs listed in this table can result in tolerance, physical dependence, and addiction.*
Anabolic Steroids

- **Anabolic steroids** are synthetic versions of the male hormone testosterone that are used to promote muscle development.
- Anabolic steroids have a few legitimate medical uses.
- Most people take anabolic steroids illegally and without guidance from a doctor.
- Unlike most drugs of abuse, steroids have no immediate psychoactive effect. Their primary effects are on the body.
Anabolic Steroids

- The table at right shows some of the side effects of anabolic steroids.
- Abusing anabolic steroids can lead to serious health problems.

<table>
<thead>
<tr>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>stunted growth</td>
<td>severe acne</td>
</tr>
<tr>
<td>aggression</td>
<td>increased cholesterol</td>
</tr>
<tr>
<td>paranoia</td>
<td>increased facial hair</td>
</tr>
<tr>
<td>liver cancer</td>
<td>baldness</td>
</tr>
<tr>
<td>increased cholesterol</td>
<td>deeper voice</td>
</tr>
<tr>
<td>heart disease</td>
<td>disrupted menstrual cycle</td>
</tr>
<tr>
<td>severe acne</td>
<td>infertility</td>
</tr>
<tr>
<td>baldness</td>
<td>bloating</td>
</tr>
<tr>
<td>shrinking of testes</td>
<td>rapid weight gain</td>
</tr>
<tr>
<td>reduced sperm count</td>
<td>liver cancer</td>
</tr>
</tbody>
</table>
Self-Esteem

- One reason some athletes choose to use steroids is that they don’t believe that their natural talent and hard work is good enough.
- Peer pressure can also play a role in why someone starts using illegal drugs.
- Healthy self-esteem can help people resist these pressures.
### 10 Tips for Building Self-Esteem

1. Make a list of your strengths and weaknesses.
2. Develop a support system of friends.
3. Practice positive self-talk.
4. Practice good health habits.
5. Avoid doing things just to “go along with the crowd.”
6. Give credit where credit is due.
7. Set short-term goals that will strengthen your weaknesses.
8. Don’t be afraid to try something new.
9. Nothing puts things in perspective better than volunteering for those in need does.
10. If you experience defeat, don’t dwell on it.
Other Types of Abused Drugs

- **Stimulants** are drugs that temporarily increase a person’s energy and alertness.
- **Depressants** are drugs that cause relaxation and sleepiness.
- **Opiates** are a group of highly addictive drugs derived from the poppy plant that are used as pain relievers, anesthetics, and sedatives.
- **Hallucinogens** are drugs that distort perceptions and cause a person to see or hear things that are not real.
# Other Drugs of Abuse

<table>
<thead>
<tr>
<th>Drug and common or street names</th>
<th>How it is taken</th>
<th>Possible intoxication effects</th>
<th>Possible health consequences*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stimulants</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| cocaine, coke, crack, snow, methamphetamine, uppers, candy, ice, meth, crystal, speed, crank, cross-tops | snorted, injected, smoked, or swallowed | ▶ increased alertness and energy  
▶ loss of appetite  
▶ euphoria  
▶ hyperactivity  
▶ restlessness  
▶ anxiety  
▶ increased heart rate  
▶ increased breathing rate  
▶ elevated blood pressure | ▶ nervousness  
▶ irritability  
▶ panic  
▶ aggressive behavior  
▶ confusion  
▶ loss of awareness of reality  
▶ kidney damage  
▶ liver damage  
▶ heart failure  
▶ death |

*All of the drugs listed here can result in tolerance. All, except for some hallucinogens, can result in physical dependence and addiction.*
Stimulants

- Caffeine and nicotine are mild, legal stimulants, although they are addictive.
- Amphetamines are a group of stimulants produced in laboratories. They are highly addictive. Repeated use can cause severe damage to the body and brain.
Stimulants

- Cocaine and crack cocaine are stimulants derived from the coca plant. They are also highly addictive. Overdose of these drugs can be very dangerous.
## Other Drugs of Abuse

<table>
<thead>
<tr>
<th>Drug and common or street names</th>
<th>How it is taken</th>
<th>Possible intoxication effects</th>
<th>Possible health consequences*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Depressants</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rohypnoj™, roofies, downers, barbs, tranqs</td>
<td>swallowed</td>
<td>▶ euphoria ▶ reduced anxiety ▶ loss of inhibitions ▶ drowsiness</td>
<td>▶ loss of coordination ▶ slurred speech ▶ confusion ▶ slowed heart rate ▶ dangerously slowed breathing ▶ loss of consciousness ▶ loss of memory ▶ coma ▶ death</td>
</tr>
</tbody>
</table>

*All of the drugs listed here can result in tolerance. All, except for some hallucinogens, can result in physical dependence and addiction.
Depressants

- Depressants have effects similar to the effects of alcohol. They are highly addictive when abused.
- Using depressants in combination with alcohol increases the effects.
- Overdose may cause brain damage, coma, or death.
Depressants

- Rohypnol is a hypnotic widely used as a date-rape drug.
- Dextromethorphan (DXM) is an ingredient in cough syrups. In high doses its effects are similar to the effects of PCP.
## Other Drugs of Abuse

<table>
<thead>
<tr>
<th>Drug and common or street names</th>
<th>How it is taken</th>
<th>Possible intoxication effects</th>
<th>Possible health consequences*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Opiates</strong></td>
<td>smoked, injected, swallowed, or snorted</td>
<td>▶ euphoria</td>
<td>▶ nausea/vomiting</td>
</tr>
<tr>
<td><em>heroin, H, horse, smack, junk</em></td>
<td></td>
<td>▶ feelings of well-being</td>
<td>▶ constipation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>▶ relaxation</td>
<td>▶ confusion</td>
</tr>
<tr>
<td></td>
<td></td>
<td>▶ drowsiness</td>
<td>▶ loss of consciousness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>▶ pain relief</td>
<td>▶ dangerously slowed breathing</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>▶ coma</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>▶ death</td>
</tr>
</tbody>
</table>

*All of the drugs listed here can result in tolerance. All, except for some hallucinogens, can result in physical dependence and addiction.*
Opiates

- Opiates, such as morphine and codeine, can be very effective medicines when used properly in limited amounts.
- Opiates reduce pain, relieve diarrhea, suppress coughing, and induce relaxation.
- When abused, opiates result in addiction very quickly. Withdrawal symptoms are severe.
Opiates

- **Heroin** is a chemically altered form of morphine.
- Heroin is highly addictive. This addiction is debilitating and often ruins people’s lives.
Opiates

- Heroin addicts frequently:
  - lose their jobs
  - have poor living conditions
  - suffer many health problems
  - choke on their own vomit when passed out
  - catch diseases from needles
  - engage in crime to support their addiction
## Other Drugs of Abuse

<table>
<thead>
<tr>
<th>Drug and common or street names</th>
<th>How it is taken</th>
<th>Possible intoxication effects</th>
<th>Possible health consequences*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hallucinogens</td>
<td>swallowed, or smoked</td>
<td>▶ sensory illusions&lt;br&gt;▷ distortions of reality&lt;br&gt;▷ dizziness&lt;br&gt;▷ weakness&lt;br&gt;▷ enhanced emotions&lt;br&gt;▷ feelings of being outside of the body</td>
<td>▶ panic&lt;br&gt;▷ self-injury&lt;br&gt;▷ chronic mental disorders&lt;br&gt;▷ recurring distortion of perception (flashbacks)</td>
</tr>
</tbody>
</table>

*All of the drugs listed here can result in tolerance. All, except for some hallucinogens, can result in physical dependence and addiction.
Hallucinogens

• LSD is usually taken as tablets or absorbed through the tongue on small paper squares.

• LSD can increase energy, alter mood, and produce strange sensations or hallucinations. The effects of LSD can also be frightening.
Hallucinogens

- Mushrooms are a naturally poisonous species of mushroom that produce effects similar to LSD.
- LSD and mushroom users can experience flashbacks long after they have taken the drugs.
Refusal Skills

- Practicing your refusal skills can make you more confident in your decision to refuse drugs if they are ever offered to you.

- Use the next slide to review your skills.
## Twelve Refusal Skills

<table>
<thead>
<tr>
<th>Refusal skill</th>
<th>Sample response</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Blame someone else.</td>
<td>“My dad would kill me if I didn’t help him.”</td>
</tr>
<tr>
<td>2. Give a reason.</td>
<td>“No, my dad said he’d pay me $20 if I helped out.”</td>
</tr>
<tr>
<td>3. Ignore the request or the pressure.</td>
<td>Pretend that you don’t hear them asking you. Refuse to talk about it.</td>
</tr>
<tr>
<td>4. Leave the situation.</td>
<td>“I’ve got to get going. I’m running late.”</td>
</tr>
<tr>
<td>5. Say, “no, thanks.”</td>
<td>“No, thanks. I’m not interested.”</td>
</tr>
<tr>
<td>6. Say no, and mean it.</td>
<td>“NO, I don’t want to!”</td>
</tr>
<tr>
<td>7. Keep saying no.</td>
<td>“How many times do I have to say no? Stop bugging me!”</td>
</tr>
<tr>
<td>8. Make a joke out of it.</td>
<td>“You probably couldn’t keep up with me on a bike ride anyway.”</td>
</tr>
<tr>
<td>9. Make an excuse.</td>
<td>“No, I’m not feeling well.”</td>
</tr>
<tr>
<td>10. Suggest something else to do.</td>
<td>“Let’s go on a bike ride on Sunday instead.”</td>
</tr>
<tr>
<td>11. Change the subject.</td>
<td>“I heard Nick and Mary are dating.”</td>
</tr>
<tr>
<td>12. Team up with someone.</td>
<td>“Hey David, didn’t dad say we had to do the garage or we’d be grounded?”</td>
</tr>
<tr>
<td></td>
<td>Ask one or more people who share your values to help you in the refusal. Many voices are better than one!</td>
</tr>
</tbody>
</table>
Drug abuse Affects the Individual

• The dangers of intoxication, side effects, and addiction are not the only risks of drug abuse.
• Other risks include:
  • car accidents
  • accidental injury or death
  • violence and other criminal activity
  • unplanned pregnancy
  • sexually transmitted diseases
Drug Abuse Affects the Family

- When a teen or other family member is using drugs, it destroys trust within the family.
- Drug abuse often leads to family violence.
- Drug use can be dangerous to pregnant women and to the fetus.
- **Neonatal abstinence syndrome** is withdrawal that occurs in newborn infants whose mothers were frequent drug users during pregnancy.
Drug Abuse Affects Society

- Like the use of tobacco and alcohol, drug use imposes economic costs on society.
- Billions of dollars are spent in the U.S. each year on health care resulting from drug abuse.
- There are also costs from lost productivity at work, accidents, suicide, and other drug-related problems.
- Drug abuse and addiction also increase crime.
- 1 out of every 4 prisoners is in jail for a drug-related crime.
Treatment for Drug Addiction

- **Recovering** is the process of learning to live without drugs.
- Because drugs affect the brain, recovering from addiction is very difficult and usually requires treatment and extensive support.
- Drug treatment approaches include 12-step programs, outpatient counseling, and residential communities.
Principles for Effective Drug Treatment

1. No single treatment works for everyone.
2. Treatment should be available and easy to access.
3. The best treatment also addresses problems other than addiction.
4. Treatment should offer multiple services.
5. The longer an abuser stays in treatment, the more effective it is.
6. Group therapy builds skills for resisting drugs and developing relationships without drugs.
Principles for Effective Drug Treatment

7. Medications can be an important part of treatment.
8. Mental illness should be treated along with addiction.
9. Treatment does not need to be voluntary.
10. Patients should be monitored.
11. Programs should test for HIV/AIDS, hepatitis, and other diseases.
12. Recovery may require several periods of treatment to combat relapse.
Saying No to Drugs

• As with alcohol, tobacco, and other pressures, you should practice and be ready to say “No” to drugs.

• Say no firmly.
• Buy yourself time.
• Give good reasons.
• State the consequences.
• Say no again and include an alternate activity.
• Walk away.
What to Say

• People who use drugs often use similar “lines” when pressuring other people to join them. The following slide will give you some ideas of how you can respond.
Ways to Turn Down Illegal Drugs

<table>
<thead>
<tr>
<th>If You Hear This...</th>
<th>You Can Say This...</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Try this—only losers don’t do drugs.”</td>
<td>“What loser told you that?”</td>
</tr>
<tr>
<td>“Come on; everyone’s doing it.”</td>
<td>“I don’t care that much about fitting in.”</td>
</tr>
<tr>
<td>“Here, try this. It’s so cool.”</td>
<td>“I’m cool enough already.”</td>
</tr>
<tr>
<td>“So what do you do for fun?”</td>
<td>“Definitely not sit around and kill my brain cells.”</td>
</tr>
<tr>
<td>“When are you gonna wise up and try some of this?”</td>
<td>“I’ll try it when I see smart people using it.”</td>
</tr>
<tr>
<td>“Just try one. It’ll make you feel good.”</td>
<td>“I feel fine already.”</td>
</tr>
<tr>
<td>“Are you scared or something?”</td>
<td>“Yeah, I’m scared of ending up addicted.”</td>
</tr>
</tbody>
</table>
End of Chapter 12 Show
### Commonly Abused Drugs

#### Male
- stunted growth
- aggression
- paranoia
- liver cancer
- increased cholesterol
- heart disease
- severe acne
- baldness
- shrinking of testes
- reduced sperm count
- infertility

#### Female
- severe acne
- increased cholesterol
- increased facial hair
- baldness
- deeper voice
- disrupted menstrual cycle
- infertility
- bloating
- rapid weight gain
- liver cancer