

Lesson 1**The Health Risks of Drug Use**

BIG Idea Drug misuse and substance abuse are life-threatening behaviors.

Lesson 2**Marijuana, Inhalants, and Steroids**

BIG Idea Three often-abused drugs that can have serious physical and mental side effects are marijuana, inhalants, and anabolic steroids.

Lesson 3**Psychoactive Drugs**

BIG Idea Psychoactive drugs affect the central nervous system and can be especially damaging to the developing brain and body of a teen.

Lesson 4**Living Drug-Free**

BIG Idea By deciding not to use drugs, you promote your own health and influence others to do the same.

Activating Prior Knowledge

Using Visuals While looking at this photo, think of reasons why someone might take illegal drugs. List healthful activities that could take the place of drug use. Explain why these kinds of activities are safer than using illegal drugs.





Chapter Launchers

Health in Action

Discuss the **BIG Ideas**

Think about how you would answer these questions:

- ▶ Why do some people use illegal drugs?
- ▶ How can you respond to peer pressure to use drugs?
- ▶ How has peer pressure influenced you to do something safe and healthy?

Watch the **Health eSpotlight Video Series**



The Lesson 3 video shows how ecstasy use is on the rise and how law enforcement is dealing with it. Watch the other videos to learn about topics in this chapter.

Assess Your Health



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LESSON 1



GUIDE TO READING

BIG Idea Drug misuse and substance abuse are life-threatening behaviors.

Before You Read

Create a K-W-L Chart.

Make a three-column chart. In the first column, list what you **know** about the negative effects of illegal drugs. In the second column, list what you **want** to know about this topic. As you read, use the third column to summarize what you **learned**.

K	W	L

New Vocabulary

- ▶ substance abuse
- ▶ illegal drugs
- ▶ illicit drug use
- ▶ overdose
- ▶ addiction

Review Vocabulary

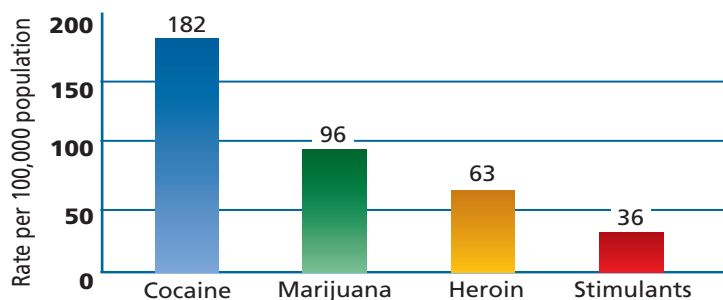
- ▶ psychological dependence (Ch.21, L.2)
- ▶ physiological dependence (Ch.21, L.2)

Health Risks of Drug Use

Real Life Issues

Rates of emergency room visits involving selected illicit drugs: 2006.

Source: Office of Applied Studies, SAMHSA, Drug Abuse Warning Network, 2006.



Writing Consider what you already know about illicit drug use. Write a paragraph describing some of the potential dangers associated with drug use.

Substance Abuse

Main Idea Substance abuse includes the use of illegal substances, as well as the misuse of legal substances.

Medicines cure and prevent disease. Sometimes medicines are accidentally used in an improper way. At other times, medicines are intentionally abused. **Substance abuse** is any unnecessary or improper use of chemical substances for non-medical purposes. It includes the overuse, or multiple use of a drug, use of an illegal drug, or use of a drug with alcohol.

Some abused substances are **illegal drugs**, chemical substances that people of any age may not lawfully manufacture, possess, buy, or sell. Using illegal drugs is a crime called **illicit drug use**, the use or sale of any substance that is illegal or otherwise not permitted. This includes the sale of prescription drugs to those for whom the drugs are not intended.

Factors That Influence Teens

Teens are faced with many choices, including the use of drugs. Many factors influence the choices a teen makes about drug use. Some influences can include:

- **Peer pressure**, or the influence of your friends or social group. Peers can influence teens to avoid illegal drug use. Teens whose friends avoid drug use are more likely to say no to drugs themselves.
- **Family members** can help teens resist drug use. Parents and other family members can encourage teens to abstain from drug use.
- **Role models** such as coaches, athletes, actors, and professionals who speak about the benefits of being drug-free.
- **Media messages** on TV, radio, Web sites, movies, and music can influence how you feel about drug use.
- **Perceptions of drug behavior** that may lead teens to believe that drug use is higher than it is in reality. According to the CDC, more than 70 percent of ninth-graders have never used marijuana.
- **Misleading information** about some drugs can lead teens to think that certain drug use can be beneficial. Some teens believe that steroid use boosts sports performance.



READING CHECK

Describe How could having a prescription for a legal drug lead to illicit drug use?

■ **Figure 22.1** Role models can influence you to avoid drugs. *How would having drug-free role models give you an advantage in resisting drugs?*

How Drugs Affect Your Health

Main Idea Illegal drug use can lead to death.

Unlike medicines, illegal drugs are not monitored for quality, purity, or strength. They don't come with labels that list safety guidelines or suggested dosage. Drug abuse affects your physical, mental/emotional, and social health.

- **Physical health.** A serious danger of drug abuse is the risk of an **overdose**, or a *strong, sometimes fatal reaction to taking a large amount of a drug*. For some illegal drugs, users inject the substances with a needle. This increases the risk of contracting diseases such as hepatitis B and HIV.
- **Mental health.** Drug use may impair a teen's ability to reason and think. The illegal drug Ecstasy **alters** the brain's structure and function. The influence of illegal drug use may cause teens to behave in ways that go against their values. **Figure 22.3**, on page 595, shows how drug use affects the brain.



Academic Vocabulary

alter (verb): to make different



READING CHECK

Explain How does tolerance affect a drug user?

- **Social health.** Teens who use drugs may lose friendships with teens who choose to live drug-free. Relationships with family members may also suffer. Some teens may have to accept the legal consequences of drug use. Substance abuse is a leading cause of crime, suicide, and unintentional injuries.

Other Effects of Drug Use

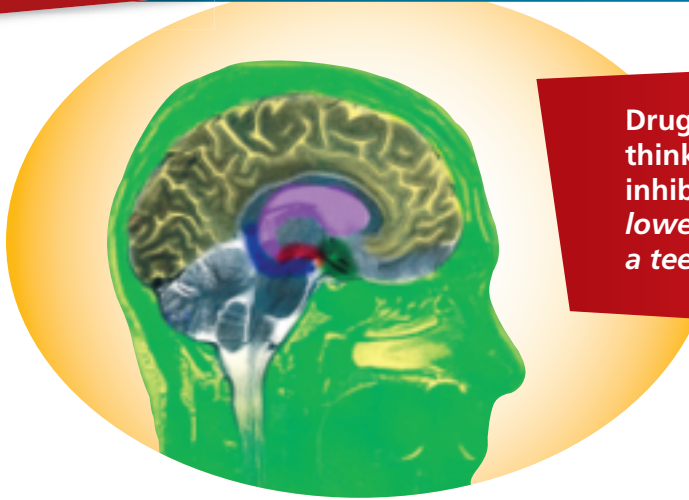
Teens who use illegal drugs may also experience unwanted physical reactions that may result in death. These reactions can occur with a teen's first drug use or even if a teen has used a drug in the past and believes that he or she can tolerate the drug. The manufacture of some illegal drugs is not regulated, so the compounds in each batch of a drug may be different. Other consequences are:

- **Tolerance.** This is a condition in which the body becomes accustomed to the drug and causes the user to experience a need for more and more of the drug to achieve the desired effect.
- **Psychological dependence.** *Psychological dependence* is a condition that develops over time and causes a person to believe that a drug is needed in order to feel good or to function normally.
- **Physiological dependence.** A user develops a chemical need for a drug. Symptoms of withdrawal occur when the effects of the drug wear off. Symptoms can include nervousness, insomnia, headaches, vomiting, chills, and cramps. In some cases, withdrawal symptoms are severe and can result in death.
- **Addiction.** Another serious consequence is **addiction**, a *physiological or psychological dependence on a drug*. An addict is someone who requires persistent, compulsive use of a substance known by the user to be harmful. Because addiction always involves both psychological and physiological dependence, people who are addicted to a substance have great difficulty in stopping its use on their own. Professional intervention to stop using illegal drugs is often necessary.

Trying a drug just once or using a drug only a few times can quickly lead to a serious cycle of addiction. In the addiction cycle, a user takes a drug to experience short-term pleasure. As the effects of the drug wear off, the user then experiences the physical and psychological consequences of withdrawal. In order to relieve these symptoms, the user takes the drug again to to relieve the pain and to repeat the feelings of short-term pleasure once again. The cycle continues until a person gets medical help to stop using the drug.

■ **Figure 22.2** Use of the illegal drug Ecstasy, a stimulant, causes structural and functional changes in the brain. *How can drugs affect your mental health?*





Drug use leads to changes in thinking and the lowering of inhibitions. *What effect could a lowering of inhibitions have on a teen's physical health?*

Drugs Take a Heavy Toll

Main Idea In addition to the physical risks to a person's health, substance abuse can damage all aspects of your life.

Some people believe that drugs can help them escape from their problems. Drug use, however, can actually create problems that affect a user's physical, mental/emotional, and social health.

Consequences for the Individual

Teens who use illegal drugs may stop pursuing their interests and goals, and the goals their parents, teachers, and other adults set for them. Taking drugs lowers inhibitions, which may lead teens to engage in behaviors that can harm their physical health. These behaviors may include engaging in sexual activity, which increases the risk of acquiring sexually transmitted infections, or acting recklessly.

Drug use is also a leading factor in teen depression and suicide. Teens who are involved in drug use are more likely to be arrested. Teens who are convicted of a drug offense can be sent to jail. Teen drug use can also lead to increased violence, crime, and accidental death.

Consequences for Friends and Family

When a teen abuses drugs, it affects everyone in his or her life. Teens who use illegal drugs may lose interest in healthy activities. They may stop spending time with friends who value a drug-free lifestyle. Family members who feel responsible for their loved ones feel the burden of the emotional and financial costs of drug abuse.

Consequences for Others

A developing fetus receives nutrients through the mother's placenta. If a pregnant female takes drugs, those drugs are passed to the fetus. These drugs have a greater effect on the fetus than the mother. The fetus may be born with birth defects, behavioral problems, or a drug addiction. After birth, a nursing mother's breast milk may contain traces of drugs that are passed to the baby.

Consequences for Society

People who abuse drugs cause harm to society. Illegal drug use can result in a rise in drug-related crime and violence. Driving while intoxicated (DWI) or driving under the influence (DUI) can result in collisions that cause injuries and deaths. Drug abuse also affects our nation's economy. Research by the Office of National Drug Control Policy shows that drug abuse costs the U.S. economy \$180 billion per year. These costs result from

- lost work hours and productivity due to drug-related illnesses, jail time, accidents, and deaths.
- health care costs and legal fees.
- law enforcement costs and insurance costs due to drug-related damages, injuries, and deaths.

The consequences of drug abuse—mental, emotional, physical, legal, and social—are 100 percent preventable. By choosing a drug-free lifestyle, you avoid these consequences.



READING CHECK

Infer How can illicit drug use by one person affect people who do not use drugs?

■ **Figure 22.4** Some states automatically suspend the driving privileges of minors convicted of a drug offense. *What are other legal consequences of illicit drug use?*



Trends in Illegal Drug Use

Conduct an online search to determine whether the number of teens who have never used drugs is increasing or decreasing.

A good place to start your search is with the Centers for Disease Control and Prevention's Web site and searching for the most recent National Youth Risk Behavior Survey. Use Web sites that end with ".gov" to ensure that they are safe and remember to keep a list of the sources of your research.



Activity Technology

Once you have found your information, complete the following activity:

1. Write a blog or create a podcast describing the factors that are influencing teens' choices not to use drugs.
2. Include information on the impact of drug use on the individual, family, friends, and the community.
3. Include information on the physical, mental/emotional, social, and legal consequences of drug use.
4. Present your blog or podcast to the class and possibly submit it to the school Web site.

LESSON 1 ASSESSMENT

After You Read

Reviewing Facts and Vocabulary

1. What is an *overdose*?
2. How can an addiction affect your health?
3. How does drug abuse affect society?

Thinking Critically

4. **Infer.** Why might an addiction to a drug become more expensive as the body develops a tolerance to the drug?
5. **Analyze.** Distinguish between *substance abuse* and *illicit drug use*. How are these terms similar? How are they different?



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Applying Health Skills

6. **Accessing Information.** Conduct a survey of teens. Ask: What percentage of teens do you think use drugs? Compare your information to statistics from reliable sources. Create a poster presenting your information.

Writing Critically

7. **Persuasive.** Write a dialogue between you and a friend who is thinking about trying an illegal drug. Tell your friend the consequences of drug use.

Real Life Issues

After completing the lesson, review and analyze your response to the Real Life Issues question on page 592.

LESSON 2



GUIDE TO READING

BIG Idea Three often-abused drugs that can have serious physical and mental side effects are marijuana, inhalants, and anabolic steroids.

Before You Read

Create a Chart. Create a chart with three columns. Label the columns "Marijuana," "Inhalants," and "Steroids." As you read, list the physical, mental, and legal consequences of each.

Marijuana	Inhalants	Steroids

New Vocabulary

- ▶ marijuana
- ▶ paranoia
- ▶ inhalants
- ▶ anabolic-androgenic steroids

Marijuana, Inhalants, and Steroids

Real Life Issues

Driving While on Drugs

Studies have shown that drugs are used by 10 to 22% of drivers involved in crashes.

In 2006, 7.3% of teens who were 16 years old drove under the influence.

1 in 6 teens reported driving under the influence of marijuana.

Writing Write a paragraph that describes what can happen when driving under the influence of illegal drugs.

Marijuana

Main Idea Using marijuana has serious physical, mental, social, and legal consequences.

Every day, you make choices based on information that's available to you. Before deciding to see a particular movie, you may read a review. Before deciding what to eat, you might browse the list of ingredients. Illegal drugs don't come with warning labels that help you make smart decisions. Drugs like marijuana can be mixed with unknown chemicals and have unexpected effects on your health. Even when you are certain of the source of a drug, using it illegally may cause serious harm to your health. Misusing any drugs can have serious consequences to your health.

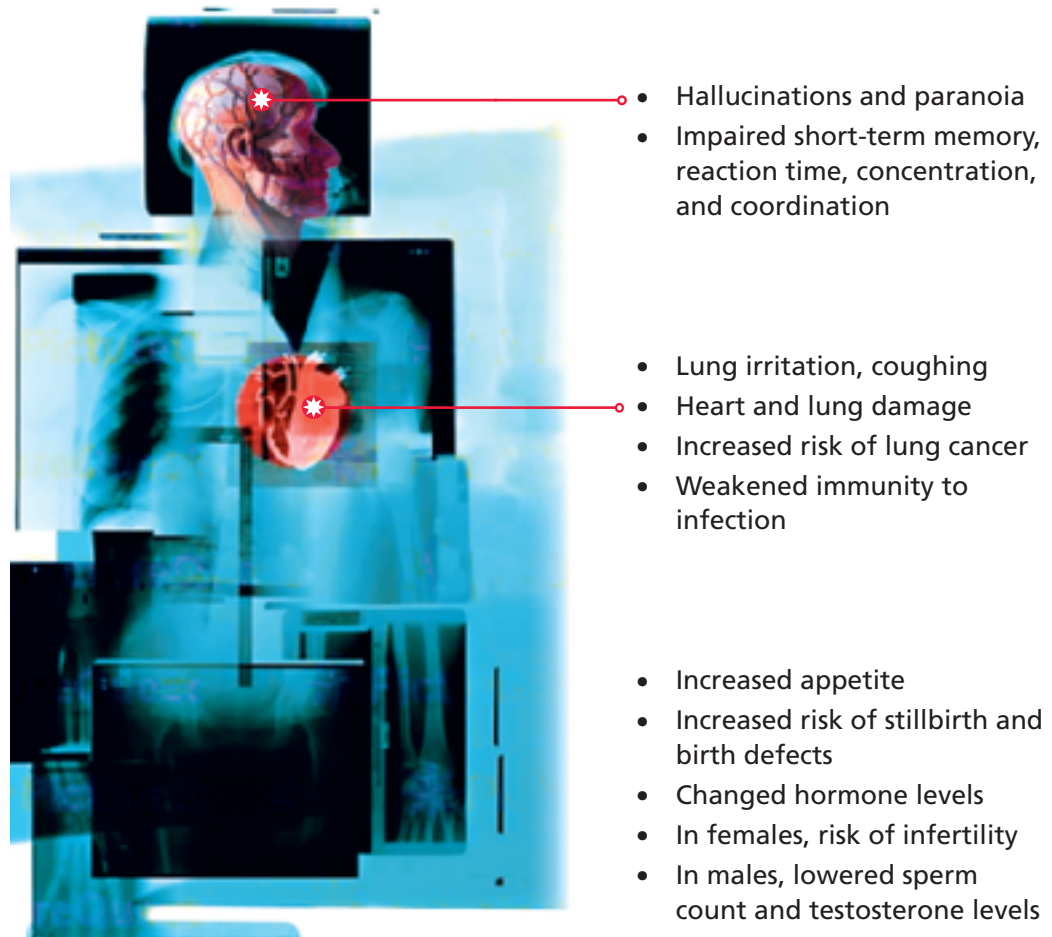
Marijuana is a plant whose leaves, buds, and flowers are usually smoked for their intoxicating effects. Marijuana may also be included in some foods and eaten to gain its intoxicating effects. The drug is also known as grass, weed, or pot. Marijuana is one of the most widely used illegal drugs. Hashish, or hash, is a stronger form of marijuana.

Marijuana is considered a possible *gateway drug*, a drug that may lead to the user to try other, more dangerous drugs. Studies have shown that a teen who uses marijuana is 15 times more likely to use cocaine than a teen who has never used marijuana. All forms of marijuana are mind-altering and can damage the user's health. Some forms of marijuana may be combined with other drugs during processing, making the effects of marijuana even more unpredictable. Marijuana use can lead to risky behavior and even death.

Figure 22.5

Health Risks of Marijuana

The effects of marijuana use varies from person to person, and can be influenced by a person's mood and surroundings.



Physical Consequences of Marijuana Use

Because marijuana is often smoked, users face the same health risks as tobacco smokers. Marijuana smoke contains more cancer-causing chemicals than tobacco smoke, which can result in serious health consequences. Marijuana users often inhale the unfiltered smoke, which can cause damage to the respiratory system. Smoking marijuana may also damage the immune system, making the user more susceptible to infections. Many of the physical effects of marijuana use are summarized in **Figure 22.5** on page 599.

Marijuana also poses risks to the reproductive system. In males, it interferes with sperm production and *lowers* levels of the male hormone testosterone. In females, marijuana *raises* testosterone levels which may lead to *infertility*, or the inability to bear children.

Mental and Emotional Consequences

Marijuana raises levels of a brain chemical called *dopamine*. This chemical produces a pleasurable feeling. In some users, marijuana triggers the release of so much dopamine that the user reaches a feeling of **intense** well-being or elation, called a “high.” When the drug wears off, however, the pleasure sensation stops, often dramatically. This abrupt letdown is called a “crash.”

Marijuana users can experience slow mental reflexes and may suffer from sudden feelings of anxiety and **paranoia**, *an irrational suspiciousness or distrust of others*. The user might feel dizzy, have trouble walking, and have a hard time remembering things that just happened. Short-term memory is affected, which can lead to problems at school and at work. Users often experience distorted perception, loss of coordination, and trouble with thinking and problem solving. A few hours after use, the person can become very sleepy. These consequences can be deadly if the user is driving a vehicle.

Driving and Marijuana Use

The National Highway Traffic Safety Administration (NHTSA) estimates that 10 to 22 percent of drivers involved in car crashes were on drugs. Driving under the influence of marijuana can be dangerous because marijuana interferes with depth perception, increases reaction time, causes sleepiness, impairs judgment, and slows reflexes. The penalties and legal consequences of driving under the influence of any drug—including marijuana—include suspension of a driver’s license, fines, loss of eligibility for federal college loans, and possibly a jail term. If injury or death of another person results, the driver may face serious legal prosecution as well as devastating emotional consequences.

Academic Vocabulary

intense (*adjective*):
existing in an extreme
degree

Inhalants

Main Idea Inhalants can cause the death of brain cells.

Inhalants are substances whose fumes are sniffed or inhaled to give effect. Some inhalants are prescribed by doctors to treat allergies, asthma, and other medical conditions. However, some substances are inhaled to achieve a high. Solvents, aerosols, glues, paints, varnishes, and gasoline can cause brain damage.

Most inhalants depress the central nervous system. Immediate effects include a glassy stare, slurred speech, impaired judgment, nausea, coughing, nosebleeds, fatigue, and lack of coordination. Using inhalants can lead to permanent loss of brain cells. Long-term use can cause liver and kidney damage, blindness, brain damage, paralysis, cardiac arrest, and death.

All inhalants are extremely dangerous, and many are labeled as poisons. Inhalants can be harmful even if you are not trying to abuse them. They can be accidentally inhaled when doing household chores. When using inhalants, work in a well-ventilated room and wear a mask if a project requires long exposure to the fumes.

Consequences of Steroid Use

Main Idea Steroids can cause severe health problems.

Anabolic-androgenic steroids are synthetic substances similar to male sex hormones. *Anabolic* refers to muscle building, and *androgenic* refers to increased male characteristics. Steroids may be prescribed for some medical conditions, but using steroids without medical supervision is dangerous.

Steroid use can result in unnatural muscle growth. When combined with physical conditioning, steroids can increase muscle strength, but the tendons and ligaments do not get stronger which can lead to injury. Other side effects include weight gain, acne, high blood pressure, and liver and kidney tumors. Steroid users who inject the drug may contract HIV or hepatitis B. These drugs may also cause violent behavior, extreme mood swings, depression, and paranoia. The effects on males include shrinking testicles, reduced sperm count, baldness, development of breasts, and an increased risk for prostate cancer. The effects on females include facial hair, baldness, menstrual cycle changes, and a deepened voice.

Any nonmedical use of steroids is illegal. Athletes who use steroids can face expulsion from a team or event, monetary fines, tarnished reputation, and jail time.



■ **Figure 22.6** Marijuana contains 421 different chemicals. The main psychoactive ingredient, THC (delta-9-tetrahydrocannabinol), is stored in body fat, and traces of it can be present in the blood for as long as a month. *Why could a marijuana user fail a drug test weeks after using the drug?*



READING CHECK

Explain Where does the term *anabolic-androgenic steroids* come from?

Health Skills Activity

Decision Making

Making Choices About Drugs

Naomi and her best friend, Jill, and two new friends, Gwen and Miriam, are driving together to a concert by their favorite band. Gwen, stops at a nearby park.

"My brother told me about this," says Gwen as she pulls out a paper bag. "You can get high by sniffing this stuff."

"I heard the same thing!" says Miriam. "Do you guys want to try?"

Jill turns to Naomi. "I'm not so sure. I don't want to do drugs," whispers Jill.

Naomi learned in her health class how dangerous inhalants can be. Gwen and Miriam are fun to hang out with, though, and Naomi doesn't want to disappoint her two new friends.



Writing Apply the six steps of the decision-making model to Naomi's situation.

1. State the situation.
2. List the options.
3. Weigh the possible outcomes.
4. Consider your values.
5. Make a decision and act.
6. Evaluate the decision.

LESSON 2 ASSESSMENT



Visit glencoe.com and use this code to complete the Interactive Study Guide for this lesson.

After You Read

Reviewing Facts and Vocabulary

1. What body systems are harmed by smoking marijuana?
2. What are *inhalants*?
3. Why does using steroids for increasing muscle strength often result in injury?

Thinking Critically

4. **Infer.** Marijuana users often inhale the smoke very deeply and hold it in their lungs longer than cigarette smokers do. How might this practice make marijuana more dangerous than smoking tobacco?
5. **Compare.** How do the effects of steroids differ in males and females?

Applying Health Skills

6. **Accessing Information.** Research reliable sources to learn more about the dangers of accidentally or purposefully inhaling chemicals. Create a poster showing how inhalants can affect your physical health.

Writing Critically

7. **Persuasive.** Write a public service announcement describing the dangers of driving while under the influence of marijuana.

Real Life Issues

After completing the lesson, review and analyze your response to the Real Life Issues question on page 598.

Psychoactive Drugs

GUIDE TO READING

BIG Idea Psychoactive drugs affect the central nervous system and can be especially damaging to the developing brain and body of a teen.

Real Life Issues

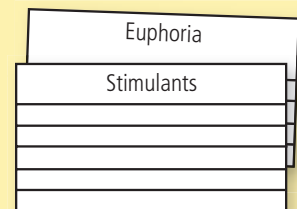
Skip this "Trip." It's early fall, and school has just started. Alex and his friends are at a party hosted by some college kids down the street. The party is a little wilder than they anticipated. At one point, a guy offers Alex a "hit" of LSD. "It's awesome," says the young man, who looks a little out of it. "No thanks," says Alex. "I'm not into drugs."



Writing Write a paragraph that describes at least three safe activities that can give your body a physical adrenaline rush or stimulate the senses without the use of illegal drugs.

Before You Read

Make Flash Cards. As you read the lesson, write each vocabulary term on the front of an index card. Write the definition on the back of each card. Use the cards to quiz a partner on the terms and their meanings.



Effects of Psychoactive Drugs

Main Idea Psychoactive drugs change the functioning of the central nervous system.

The central nervous system (CNS) is amazingly complex. Every human activity, from bending a finger to solving complicated problems, involves the CNS. **Psychoactive drugs**, chemicals that affect the central nervous system and alter activity in the brain, change the functioning of the CNS. The four main groups of psychoactive drugs are stimulants, depressants, opiates, and hallucinogens.

Some psychoactive drugs have medicinal value. When psychoactive drugs are misused or abused, a person's health and the functioning of all the body systems are seriously affected. The effects on a teen's developing brain and body can be especially damaging.

New Vocabulary

- ▶ psychoactive drugs
- ▶ designer drugs
- ▶ hallucinogens
- ▶ euphoria
- ▶ depressants
- ▶ stimulants
- ▶ opiates

Figure 22.7

Health Risks of Psychoactive Drugs

Type of Drug	Consequences to Your Health
Stimulants	
Amphetamines	<ul style="list-style-type: none"> Decreased appetite, weight loss, malnutrition High blood pressure, rapid heartbeat, heart failure, death Aggressiveness, increased tolerance, addiction
Cocaine	<ul style="list-style-type: none"> Nausea, abdominal pain, malnutrition, headache, stroke, seizure, heart attack, death Exposure to HIV through contaminated needles, addiction
Crack	<ul style="list-style-type: none"> Extreme addiction with the same consequences as cocaine Rapid increase in heart rate and blood pressure, death
Methamphetamine (Meth)	<ul style="list-style-type: none"> Memory loss, heart and nerve damage Increased tolerance, addiction
Depressants	
Barbiturates	<ul style="list-style-type: none"> Fatigue, confusion, impaired muscle coordination Reduced heart rate, blood pressure, respiratory function, death
GHB	<ul style="list-style-type: none"> Drowsiness, nausea, vomiting, loss of consciousness Impaired breathing, coma, death
Rohypnol (roofies)	<ul style="list-style-type: none"> Decreased blood pressure, drowsiness, memory loss, gastrointestinal disturbances
Tranquilizers	<ul style="list-style-type: none"> Depression, fever, irritability, loss of judgment, dizziness
Opiates	
Codeine	<ul style="list-style-type: none"> Reduced respiratory function, respiratory arrest, death Exposure to HIV through contaminated needles, addiction
Heroin	<ul style="list-style-type: none"> Confusion, sedation, unconsciousness, coma, addiction
Morphine	<ul style="list-style-type: none"> Rapid onset of tolerance, addiction
Opium	<ul style="list-style-type: none"> Nausea, constipation, addiction
Oxycodone (OxyContin®)	<ul style="list-style-type: none"> Drowsiness, nausea, constipation, addiction Reduced respiratory function, respiratory arrest, death
Hallucinogens	
DXM (tussin)	<ul style="list-style-type: none"> Nausea, dizziness, lack of coordination, rashes Hallucinations, disorientation, paranoia, panic attacks, seizures
Ecstasy (MDMA)	<ul style="list-style-type: none"> Confusion, depression, paranoia, muscle breakdown
Ketamine	<ul style="list-style-type: none"> Kidney and cardiovascular system failure, death Memory loss, numbness, impaired motor function
LSD	<ul style="list-style-type: none"> Delusions, illusions, hallucinations, flashbacks, numbness, tremors
Mescaline (peyote)	<ul style="list-style-type: none"> Delusions, illusions, hallucinations, flashbacks, numbness, tremors
PCP	<ul style="list-style-type: none"> Loss of appetite, depression, panic, aggression, violent actions
Psilocybin (mushrooms)	<ul style="list-style-type: none"> Delusions, illusions, hallucinations, paranoia, extreme anxiety, nausea

Consequences of Psychoactive Drug Use

Psychoactive drug use can result in health problems and addiction. Using psychoactive drugs often leads to poor judgment and behaviors, which may put teens at risk for unintentional injuries, violence, STDs, unintended pregnancy, and suicide. Choosing a drug-free life can protect your health.

Club Drugs, Stimulants, and Depressants

Main Idea Club drugs, stimulants, and depressants can cause irreversible health damage.

Certain drugs are classified by their effects. They may speed up or slow down the senses, or affect judgment.

Club Drugs

The term *club drug* describes drugs found at concerts, dance clubs, and drug parties, called raves. These drugs are sometimes disguised in foods, or slipped into drinks and taken without a person's knowledge. Many club drugs are **designer drugs**, *synthetic drugs that are made to imitate the effects of other drugs*. Designer drugs can be several hundred times stronger than the drugs they imitate.

Ecstasy (MDMA) Ecstasy, or MDMA, has both stimulant and hallucinogenic effects. **Hallucinogens** are *drugs that alter moods, thoughts, and sense perceptions, including vision, hearing, smell, and touch*. Ecstasy may cause short-term **euphoria**, *a feeling of intense well-being or elation*.

Rohypnol Rohypnol, or “roofies,” are **depressants**, or sedatives that are colorless, odorless, and tasteless. These are *drugs that tend to slow the central nervous system*. It is called the “date-rape” drug. Unwanted physical contact, unplanned pregnancies, and exposure to HIV and STDs can result. It's illegal to give someone a drug without his or her knowledge. Engaging in sexual activity with a person under the influence of a date-rape drug is a criminal offense.

GHB GHB, or gamma hydroxybutyric acid, is another CNS depressant. It is **available** as a clear liquid, a white powder, and in a variety of tablets and capsules. Like Rohypnol, it can be used as a date-rape drug.

Ketamine Ketamine is an anesthetic used to treat animals. It causes hallucinations and may result in respiratory failure.



READING CHECK

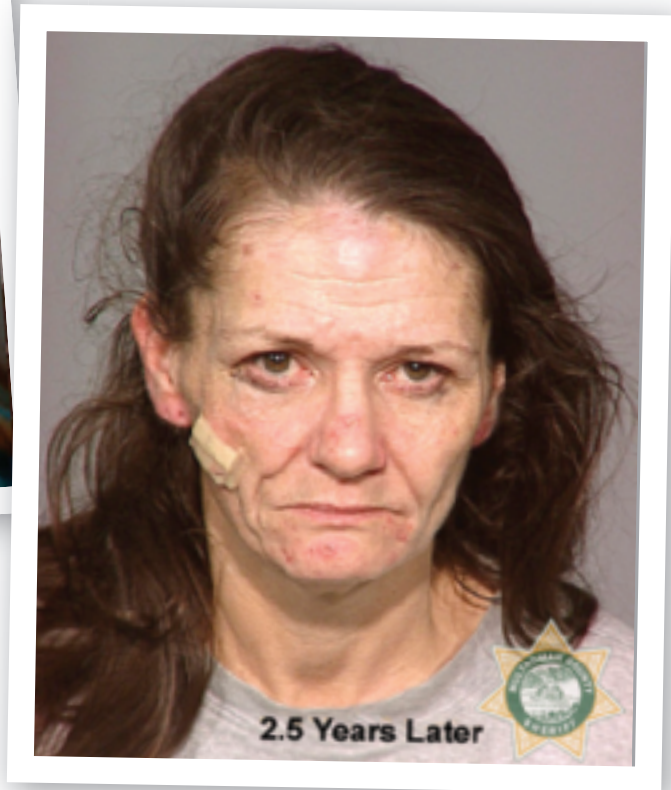
Apply What should you do if you are at a party where people are taking psychoactive drugs?



■ **Figure 22.8** Never allow a stranger to handle your drink at a social event. *Why are Rohypnol and GHB often known as date-rape drugs?*

Academic Vocabulary

available (*adjective*):
present or ready for
immediate use



■ **Figure 22.9** One common effect of meth use is delusions of bugs crawling on the user's skin. As a result, many meth users scratch and pick at their skin until they develop unsightly sores. *What other physical effects can meth use cause?*

Meth Methamphetamine, or meth, is a stimulant. **Stimulants** are drugs that speed up the central nervous system. Meth is a white, odorless powder that easily dissolves in alcohol or water. Because its nonmedical form is produced in makeshift labs, the drug is readily available but its quality is uncertain. Meth may provide a short-term feeling of euphoria, but often its use also causes depression, paranoia, and delusions. Meth use can cause death.

■ **Figure 22.10** “Energy drinks” often have so much caffeine that their labels must warn pregnant women and people with high blood pressure not to drink them. *Why is the small serving size of a typical energy drink misleading?*

LSD (Acid) Acid, or lysergic acid diethylamide (LSD), can cause hallucinations and severely distorted perceptions of sound and color. Flashbacks—states in which a drug user experiences the emotional effects of a drug long after its actual use—can also occur. Users may experience emotions ranging from extreme euphoria, to panic, to terror or deep depression. The resulting behaviors can lead to serious injury or death.

Other Stimulants

Stimulants speed up the CNS. The nicotine in tobacco products is a highly effective stimulant. You can learn more about nicotine in Chapter 20. The caffeine in coffee, tea, cola, and power drinks are all stimulants. “Energy” or “power” drinks often contain four to ten times the amount of caffeine as a regular-sized cola. Other dangerous stimulants include cocaine, amphetamines, and methamphetamines.



Cocaine Cocaine is a rapidly acting, powerful and highly addictive stimulant. Cocaine is a white powder extracted from the leaves of the coca plant. Using cocaine is illegal. Users may experience a surge of self-confidence and euphoria. The feelings of confidence induced by cocaine are followed by an emotional letdown. Regular use can lead to depression, fatigue, paranoia, and physiological dependence. Cocaine use can cause malnutrition and, especially among teens, may result in cardiac problems. When cocaine is injected, users risk contracting HIV or hepatitis B from infected needles. Overdosing can result in death.

Crack An even more dangerous form of cocaine is crack, also called rock or freebase rock. Crack reaches the brain seconds after being smoked or injected. Once in the blood, it causes the heart rate and blood pressure to soar to dangerous levels. Death may result from cardiac or respiratory failure. Mixing crack (or any drug) with alcohol can be fatal. Both substances combine in the liver, increasing the risk of death from liver failure.

Amphetamines Amphetamines are highly addictive. Some people use amphetamines to stay alert, to improve athletic performance, or to lose weight. It is easy to develop a tolerance to amphetamines, causing the user to ingest more and more of the substance. Regular use can result in an irregular heartbeat, paranoia, aggressive behavior, and heart failure.

Other Depressants

Depressants are drugs that tend to slow the central nervous system and can have negative, sometimes deadly effects on your health. Depressants are dangerous because they can slow heart and respiration rates and lower blood pressure. Alcohol is a commonly used depressant. Combining small amounts of depressants can cause shallow breathing, weak or rapid pulse, coma, and death.

Barbiturates Barbiturates are sedatives that are rarely used for medical purposes. Using barbiturates can cause mood changes, excessive sleepiness, and coma. Users may feel intoxicated. Combining barbiturates with alcohol can be fatal.

Tranquilizers Tranquilizers are depressants that relieve anxiety, muscle spasms, sleeplessness, and nervousness. When tranquilizers are overused, they can cause physiological and psychological dependence, coma, and death.



■ **Figure 22.11** Both cocaine and crack are dangerous illegal stimulants. *How are cocaine and crack related?*



READING CHECK

Compare Name two legal stimulants that are commonly used.



READING CHECK

Explain Why can combining depressants be dangerous?



My “drug” is my favorite sport: running. I don’t need to get high on any illegal substance, because when I go for a run, I get all the benefits of a good workout and it makes me feel great. I challenge myself to improve every day, and in the end I have something to be proud of. Keeping my body and my brain in top condition for running is the best thing I can do to stay healthy. For more physical activity ideas, visit the Online Fitness Zone at glencoe.com.



READING CHECK

Apply Why are hallucinogens sometimes fatal?

Hallucinogens and Opiates

Main Idea Hallucinogens and opiates seriously alter the sensory controls in the brain.

The sections of the brain that interpret sensory input can be permanently damaged by the effects of psychoactive drugs. Hallucinogens overload the brain’s sensory controls. Opiates, which are highly addictive, cause confusion and dull the senses.

Hallucinogens

Hallucinogens can cause serious mental/emotional and physical consequences for users. These drugs alter mood, and impair judgement, thoughts, and sense perception. Users may behave in ways that they normally would not. A person who uses hallucinogens may believe that he or she is invincible. Using these drugs can also cause increases in heart and respiratory rates, which can lead to heart and respiratory failure. Using these drugs can cause coma. Hallucinogens have no medical use.

Ecstasy, ketamine, acid (LSD), phencyclidine (PCP or angel dust), dextromethorphan (DXM), psilocybin (mushrooms), and mescaline (peyote) are examples of powerful and dangerous hallucinogens. Hallucinogens overload the sensory controls in the brain, causing confusion, intensified sensations, and hallucinations. The altered mental states caused by hallucinogens can last for several hours or several days. Users can also experience flashbacks, or states in which they feel emotional effects of a drug long after its actual use. The effects of using these drugs are extremely unpredictable. Users sometimes harm themselves physically, or behave violently and harm others.

PCP PCP, or angel dust, is one of the most dangerous of all drugs, and its effects vary greatly from user to user. The drug creates a distorted sense of time, increased muscle strength, increased feelings of violence, and the inability to feel pain. Overdoses can cause death, but most PCP-related deaths are caused by the destructive behavior or disorientation that the drug produces. For example, PCP users have died in fires because they became disoriented and had no sensitivity to the pain of burning. Flashbacks can occur at any time, causing pain, confusion, and lack of control.

DXM DXM, or “tussin,” is a cough suppressant sold as an over-the-counter medicine. When used in the recommended dosage, DXM is not dangerous. When misused, it can cause hallucinations, paranoia, panic attacks, nausea, increased heart rate and blood pressure, seizures, and addiction.



■ **Figure 22.12** Talk to your doctor or pharmacist about any prescription medications that you are given. *Why is it important for pharmacists to keep records of all sales of opiates?*

Mushrooms and Peyote Psilocybin (mushrooms) and mescaline (peyote cactus) are hallucinogens found in nature as a fungus and a plant. When eaten, they cause hallucinations, nausea, and flashbacks. Use of these drugs can also lead to poisoning and death when dealers harvest toxic species.

Opiates

Opiates, or narcotics, are *drugs such as those derived from the opium plant that are obtainable only by prescription and are used to relieve pain*. Morphine, oxycodone, and codeine are common examples of opiates. When opiates are used according to the directions provided by a health care professional, they are an effective pain reliever. Abusing opiates dulls the senses, causes drowsiness, constipation, slow and shallow breathing, convulsions, coma, and death. Pharmacists record all sales of opiates because the drug is addictive.

Codeine Codeine is a highly addictive ingredient in some prescription cough medicines. Even if a user takes codeine as prescribed, drowsiness can occur. The drug should not be used before driving a vehicle. Codeine use can cause dizziness, labored breathing, low blood pressure, seizures, and respiratory arrest.

Some people may be allergic to codeine. These people may experience difficulty breathing or mood changes. Codeine use has also been linked to death in infants. The CDC has issued a warning against giving any medications containing codeine to infants or small children. If you or someone you know experiences a problem after taking codeine, call 911 immediately.



Go to [glencoe.com](https://www.glencoe.com) and use this code to complete the Student Web Activity on psychoactive drugs and the health risks of stimulants, depressants, and hallucinogens.



READING CHECK

Explain How are heroin and morphine related?

Morphine Morphine is a much stronger drug than codeine. It is sometimes prescribed to treat severe pain, but is generally used for only a short time. Side effects include fast or slow heartbeat, seizures, hallucinations, blurred vision, rashes, and difficulty swallowing.

Heroin Heroin is a processed form of morphine that is injected, snorted, or smoked. Heroin comes in many forms, including a white or brownish powder and a black, sticky tar. Dealers may mix heroin with medicines or household substances to create other forms, such as “cheese” or “cheese heroin.”

Heroin slows breathing and pulse rate. It can also cause infection of the heart lining and valves, as well as liver disease. Infectious diseases such as HIV and hepatitis B can also result from the use of infected needles. Large doses can cause coma or death, and fetal death if the user is pregnant.

Oxycodone When used properly under the supervision of a doctor, oxycodone is a prescription drug that helps to relieve moderate to severe chronic pain. Oxycodone contains a strong opiate. It is often referred to by the brand name OxyContin®. A side effect of this drug is suppression of the respiratory system, which cause death from respiratory failure.

LESSON 3 ASSESSMENT



Visit glencoe.com and use this code to complete the Interactive Study Guide for this lesson.



After You Read

Reviewing Facts and Vocabulary

1. On what body system do *psychoactive drugs* act?
2. Name the four types of drugs described in this lesson and give an example of each.
3. What are *opiates*?

Thinking Critically

4. **Evaluate.** An acquaintance offers you a drug that she says is natural. Does this mean it is safe to take? Why or why not?
5. **Apply.** Why is it important to follow directions from your doctor or pharmacist when taking a prescription drug such as codeine?

Applying Health Skills

6. **Advocacy.** Research the different types of designer drugs, the forms they take, and how they affect health. Use what you have learned to design a Web site that warns about the dangers of these drugs.

Writing Critically

7. **Narrative.** Write a script convincing a friend not to try drugs. Include data on the harmful effects and health consequences of drug use.

Real Life Issues

After completing the lesson, review and analyze your response to the Real Life Issues question on page 603.

Living Drug-Free

Real Life Issues

A Sister's Advice. When Penny arrives home, her younger sister is on her bed, crying. "Lisa, what happened?" asks Penny. "A girl at the recreation center offered me drugs," Lisa says. "I didn't know what to do, so I just ran off." Penny gives Lisa a comforting hug. "Sounds to me like you did the right thing," she assures her. Lisa looks up, her eyes red. "But they're going to make fun of me at school on Monday," she says. "Maybe so," replies Penny, "but would they make fun of you for eating right and working out? I always tell people who offer me drugs that I'm an athlete, and I'm not into that."



Writing Make a list of reasons to say no to drug use.

Resisting Pressure to Use Drugs

Main Idea Most teens never experiment with illegal drugs.

By deciding not to use drugs, you protect your health, and become a role model to others. Peer pressure can be intense during the teen years. When the subject of drug use comes up, you may be told that "everybody's doing it." This claim is not true. Most teens never experiment with illegal drugs. Almost 62 percent of high school students have never tried marijuana, and more than 90 percent have never tried cocaine.

Committing to Be Drug-Free

It is sometimes difficult to make decisions quickly. You may not have time to consider all of the consequences until after a dangerous situation has passed. You may feel unsure about saying no to drug use. If your friends put pressure on you to use drugs, you may need to decide whether you want to continue to remain friends with someone who uses drugs.

GUIDE TO READING



BIG Idea By deciding not to use drugs, you promote your own health and influence others to do the same.

Before You Read

Create an Outline. Preview this lesson by scanning the pages. Then, organize the headings and subheadings into an outline. As you read, fill in the outline with important details.

I.	
A.	
1.	
2.	
B.	
II.	

New Vocabulary

- ▶ drug-free school zones
- ▶ drug watches
- ▶ rehabilitation



■ **Figure 22.13** Activities you enjoy can help you avoid situations where drugs may be available. *What types of activities would you choose?*

To commit to remaining drug-free, choose friends who share your attitude about drug use, and avoid places where drugs may be available.

Even a teen who has used drugs in the past can choose not to use drugs in the future. Refusal skills can help you say no to drugs. Thinking of and practicing refusal statements ahead of time will help you feel comfortable using them. Examples of refusal statements include:

- “No thanks, I don’t do drugs.”
- “I can’t. I’m on medication.”
- “I’m not interested. That stuff makes me sick.”
- “No. I have to be in great shape for tomorrow’s game.”

Healthy Alternatives

Choosing friends who value a drug-free lifestyle and participating in activities that do not involve drugs can help you avoid drug use. It can also help to build self-esteem, provide role models, reinforce values, and help you make new friends. The following activities are just a few healthy alternatives to drug use.

- **Hobbies.** Enjoy hobbies such as photography, cooking, art, or music.
- **Sports.** Get physical activity through outdoor recreation, team, and individual sports.
- **Community activities.** Participate in neighborhood events, political movements, community service, religious activities, and local clubs.
- **School organizations.** Get involved in service groups, honor societies, and advocacy groups at school.



READING CHECK

Apply What can you say to someone who pressures you to use drugs by telling you that “everybody’s doing it”?

Drug Prevention Efforts

Main Idea Schools and communities are working together to support students in their efforts to be drug-free.

Everyone can help reduce substance abuse by committing to remain drug-free. Schools and communities also provide ways to help young people avoid drugs.

School Efforts

Near schools, **drug-free school zones**, areas within 1,000 to 1,500 feet of schools and designated by signs, within which people caught selling drugs receive especially severe penalties, have been established. Penalties are often double what they might be for the same drug offense committed elsewhere. Other efforts at schools to eliminate drug use include drug education classes, zero-tolerance policies, and the expulsion of students found using drugs. Some schools conduct locker searches and maintain police patrol on campus.

Community Efforts

Communities across the nation are taking action to prevent drug abuse. **Drug watches** are organized community efforts by neighborhood residents to patrol, monitor, report, and otherwise try to stop drug deals and drug abuse. Anti-drug programs in your community can help protect your family and friends from drug abuse.

Becoming Drug-Free

Main Idea Many types of counseling are available for those who want to become drug-free.

Once someone begins using drugs, addiction can occur rapidly. **Figure 22.15** on page 614 lists some warning signs of drug abuse. The following steps can guide you in helping a friend or family member.

- Identify sources of help in your community.
- Talk to the person when he or she is sober. Express your affection and concern, and describe the person's behavior without being judgmental.
- Listen to the person's response. Be prepared for anger and denial.
- Offer to go with your friend or family member to a counselor or support group.



Go to glencoe.com and use this code to complete the Student Web Activity on the benefits of living a drug-free life.



READING CHECK

Contrast How are some of the penalties for illicit drug use in a drug-free school zone more severe than in other areas?

■ **Figure 22.14** The penalties for using, selling, or possessing drugs in a drug-free school zone are more severe than in other areas. *How far from a school is the border of a typical drug-free school zone?*



The following behaviors may indicate that a person has a drug problem.

- Lies about the drugs he or she is using, constantly talks about drugs
- Stops participating in activities that once were an important part of his or her life
- Changes eating or sleeping habits, shows rapid weight loss
- Takes unnecessary risks, participates in unsafe behaviors
- Gets in trouble with authorities, such as school administrators or police
- Seems withdrawn, depressed, tired, and cares less about appearance
- Has red-rimmed eyes and runny nose not related to colds or allergies
- Has blackouts and forgets what he or she did under the influence
- Has difficulty concentrating

Getting Help

Drug abuse is a treatable condition. **Rehabilitation** is the process of medical and psychological treatment for physiological or psychological dependence on a drug or alcohol. Most drug users need the help family, friends, and counseling to end their addiction.

Drug treatment centers offer a safe place to withdraw from drug use. Many of these centers provide medications to help with the physical and psychological effects of withdrawal. Types of drug treatment centers include:

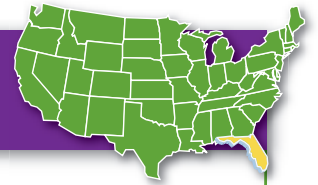
- **Outpatient drug-free treatment.** These programs usually do not include medications and often use individual or group counseling.
- **Short-term treatment.** These centers can include residential therapy, medication therapy, and outpatient therapy.
- **Maintenance therapy.** Intended for heroin addicts, this treatment usually includes medication therapy.
- **Therapeutic communities.** These are residences for drug abusers. The centers include highly structured programs that may last from six to 12 months.

Drug counselors can also help people **adjust** to a life without drugs. Some counselors use behavioral change strategies to help a person become drug-free. These strategies include avoiding the people who supply or do the drug, recalling negative consequences of doing the drug, practicing refusal skills, and filling free time with planned, healthy activities.

Former drug users may also attend support groups. These meetings are gatherings of people who share a common problem. Support groups provide the long-term support that the recovering user needs to remain drug-free, in addition to family support.

Academic Vocabulary

adjust (verb): to bring to a more satisfactory state



“We don’t have time to consider using drugs.”

Staying Drug-Free

Sandra L., of Florida, is president of her school’s chapter of Drug Free Youth in Town (DFYIT). “Every weekend thirty to fifty of our 300 members do community service. The purpose is to have fun and not have time to think about drugs,” says Sandra.

DFYIT teens pledge to be drug-free and agree to random drug tests. “We wear T-shirts with the words ‘Drug-free and willing to prove it,’” Sandra says.

Through Sandra’s leadership, DFYIT members have volunteered at a number of events, including an arts festival, an AIDS walk, a food and toy drive, and haunted houses on Halloween.

The 300-plus members of DFYIT rely on Sandra to organize their volunteer work. “Knowing that I am helping them stay away from drugs is rewarding.”



Write your answers to the following questions in your personal health journal:

- 1 What fun activities could teens volunteer for in your community?
- 2 How would you organize a similar club at your school?
- 3 List at least six reasons why it’s important to stay drug-free.

LESSON 4 ASSESSMENT



Visit glencoe.com and use this code to complete the Interactive Study Guide for this lesson.

After You Read

Reviewing Facts and Vocabulary

1. What are three healthy alternatives to using drugs?
2. What is a *drug-free school zone*?
3. Describe *rehabilitation*.

Thinking Critically

4. **Analyze.** Why is it important to commit to being drug-free before drugs are offered to you?
5. **Apply.** Former drug users try to fill their free time with healthy activities. What kinds of healthy activities could a former user try in order to remain drug-free?

Applying Health Skills

6. **Practicing Healthful Behaviors.** List five healthy alternatives to drug use, and share your ideas with the class.

Writing Critically

7. **Narrative.** Write a short story about someone who has stopped using drugs. Describe the types of community resources that provide help.

Real Life Issues

After completing the lesson, review and analyze your response to the Real Life Issues question on page 611.

Hands-On HEALTH

Activity **Saying No**

Illegal drug use can harm your physical, mental/emotional, and social health. You will create a presentation for younger students, providing information about illegal drugs and advice on how to use refusal skills to avoid drug use.

What You'll Need

- a computer with Internet access
- one large sheet of white paper and colored markers

What You'll Do

Step 1

Working with a partner, review the text for information on the risks of drug use. On the large sheet of paper, list the names of ten illegal drugs, and the effects of each drug.

Step 2

Create a computer presentation that helps younger students understand the risks of using illegal drugs. Show them how to use refusal skills.

Step 3

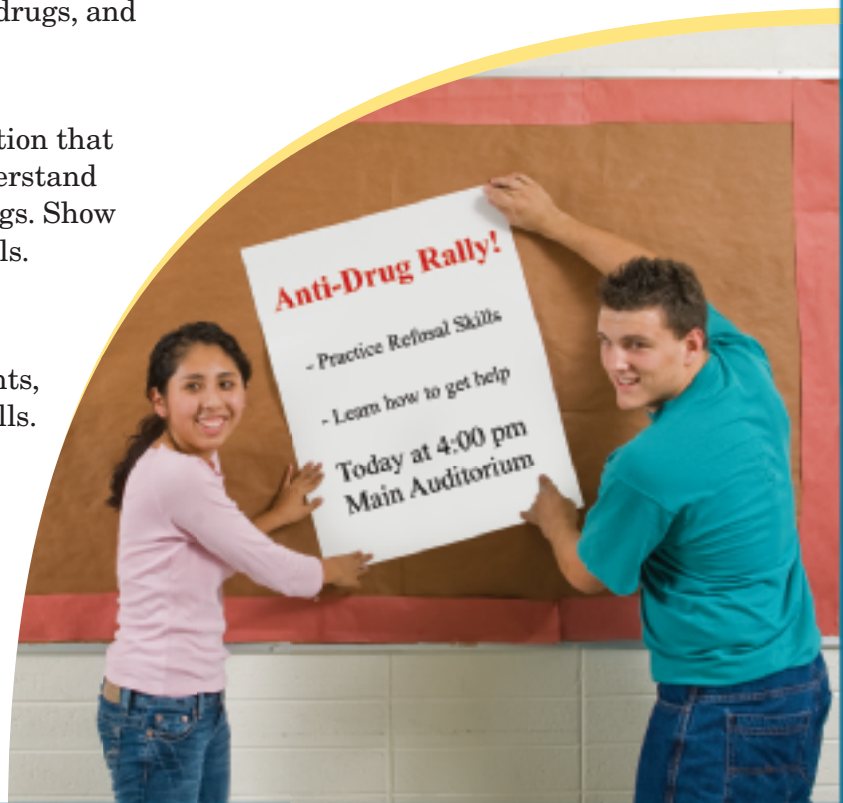
Show your presentation to a class of middle school students, and demonstrate refusal skills.

Apply and Conclude

Ask the middle school students for feedback. Write a short reflective paper on the effectiveness of your presentation, including what you would do differently.

Checklist: Refusal Skills

- ✓ Say no, and explain why you are refusing
- ✓ Propose alternative activities to the group
- ✓ Use body language to back up your words
- ✓ Walk away from the situation if necessary





For chapter review podcasts and audio summaries, use this code at glencoe.com.

LESSON 1**The Health Risks of Drug Use****Key Concepts**

- ▶ It is illegal to use, sell, or possess illegal drugs, or to sell or use prescription medications for nonmedical purposes.
- ▶ Misusing medicines and drugs can lead to addiction.
- ▶ Drug abuse can have negative consequences for the user, friends, family, and society.

Vocabulary

- ▶ substance abuse (p. 592)
- ▶ illegal drugs (p. 592)
- ▶ illicit drug use (p. 592)
- ▶ overdose (p. 593)
- ▶ addiction (p. 594)

LESSON 2**Marijuana, Inhalants, and Steroids****Key Concepts**

- ▶ Using marijuana can damage a user's health.
- ▶ Sniffing inhalants can permanently damage or kill brain cells.
- ▶ The nonmedical use of anabolic-androgenic steroids is illegal and can pose serious health risks.

Vocabulary

- ▶ marijuana (p. 599)
- ▶ paranoia (p. 600)
- ▶ inhalants (p. 601)
- ▶ anabolic-androgenic steroids (p. 601)

LESSON 3**Psychoactive Drugs****Key Concepts**

- ▶ Many illegal drugs often contain unknown ingredients.
- ▶ Stimulants include legal drugs, such as nicotine, caffeine, and many medicines, and illegal drugs, such as cocaine and crack.
- ▶ Hallucinogens can result in flashbacks that often cause mental and emotional problems that can occur long after use.

Vocabulary

- ▶ psychoactive drugs (p. 603)
- ▶ designer drugs (p. 605)
- ▶ hallucinogens (p. 605)
- ▶ euphoria (p. 605)
- ▶ depressants (p. 605)
- ▶ stimulants (p. 606)
- ▶ opiates (p. 609)

LESSON 4**Living Drug-Free****Key Concepts**

- ▶ Choosing to remain drug-free will protect your health.
- ▶ You can use refusal skills to maintain your commitment to remaining drug-free.
- ▶ Drug-free school zones and drug watches are two ways that communities help young people avoid drugs.

Vocabulary

- ▶ drug-free school zones (p. 613)
- ▶ drug watches (p. 613)
- ▶ rehabilitation (p. 614)

Health eSpotlight



With the information you have learned from the chapter, go back and view the videos and discuss as a class.

LESSON 1

Vocabulary Review

Use the vocabulary terms listed on page 617 to complete the following statements.

1. Drug users often find it difficult to stop using drugs without help because _____ involves both psychological and physiological dependence.
2. _____ is any unnecessary or improper use of chemical substances for nonmedical purposes.
3. Taking more than the recommended amount of a prescription drug can lead to serious health problems or even death from a(n) _____.



Understanding Key Concepts

After reading the question or statement, select the correct answer.

4. Which of the following is *not* usually a factor in deciding to use an illegal drug?
 - a. Peer pressure at school
 - b. The original source of the drug
 - c. How role models live their lives
 - d. Messages on television and in movies
5. Which of the following can be a negative consequence of drug use?
 - a. Temporary euphoria
 - b. Decrease in tolerance
 - c. Contraction of an STD
 - d. Strengthened refusal skills

Thinking Critically

After reading the question or statement, write a short answer using complete sentences.

6. **Infer.** How might the legal consequences of drug use interfere with a teen's future educational and career goals?
7. **Analyze.** How can illicit drug use affect you if you and your friends do not use drugs?

LESSON 2

Vocabulary Review

Choose the correct term in the sentences below.

8. *Paranoia / Marijuana* is an irrational suspiciousness or distrust of others.
9. Using *anabolic-androgenic steroids / inhalants* leads to loss of brain cells.
10. *Anabolic-androgenic steroids / Inhalants* can increase muscle strength but not tendon and ligament strength, and causes injuries.

Understanding Key Concepts

After reading the question or statement, select the correct answer.

11. Which consequence of using marijuana can lead to reproductive system problems?
 - a. Increased appetite
 - b. Feelings of paranoia
 - c. Heart and lung damage
 - d. Changes in testosterone level
12. Which substance has a legal medical use when used as an inhalant?
 - a. Gasoline
 - b. Nitrous oxide
 - c. Solvent
 - d. Varnish
13. Which drugs are *not* usually taken in through the respiratory system?
 - a. Aerosols
 - b. Anabolic-androgenic steroids
 - c. Marijuana
 - d. Nitrous oxide

Thinking Critically

After reading the question or statement, write a short answer using complete sentences.

14. **Analyze.** How could using marijuana harm your social interactions with friends?
15. **Infer.** Why might it be difficult for law enforcement officials to discover and prevent illegal inhalant use?
16. **Extend.** If an athlete chooses to use steroids to increase muscle mass, how does this perceived benefit actually turn out to be a negative consequence?



LESSON 3

Vocabulary Review

Choose the correct word in the sentences below.

17. *Stimulants/Depressants* speed up the central nervous system.
18. Drugs that cause *euphoria/hallucinations* give users a temporary feeling of intense well-being.
19. *Opiates/Hallucinogens* are often obtainable by prescription, but are heavily monitored because they can cause serious addiction.

Understanding Key Concepts

After reading the question or statement, select the correct answer.

20. Which type of psychoactive drug is best known for altering sense perceptions?
 - a. Depressants
 - b. Hallucinogens
 - c. Opiates
 - d. Stimulants

21. Which type of psychoactive drug is used medically to block pain messages to the brain?
 - a. Depressants
 - b. Hallucinogens
 - c. Opiates
 - d. Stimulants
22. Which hallucinogen is classified as a designer drug?
 - a. DXM
 - b. LSD
 - c. MDMA
 - d. PCP
23. Why are Rohypnol and GHB linked to exposure to STDs?
 - a. They are highly addictive.
 - b. They can be used as date-rape drugs.
 - c. They are usually taken intravenously.
 - d. They affect the body's immune response.

Thinking Critically

After reading the question or statement, write a short answer using complete sentences.

24. **Infer.** Dangerous drugs are often even more dangerous when mixed together. Why might a drug user take a depressant after taking a stimulant?
25. **Evaluate.** Why could driving under the influence of a psychoactive drug contribute to an accident?
26. **Analyze.** Why is it important for doctors and pharmacists to monitor the legal medical use of opiates?

LESSON 4

Vocabulary Review

Use the vocabulary terms listed on page 617 to complete the following statements.

27. _____ is a way to help drug users fight addiction.
28. A community effort to monitor and report illicit drug use is called a(n) _____.

Assessment

29. Penalties for drug use are often double what they might be for the same drug offense committed outside of a(n) _____.

Understanding Key Concepts

After reading the question or statement, select the correct answer.

30. Which is *not* a way that communities and schools are helping to prevent drug use?
- Organizing drug watches
 - Providing drug treatment centers
 - Establishing drug-free school zones
 - Making it illegal to prescribe addictive medicines
31. Which is *not* a warning sign of drug use?
- Allergic reactions
 - Regular hangovers
 - Difficulty concentrating
 - Change in sleeping habits

32. Which type of drug treatment strategy involves a meeting of people who share a common problem?
- Support group
 - Outpatient therapy
 - Medication therapy
 - Individual counseling

Thinking Critically

After reading the question or statement, write a short answer using complete sentences.

33. **Connect.** How is peer pressure related to a teen's decision to use or avoid drugs?
34. **Analyze.** Why might it be difficult to determine whether a person has a problem with illegal drugs?
35. **Evaluate.** Why is it important to recognize when someone has an addiction to drugs and to discuss the problem with him or her?



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Technology

PROJECT-BASED ASSESSMENT

Drugs: Truth and Consequences

Background

Abstaining from illegal drug use is a health factor you can control. Being knowledgeable of the types of illegal drugs and the dangers associated with using them will help reinforce your decision to lead a drug-free life.

Task

Create a multimedia slide presentation that provides information about drugs and the consequences of drug abuse among teens.

Audience

Students and adults in your community.

Purpose

Educate others about the kinds of illegal drugs that are available. Present information about the effects of illegal drugs and the problems related to teen substance abuse.

Procedure

- Conduct an online search about the types of illegal drugs and the health consequences of drug use.
- Use statistics from reliable sources to prove the information you find.
- Collaborate as a group to create slides for your presentation. Make sure to include any audio or video clips to illustrate your points. Make any necessary revisions.
- Create the final version of your multimedia presentation.
- Show your presentation to the class. Ask permission to make the presentation available on your school's Web site.

Math Practice

Reading Tables. Nonmedical use of substances known as *anabolic steroids* is considered substance abuse. The consequences of misusing steroids involves more than health risks. There are also legal consequences. The table shows the abuse of anabolic steroids in a 2004 study that involved students from both public and private schools.

Percentage of Teens in Grades 8, 10, and 12 Who Use or Have Used Steroids			
Grade	8th	10th	12th
Ever used	1.9%	2.4%	3.4%
Used in past year	1.1%	1.5%	2.5%
Used in past month	0.5%	0.8%	1.6%

- If 12,000 of the students studied were tenth graders, how many of them have not used anabolic steroids in the past month?
 - 96
 - 180
 - 11,820
 - 11,904
- If 20,000 of the students were eighth graders, how many of them have not ever used anabolic steroids?
 - 380
 - 3800
 - 16,200
 - 19,620
- Examine the values in the table. Provide a logical explanation as to why the percentages are higher for older students.

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Reading/Writing Practice

Understand and Apply. Read the passage below, and then answer the questions.

It was New Year's Eve, and Carrie was anxious to go to a friend's party. Carrie and her friend, Camille, decided to drive over together. They picked up Camille's new boyfriend, Carl, on the way.

"Hey, let's have some fun tonight," said Carl. "I bought this new drug that everyone's talking about. It'll make the party more fun. What do you say?"

Carrie put her hand up. "I don't want to take drugs. I can have fun without them."

"Aw, come on, everyone's trying it," said Carl. Camille looked at Carrie, then shrugged and looked only slightly apologetic. She really liked this new guy.

"No. It's not for me," Carrie said. "I don't want to use drugs."

- What is the author's purpose in this piece?
 - To show how refusal skills work
 - To illustrate the dangers of drug use
 - To illustrate the dangers of driving while under the influence of drugs
 - To tell about the importance of supporting peers through a difficult time
- What else can Carrie do to avoid drug use?
 - Describe the physical effects of drug use.
 - Leave the party and go home.
 - Tell Camille that Carl's a bad influence.
 - All of the above
- Create a pamphlet with pictures or graphics and strong refusal statements showing middle school students how to use refusal skills when offered illegal drugs.

National Education Standards

Mathematics: Number and Operations
Language Arts: NCTE 2, NCTE 3

TEENS

*Speak Out***Why Limit Where People Can Smoke?**

Most people know that smoking is hazardous to your health. Smoking causes cancer, heart disease, high blood pressure, and many other health problems. However, people still debate the hazards of secondhand smoke. People also debate whether the rights of nonsmokers should be considered over the rights of smokers. There are laws in place to limit where people can smoke. For example, federal law prohibits smoking on airplanes, and many cities and towns do not allow smoking in restaurants and public buildings. Is it fair to restrict smoking?

There are two sides to this issue. Read the viewpoints and consider both positions. How do they compare to your own thoughts on this topic?

Outdoor Smoking

Benefits of Restricting Smoking

There is no debate. The National Institutes of Health reports that secondhand smoke contains more than 50 chemicals that can cause cancer. Restricting where people smoke limits the exposure of nonsmokers to these harmful substances. Nonsmokers should not have to breathe secondhand smoke. It's a health risk that should not be forced on others. Smokers may decide to expose themselves to the dangers of smoking, but they should not have the right to decide to expose nonsmokers to those health dangers too.

“I don't want to smell someone else's smoke, and that's my choice. Besides, secondhand smoke kills people.”

—Tashauna J., age 15



Benefits of Unrestricted Smoking

Many people dislike the smell of tobacco smoke, but the rights of smokers should be balanced against the rights of nonsmokers. Some studies show there are dangers linked to secondhand smoke, but other studies have shown no danger. If a smoker is not hurting others, he should be able to smoke wherever he wants. Smokers who are trying to quit need time to adjust to a nonsmoking lifestyle. In several states, restaurants restrict smoking. So do airports, and many businesses. As long as smokers are polite and don't blow their smoke toward nonsmokers, they should be able to smoke wherever they want.

“If the jury is still out on the harm caused by secondhand smoke, why should I or anyone else care where people smoke?”

—Kevin C., age 16



Activity

Beyond the Classroom

- 1. Summarize** what you learned about the impact of secondhand smoke after reading Chapter 20. Write a one-page letter to the editor persuading others of your point of view. What other issues besides health risks should be considered when determining where people should be able to smoke?
- 2. Analyze** laws in your city and state that restrict smoking. Where is smoking prohibited? What laws

govern the size and location of areas where smoking is permitted? What age limits apply to people in your state who want to purchase cigarettes or other tobacco products?



For more information about smoking restrictions, use this code at glencoe.com.