What’s Your Health IQ?

Which of the statements below are true, and which are false? Check your answers on p. 642.

1. If illegal drugs were really dangerous, people wouldn’t use them.
2. People can’t get addicted to marijuana.
3. Stimulants can help you study more effectively.
4. Anabolic steroids are male hormones, so they should make guys appear more masculine.
5. Barbiturates are safe because they’re used as medicine.
6. Most prison inmates committed their crime while high on drugs.
7. Because I’m young, any damage drugs do to my brain will heal by the time I’m an adult.
SECTION 1
Drugs of Abuse

SECTION 2
Commonly Abused Drugs

SECTION 3
Other Drugs of Abuse

SECTION 4
A Drug-Free Life

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Tonya was the best point guard on the team until she tried cocaine. She liked how it made her feel, so she tried it again. Soon she was spending up to $100 a day on crack. When the team went to the state championship, Tonya couldn’t go. She had been arrested for stealing. She had stolen to support her drug habit.

Illegal Drug Use Is Dangerous

Drug abuse is the intentional improper or unsafe use of a drug. Drugs that are used for recreational purposes are called drugs of abuse. Many drugs of abuse are illegal drugs. This means that possessing, using, buying, or selling these drugs is against the law for people of any age.

It may sometimes seem that our society is full of messages that tell us illegal drug use is normal and not dangerous. For example, characters in the movies and on television can make it seem as though illegal drug use is “cool.” Many popular rock bands sing about illegal drugs. You can buy clothes and posters showing illegal drugs. But using illegal drugs is very dangerous for several reasons:

- Illegal drugs can have dangerous and permanent effects on the brain and the body.
- You can become addicted to almost all illegal drugs.
- Illegal drugs are a major factor in many suicides, motor vehicle accidents, and crimes.
- With illegal drug use that involves sharing needles, there is also the risk of catching infectious diseases such as hepatitis B and human immunodeficiency virus (HIV).
- Illegal drug use can result in overdose. Overdose is the taking of too much of a drug, which causes sickness, loss of consciousness, permanent health damage, or even death.
- While using illegal drugs, a person loses the ability to make responsible decisions. Having poor judgement while on drugs can result in risky sexual behavior, sexually transmitted diseases, car accidents, and other unsafe situations.
Why Do People Begin Using Drugs?
If illegal drug use is so dangerous, why does anyone even try illegal drugs? People try illegal drugs for many reasons, including the following:

- desire to experiment
- desire to escape from depression or boredom
- enjoyment of risk-taking behaviors
- belief that drugs solve personal, social, or medical problems
- peer pressure
- glorification of drug use by the media

Often, people begin taking a drug because they like the way it makes them feel. Soon, however, they may find that they must keep taking the drug just to feel normal. Repeated use of drugs that change how the brain works can lead to addiction. Addiction to an illegal drug can be very difficult to overcome.

Regardless of a person’s reason for trying an illegal drug, one thing remains the same—the physical, mental, social, and legal consequences for illegal drug use make it not worth the risk.

Teens and Illegal Drug Use  Teens face many challenges during adolescence. These challenges include expectations on the part of parents and teachers and the desire for more freedom and responsibility. These challenges can make adolescence a very stressful time of life and can put teens at a greater risk for abusing illegal drugs.

Other challenges that teens face are intense peer pressure and a strong desire to fit in. There are many other reasons that teens might be tempted to try illegal drugs. The most common reasons that teens give for trying illegal drugs are listed below.

- Sometimes, just being around a group of people using drugs creates pressure to join in. This is a common type of peer pressure that doesn’t involve direct pressure. Teens may give in and try a drug when they feel everyone else is trying drugs.
When faced with direct pressure to use drugs, teens who lack refusal skills or who feel intimidated may give in to pressure and use drugs.

Many teens think that using illegal drugs is a way to escape from feelings of stress, anger, depression, or frustration. However, after a teen takes drugs, the problem that caused the negative feeling is still there, but now the teen may also have to deal with the consequences of drug use.

Many teens try drugs out of curiosity. This seems natural when the media gives so much attention to drug abuse. Teens may see or hear of another person’s experiences with drug use and wonder what it's like.

Other teens may try drugs because they are risk takers or thrill seekers searching for a way to satisfy their desire for new experiences.

Unfortunately, teens have a higher risk of addiction to drugs than adults do. The risk of addiction is higher because young brains are still developing. Drug use or abuse can have irreversible effects on the function of the brain. Altering brain development with drug use can result in a lifetime of struggle to overcome addiction and to remain drug free.

SECTION 1

REVIEW Answer the following questions on a separate piece of paper.

Using Key Terms

1. Define the term drug abuse.
2. Identify the term for “the taking of too much of a drug, which causes sickness, loss of consciousness, permanent damage, or even death.”

Understanding Key Ideas

3. Identify which of the following is a type of media that seems to advocate drug use.
   a. music
   b. movies
   c. television
   d. all of the above

4. Identify the reasons illegal drugs are dangerous.
5. Name five factors that influence a person’s choice to use illegal drugs.

6. State the reasons why teens might try illegal drugs.
7. Defend the statement that teens should never use illegal drugs.
8. Predict the outcome of using an illegal drug to escape from personal problems.

9. LIFE SKILL Setting Goals Describe two ways illegal drug use would affect your personal values and goals.

Critical Thinking

10. LIFE SKILL Practicing Wellness Why is it important to have healthy alternatives to drug use?
Commonly Abused Drugs

OBJECTIVES
List three things all types of illegal drugs have in common.
Summarize the effects of four commonly abused illegal drugs on the body.
Describe the effects of marijuana on a person’s behavior.
Identify the reason abusing inhalants can be deadly after only one use.
Compare the dangerous effects of five types of club drugs.
Summarize the dangerous effects of anabolic steroids.

Types of Illegal Drugs
There are many types of illegal drugs. As shown in Table 1, each type of illegal drug has different effects on the body and the brain. Despite the differences in their effects, all illegal drugs 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.

Four commonly abused illegal drugs—marijuana, inhalants, club drugs, and anabolic steroids—will be described in this section.

_KEY TERMS_
marijuana the dried flowers and leaves of the plant Cannabis sativa that are smoked or mixed in food and eaten for intoxicating effects
inhalant a drug that is inhaled as a vapor
club (designer) drug a drug made to closely resemble a common illegal drug in chemical structure and effect
anabolic steroid a synthetic version of the male hormone testosterone that is used to promote muscle development

Hey, you want a hit of this joint?” offered Randall. “No way. Do you know what that stuff can do to you?” Jen replied. Randall looked surprised. “Pot isn’t dangerous, is it?” “It’s dangerous” said Jen, “and it’s addictive. Why would I want that?”

Driving high on marijuana can be just as dangerous as driving drunk.

Some drugs, such as crack cocaine or inhalants, can be fatal the first time they are used.

The more often you use drugs, the more difficult it can be to stop.

Drug use affects you, your family, your friends, and society.
### Table 1 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 ▶ feelings of well being ▶ distortion of time and distance ▶ loss of short-term memory ▶ loss of balance and coordination ▶ increased appetite</td>
<td>▶ frequent respiratory infection ▶ impaired learning and memory ▶ panic attack</td>
</tr>
<tr>
<td>Hashish</td>
<td>inhaled</td>
<td>▶ stimulation ▶ loss of inhibitions ▶ dizziness ▶ loss of coordination ▶ nausea and vomiting ▶ headache</td>
<td>▶ heart attack ▶ liver damage ▶ kidney damage ▶ brain damage ▶ coma ▶ death</td>
</tr>
<tr>
<td>Inhalants</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>Club (designer) drugs</td>
<td>swallowed or snorted</td>
<td>▶ relaxation ▶ nausea ▶ loss of inhibitions ▶ euphoria</td>
<td>▶ dangerously slowed breathing ▶ seizures ▶ coma</td>
</tr>
<tr>
<td>Ecstasy</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>
<tr>
<td>GHB</td>
<td>swallowed or snorted</td>
<td>▶ no intoxication effects</td>
<td>▶ 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</td>
</tr>
<tr>
<td>Ketamine and PCP</td>
<td>swallowed or injected</td>
<td>▶ no intoxication effects</td>
<td>▶ 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</td>
</tr>
</tbody>
</table>

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

Marijuana (MAR uh WAH nuh), also called pot, weed, reefer, or dope, is the dried flowers and leaves from the plant Cannabis sativa. The active chemical in marijuana is tetrahydrocannabinol (THC). THC can be detected in the urine for up to several weeks after use. Different marijuana plants may contain very different levels of THC. Marijuana is usually smoked, but it can also be mixed with food and eaten.

Effects of Marijuana  The effects of smoked marijuana are felt within minutes and may last for 2 or 3 hours. The effects of swallowed marijuana are felt within 30 to 60 minutes. Although the short-term effects of marijuana differ depending on the person and the strength of the drug, they can include the following:

- slowed thinking ability
- difficulty paying attention
- distorted sense of time and distance
- giddiness
- loss of short-term memory
- loss of balance and coordination
- increased appetite
- anxiety
- panic attack

Smoking marijuana over a long period of time can cause some of the same health effects as smoking cigarettes. Marijuana smoke has been found to contain many of the same carcinogens as cigarette smoke. Long-term marijuana use may lead to chronic bronchitis, damaged lung tissue, and increased risk of lung cancer.

Marijuana use has a negative effect on learning and social behavior. THC changes the way sensory information gets into the brain. Long-term marijuana use can cause difficulty in remembering, processing, and using information. Marijuana users can have difficulty maintaining attention and shifting attention to meet changing demands in the environment.

Stopping marijuana growers is a major part of the war on drugs. Law enforcement officials frequently destroy large fields of marijuana.
Dependence on Marijuana  People who use marijuana regularly build up a tolerance to the drug, so they need more and more to get high. This can lead to dependence on marijuana. After the effects of marijuana wear off, some users feel tired, unmotivated, and depressed. Once a marijuana user becomes dependent, he or she will experience the effects of withdrawal each time the drug wears off.

Marijuana and Driving  Because marijuana makes it difficult to pay attention and makes it harder to judge time and distance, marijuana use is dangerous when driving. People high on marijuana can show the same lack of coordination on standard drunk-driver tests as people who are drunk. The danger of driving under the influence of marijuana is increased when marijuana is combined with alcohol.

Hashish  Hashish (HASH EESH), also known as hash, is the dark-brown resin collected from the tops of the cannabis plant. The resin is compressed into various forms, such as balls or flat sheets. Pieces are then broken off, placed in pipes, and smoked. The effects of hashish are the same as those of marijuana, but stronger.
Inhalants

Drugs that are inhaled as vapors are called **inhalants** (in HAYL uhnts). Some inhalants have medical uses. For example, nitrous oxide (NIE truhs AHKS IED), also called *laughing gas*, is used by physicians and dentists as an anesthetic. Medicines to treat asthma also come in the form of inhalants.

But many inhalants are not used for medical reasons. For example, some people inhale common household chemicals, such as glue, paint thinner, gasoline, and felt-tip marker fluid. Other commonly abused inhalants include propane, butane, and nitrous oxide.

Inhalants can be sniffed (or *huffed*) directly from an open container or from a rag soaked in the substance. Sometimes, the container or the soaked rag is placed in a plastic bag where the vapors can become concentrated before they are inhaled.

**Effects of Inhalants** The effects of inhalants range from mild to severe. The effects include hyperactivity, loss of inhibition, and dizziness. Stronger effects include loss of coordination, difficulty speaking or thinking, fear, anxiety, depression, nausea, vomiting, headache, and loss of consciousness.

**Dangers of Inhalants** As summarized in Figure 1, inhalants are very dangerous. Although different kinds of inhalants have different effects, almost all of them are damaging to the body.

- **Inhalants damage many organs.** Chemicals, such as solvents, in inhalants can cause permanent hearing loss, bone marrow damage, liver damage, kidney damage, and loss of bladder control.
- **Inhalants kill brain cells.** Inhalant vapors replace the oxygen found in the blood and can cause brain cells to die from lack of oxygen. Breathing high concentrations of inhalants can cause brain damage, coma, and death from suffocation.
- **Inhalants can cause sudden death.** Some people’s bodies are sensitive to the solvents in some inhalants. The heart may suddenly stop beating, and the person may die. This is called *sudden sniffing death syndrome*. Unfortunately, people only discover that they are sensitive to organic solvents after it’s too late.

**Teens and Inhalants** Because the substances used by people who huff drugs are easy to get, inexpensive to buy, and legal, huffing is often seen among younger teens. Huffing can be a first step on the path to trying other illegal drugs. Drugs that often lead to abuse of other drugs are called *gateway drugs*. Inhalants are a common gateway drug among teens, along with tobacco and alcohol.
CLub (Designer) Drugs

**Club (designer) drugs** are drugs designed to closely resemble common illegal drugs in chemical structure and effect. These drugs used to be called *designer drugs*, but they are now more often called *club drugs*. Club drugs became very popular at parties and clubs but can now be found other places as well.

At one time, only drugs specifically listed under the law were illegal. A new drug with effects similar to those of an illegal drug but whose chemical structure differed slightly from that of the illegal drug was legal. Manufacturers became skilled at mixing legal versions of illegal drugs. The laws have now been changed to include all related forms of an illegal drug.

Club drugs are made in secret, illegal labs, so their strength and quality are unpredictable and unknown. Thus, the drugs can have unexpected effects. Overdose from club drugs may be hard to treat because no one can know for sure what drugs the user took. Club drugs include Ecstasy, GHB, ketamine, PCP, and look-alike drugs.

**Ecstasy** The most commonly abused club drug is Ecstasy, or MDMA (methylenedioxymethamphetamine). Ecstasy is also called X, Adam, or XTC. Ecstasy has both stimulant and hallucinogenic properties. Ecstasy is normally taken as a pill, although it can also be crushed and snorted. The intoxication effects of Ecstasy include increased awareness of the senses, hallucinations, increased energy, and loss of judgment. The side effects of Ecstasy can include muscle tension, teeth clenching, impaired learning and memory, nausea, chills, rapid or irregular heartbeat, high blood pressure, heart attack, brain damage, and even death.

Ecstasy decreases the body’s ability to control its temperature. As a result, it is easy to become overheated. People dancing in a nightclub, such as those shown in Figure 2, can pass out and even die from heatstroke while high on Ecstasy.

**GHB** Gamma hydroxybutyrate (GHB) is a clear liquid or a white powder that causes euphoria, relaxation, dizziness, and loss of inhibitions. Higher doses cause vomiting, memory loss, respiratory problems, loss of consciousness, seizures, coma, and death. Some people who lose consciousness from GHB stop breathing and die. When it is combined with other depressant drugs, such as alcohol, death is even more likely. GHB can be highly addictive.

Some people incorrectly believe that taking GHB with Ecstasy can cancel out the effects of each of the drugs. Some also mistakenly believe that GHB makes Ecstasy last longer. However, GHB mixed with Ecstasy puts the user at a much higher risk of seizure.

GHB has been used in many sexual assaults because it makes the victim incapable of resisting and can cause memory problems. For this reason, GHB is part of a group of drugs known as *date-rape drugs*.

**ACTIVITY** State two ways you can refuse designer drugs if you are ever pressured. (Hint: Refer to the Life Skills Quick Review on p. 618 for ideas.)
Ketamine  Ketamine (KEET uh MEEN) is another type of club drug. Ketamine is also known as Special K, Kit Kat, or Vitamin K. The effects of ketamine include hallucination, numbness, inability to move, loss of memory, and dissociation (separation from reality). Some users of ketamine hurt themselves because they are unable to feel pain. Ketamine has also been known to cause memory loss and coma.

PCP  PCP (phencyclidine), also called angel dust, can produce effects that range from mild euphoria to distortions of reality, out-of-body experiences, and psychotic behavior. People on PCP often act violently toward others or toward themselves. Suicide, accidental suicide, seizures, and coma are risks when one is under the influence of PCP. Mental disturbances caused by PCP can last from a few hours to a few weeks.

Look-Alike Drugs  Look-alike drugs are abused substances that are only slightly different from other, better-known drugs. As with any street drug, users can never know exactly what drug they are getting, how strong it is, and what other drugs might be in it. For example, look-alike drugs such as PMA and DXM are often sold as Ecstasy.

Look-alike drugs are often cheaper than well-known drugs but are just as dangerous. Depending on what is in them, look-alikes can cause similar effects to any other club drug. If look-alike drugs are taken with other drugs such as alcohol, dangerous reactions can occur.

Anabolic Steroids

Hormones are substances that are made and released in one part of the body and that cause a change in another part of the body. Anabolic steroids are synthetic versions of the male hormone testosterone that are used to promote muscle development. Anabolic means “muscle building.”

When prescribed, anabolic steroids are used to treat muscle wasting in AIDS patients, to assist with wound healing in the elderly, and to treat abnormally low levels of testosterone in males. Most people who use steroids to build muscles use them illegally and without the guidance of a doctor.

Steroids are unique among abused drugs because they don’t have immediate psychoactive effects. People take anabolic steroids for their effect on the body, not the brain. Unfortunately, steroids have severe side effects, as shown in Figure 3. Abusing anabolic steroids can lead to serious health problems.
CHAPTER 12  Illegal Drugs

**Effects of Steroids on the Body**  If adolescents take steroids, their bones will mature too early and their growth will be stunted. Steroids can also cause severe acne, increased cholesterol, rapid weight gain, liver damage, kidney tumors, heart disease, and heart attack in both men and women.

In males, steroids shut down normal testosterone production and can shrink the testes and reduce sperm production. Steroids can cause breasts to grow because the body breaks anabolic steroids down into compounds that act like the female hormone estrogen.

In females, steroids can cause facial hair to grow, toughen the skin, and deepen the voice, making a woman seem more like a man. Steroids can also disrupt the menstrual cycle, leading to infertility.

**Effects of Steroids on the Mind**  Large doses of steroids tend to make abusers more irritable and aggressive. Aggression caused by steroid abuse is called *roid rage*. Roid rage can lead to violent crime, assault, and rape. People who abuse steroids may also experience hyperactivity, bizarre sounds, feelings of paranoia, panic attacks, depression, anxiety, and even suicidal urges. Many abusers also find that they have withdrawal symptoms, including depression, if they stop taking steroids.

**Being the Best Drug Free**  Teens who want to win on the field should be aware that the only real way to win is naturally. Almost all sports now ban steroid use. If an athlete tests positive for steroids, he or she can be banned from the sport. Along with sparing your body the damaging side effects of steroids, you can have the satisfaction of knowing that any victory you achieve is a result of your own hard work. You don’t need help from an illegal drug to succeed.

### REVIEW

**SECTION 2**

**Using Key Terms**

1. **Identify** the term for “drugs that are inhaled as vapors.”

2. **Define** the term *club drugs*.

**Understanding Key Ideas**

3. **Summarize** three effects common to all illegal drugs.

4. **Compare** the effects of the following four commonly abused illegal drugs.
   a. marijuana
   b. inhalants
   c. club (designer) drugs
   d. anabolic steroids

5. **Identify** which of these are *not* effects of marijuana on the brain.
   a. impaired memory
   b. loss of coordination
   c. increased alertness
   d. increased appetite

6. **Identify** three dangers of inhalant abuse.

7. **List** the effects of five types of club drugs on the body.

8. **Compare** the effects of anabolic steroids on men with the effects of anabolic steroids on women.

**Critical Thinking**

9. **LIFE SKILL**  Communicating Effectively  If a friend told you he bought some pills at a party, what advice would you give him about trying the pills?
SECTION 3

Other Drugs of Abuse

OBJECTIVES

Describe the dangerous risks of using stimulants, depressants, opiates, and hallucinogens for nonmedical uses.

Compare the dangers of two different types of stimulants.

Summarize the dangerous effects of the depressants Rohypnol and dextromethorphan (DXM).

Describe the dangerous physical and social effects of addiction to opiates such as heroin.

Summarize the dangerous emotional effects that can result from hallucinogen abuse.

I have a huge test tomorrow, and I’ll be up all night studying,” Gilberto told Eric. “I’ve got some stuff that can help keep you awake,” said Eric. “No, thanks. I heard it’s easy to get hooked on those types of drugs,” Gilberto replied.

Other Types of Abused Drugs

Besides the drugs listed in the previous section, there are many other drugs of abuse that teens may encounter, including stimulants, depressants, opiates, and hallucinogens.

Stimulants are drugs that temporarily increase a person’s energy and alertness.

Depressants are drugs that cause relaxation and sleepiness.

Opiates (OH pee its) are a group of highly addictive drugs derived from the poppy plant that are used as pain relievers, anesthetics, and sedatives.

Hallucinogens (huh LOO si nuh juhnz) are drugs that distort perceptions and cause a person to see or hear things that are not real.

Many of these drugs have medical purposes. For example, the stimulant Ritalin® is used to treat attention deficit hyperactivity disorder (ADHD). Depressants can be used to help people who have difficulty sleeping. Some opiates are used as anesthetics during surgery. But despite their medical uses, all of these drugs can be highly addictive and very dangerous when abused. Most of these drugs have a very high risk of overdose and should never be used without a doctor’s supervision. The effects of these drugs are summarized in Table 2.

KEY TERMS

stimulant a drug that temporarily increases a person’s energy and alertness

depressant a drug that causes relaxation and sleepiness

opiates a group of highly addictive drugs derived from the poppy plant that are used as pain relievers, anesthetics, and sedatives

hallucinogen a drug that distorts perceptions, causing the user to see or hear things that are not real

Some drugs, such as the stimulant methamphetamine, can have many appearances. All forms of methamphetamines are dangerous.
### Table 2 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 |
| **Depressants**                 |                 |                              |                              |
| **Rohypnol™, roofies, downers, barbs, tranqs** | swallowed | ▶ euphoria  
▶ reduced anxiety  
▶ loss of inhibitions  
▶ drowsiness | ▶ loss of coordination  
▶ slurred speech  
▶ confusion  
▶ slowed heart rate  
▶ dangerously slowed breathing  
▶ loss of consciousness  
▶ loss of memory  
▶ coma  
▶ death |
| **Opiates**                     |                 |                              |                              |
| **heroin, H, horse, smack, junk** | smoked, injected, swallowed, or snorted | ▶ euphoria  
▶ feelings of well-being  
▶ relaxation  
▶ drowsiness  
▶ pain relief | ▶ nausea/vomiting  
▶ constipation  
▶ confusion  
▶ loss of consciousness  
▶ dangerously slowed breathing  
▶ coma  
▶ death |
| **Hallucinogens**               |                 |                              |                              |
| **acid, dots, snowmen, mesc, buttons, magic mushrooms, tops** | swallowed or smoked | ▶ sensory illusions  
▶ distortions of reality  
▶ dizziness  
▶ weakness  
▶ enhanced emotions  
▶ feelings of being outside of the body | ▶ panic  
▶ self-injury  
▶ chronic mental disorders  
▶ recurring distortion of perception (flashbacks) |

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

Stimulants are drugs that temporarily increase a person’s energy and alertness. Stimulants include caffeine, nicotine, methylphenidate (Ritalin®), amphetamines (am FET uh meenz), cocaine, and crack cocaine. Caffeine and nicotine are relatively mild, legal stimulants. Methylphenidate is a prescribed stimulant that helps people with attention deficit hyperactivity disorder (ADHD) control their behavior. Cocaine and amphetamines are very potent illegal drugs. Regardless, all stimulants can be addictive and dangerous drugs.

Amphetamines  Amphetamines are a group of stimulants produced in laboratories. Some types of amphetamines are prescribed to treat neurological disorders and life-threatening obesity. However, one type of amphetamine, methamphetamine (METH am FET uh MEEN), is highly abused.

Methamphetamine  Illegal methamphetamine, commonly called meth, crystal, or ice, usually appears as white or yellowish crystals called “rocks” that are crushed and then either smoked, injected, or inhaled through the nose (snorted). Methamphetamine’s intense effects, which can last for hours, include:
- euphoria
- loss of appetite
- increased alertness
- hyperactivity

Repeated use of methamphetamine causes severe damage to the body, including permanent brain, kidney, or liver damage. Overdose can cause brain damage or death. Methamphetamine is extremely addictive, and tolerance develops very rapidly.

Methamphetamine is produced in illegal laboratories called meth labs. The byproducts of methamphetamine production include poisonous gas, toxic chemicals, and highly explosive substances. These hazardous wastes are an added danger of methamphetamine abuse.

Cocaine and Crack Cocaine  Cocaine comes from the coca plant, which grows in South America. The leaves are processed into a fine, white powder that is snorted through the nose or injected. Powdered cocaine can be converted into crack cocaine, a crystallized form that is smoked. The effects of cocaine are very similar to those of methamphetamine. The effects of crack cocaine are more intense than those of powdered cocaine, but they do not last as long.

Large doses or repeated use of cocaine cause agitation, paranoia, and aggression. Users can’t eat or sleep and at times may lose touch with reality. When the drug wears off, the aftereffects, called a crash, include agitation, extreme sleepiness, depression, and intense craving for more of the drug. Addiction to these stimulants is very difficult to escape. Overdose can cause heart attack, stroke, seizures, or death.
Depressants

Depressants are drugs that cause relaxation and sleepiness. Depressants slow down a person’s breathing and reduce brain activity. Depressants include tranquilizers (mild depressants used to treat anxiety) and hypnotics (powerful depressants that are used to treat sleep disorders and seizures). When abused, depressants are highly addictive.

Most depressants have similar effects on the body. These effects include relaxation, loss of inhibition, drowsiness, loss of coordination, slurred speech, disorientation, loss of consciousness, and possible memory loss.

An overdose may cause a person to stop breathing altogether and may result in brain damage, coma, or death. Using depressants in combination with alcohol increases the effects. Most deaths due to depressants occur when they are used in combination with alcohol.

Rohypnol  Rohypnol™ (roh HIP nahl) is a powerful hypnotic. Rohypnol, also called roofies or the forget pill, has developed a reputation as the most frequently used date-rape drug. It is easy to mix with alcohol, in which its bitter taste may not be noticed.

A person on Rohypnol will lose his or her inhibitions, become disoriented, and may not be able to remember what happened while on the drug.

DXM  Dextromethorphan (DXM) is a legal ingredient in cough syrups that helps stop coughing. In high doses, its effects are similar to PCP’s. The user feels spacey and may lose muscular control. DXM can also produce hallucinations and bizarre sensations.
**Opiates**

Opiates are a classic example of a drug that can be both a highly valued medicine and a deadly drug of abuse. Opiates come from the flowering opium poppy plant (*Papaver somniferum*). Used as medicine, opiates reduce pain, relieve diarrhea, suppress coughing, and induce relaxation. Examples of opiates include heroin (HER oh in), opium, codeine (KOH DEEN), and morphine (MAWR FEEN).

When opiates are abused, they can result in addiction very quickly. People addicted to opiates experience very unpleasant withdrawal symptoms if they try to quit. These symptoms include cramps, vomiting, muscle pain, shaking, chills, and panic attacks.

**Heroin**

Heroin is the most commonly abused opiate. It is a chemically altered form of morphine that can be swallowed, snorted, smoked, or injected. It creates an initial “rush” that quickly subsides into a dreamlike state, feelings of well-being, and drowsiness.

Tolerance to heroin develops rapidly. Smoking or snorting heroin loses its effectiveness, and users often begin to inject heroin to achieve the same high. Heroin is a very addictive drug. Heroin abuse and addiction are associated with a host of problems. Each year, thousands of people die under the influence of heroin. It is not uncommon for heroin users to

- lose their jobs because they can’t stay sober long enough to work
- have poor living conditions
- suffer from many health problems
- engage in crime to finance their addiction
- choke on their own vomit when passed out

Along with cocaine, heroin is the drug most closely linked with violent crime. Because withdrawal symptoms are extremely unpleasant, heroin addicts will do almost anything to get another dose when the drug wears off. This is one reason heroin is such an addictive and destructive illegal drug.

Repeatedly injecting heroin can cause skin infections, open wounds, and scarring. Injected heroin use has also become an important factor in the spread of some diseases. Heroin addicts who share needles run a high risk of infecting themselves with hepatitis or HIV/AIDS.

**Opium**

Opium, also called *black* or *dream stick*, is a bitter, brownish drug that is made of the dried juice of the opium poppy. It is a mild painkiller, but it also causes slowed heart beat, slowed breathing, loss of appetite, and loss of inhibitions.

**Morphine and Codeine**

Morphine, also called *mister blue* or *morpho*, is very similar to heroin. It is used legally for patients in severe pain, such as terminal cancer patients. Codeine is used for the relief of milder pain and sometimes to stop coughing.
Hallucinogens

Hallucinogens are drugs that distort perception and cause the user to experience things that are not real. Hallucinogens include LSD (lysergic acid diethylamide), peyote, and mushrooms. While a person is on hallucinogens, his or her emotional experiences seem deeper and more important. Hallucinogens can also produce extreme anxiety, fear, and paranoia.

**LSD**  
LSD is usually taken in the form of tablets or absorbed through the tongue on small paper squares. The effects of LSD are not easy to predict. Sometimes, LSD can increase energy, alter mood, and create strange thoughts and sensations. LSD can cause nausea and vomiting, dizziness, and bizarre body sensations. People on LSD may experience huge emotional swings.

Some LSD experiences are extremely frightening. Users may become panicked and confused when they find they can’t control their thoughts and feelings. In addition, a person may feel the effects of a hallucinogen long after the drug has worn off. This is called a *flashback*. Flashbacks can be frightening even if the initial LSD experience wasn’t.

**Mushrooms**  
Mushrooms (psilocybin) are hallucinogenic drugs with effects similar to LSD. Mushrooms are either eaten raw or mixed with food. Commonly called *magic mushrooms*, psilocybin produce altered perceptions of sight, sound, taste, smell, or touch. Other effects can include confusion, anxiety, and panic. Occasionally, flashbacks may be experienced days, weeks, or even months after use. It is difficult to distinguish psilocybin from more-toxic varieties of mushrooms. If an abuser takes the wrong kind, the mushroom can result in stomach pains, vomiting, diarrhea, and even death.

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**SECTION 3 REVIEW**

*Answer the following questions on a separate piece of paper.*

**Using Key Terms**

1. Define *stimulant*.
2. Identify the term that means “a drug that causes relaxation and sleepiness.”
3. Identify the term that means “a drug that distorts perception, causing users to see or hear things that are not real.”

**Understanding Key Ideas**

4. List medical uses for three drugs of abuse.
5. Summarize why stimulants, depressants, opiates, and hallucinogens are dangerous when used for nonmedical uses.
6. Compare the effects of stimulants, depressants, opiates, and hallucinogens on the body and behavior.
7. Evaluate the reason Rohypnol and other depressants are especially dangerous for women.
8. State five reasons why heroin is a physically and socially destructive drug.

**Critical Thinking**

9. *Life Skill* Practicing Wellness  Why should police be cautious when confronting someone on PCP?
Tina’s newborn baby had not quit crying for hours. Because Tina had frequently abused heroin while she was pregnant, Kayla was born dependent. Now Kayla was going through withdrawal. “My poor baby. I’m so sorry,” Tina whispered as she rocked her baby.

Drug Abuse Affects the Individual

When people abuse drugs, they risk losing the things that are good in life. Think for a moment about your goals. Do you want to do well in college, get a good job, or travel all over the world? Now think about how drug use would affect your goals. Drug use, abuse, or addiction can destroy your dreams. For a few moments of feeling “high,” you risk everything else that is important to you.

Risks of Drug Use Illegal drugs cause damage to your body. Most illegal drugs can be deadly. Despite this, many people would like to believe that the consequences of drug use won’t affect them. However, no matter how you try to manipulate the facts to make drugs seem safer, thousands of people are hospitalized because of drug use each year.

The dangerous intoxication and side effects are not the only risks of illegal drug abuse. Drug use can lead to:

► car accidents
► accidental injury or death
► violence and other criminal activity
► unplanned pregnancy
► sexually transmitted diseases (STDs)

Most of the time, the activities that get people into trouble are things a person would never do if he or she were not high on drugs. It takes getting high only one time to engage in a behavior that will change the rest of your life.
**Drug Abuse and Crime**  Many abused drugs are illegal, so simply having them is a crime. People get arrested every day for possession of illegal drugs or the supplies for making them. Addiction to an illegal drug is expensive. Many illegal drug users will steal or sell drugs to get money to buy their drugs. Making and selling illegal drugs is a crime that can result in many years of prison time.

In both small and large cities, between two-thirds and three-quarters of people arrested for violent crimes were on drugs when their crimes were committed. Some do not even remember committing their crime.

**Drug Abuse Affects the Family**

Drug abuse isn’t just a problem for drug abusers. Drug abuse also affects a family in many ways.

**Drug Abuse and Trust**  Among the first things a family loses when a teen starts using drugs is trust. Parents don’t want their children using drugs, so teens have to hide their drug use and lie about what they’re doing. Eventually, parents find out. Once drug abuse becomes regular, finding money to buy drugs becomes more difficult. This can lead addicts to steal from their parents and siblings. Good relationships need trust to thrive.

There are warning signs you can look for if you suspect that someone you care about is using drugs. A person might be using drugs if he or she

- has unusual emotional reactions to situations
- withdraws from family intimacy and activities
- repeatedly breaks household or school rules
- hangs out with different friends
- starts to dress differently

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**Statistically Speaking. . .**

<table>
<thead>
<tr>
<th>Percentage of people who say drug abuse has caused a problem in their family:</th>
<th>20%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of families reported for child maltreatment in which drug abuse is a key problem:</td>
<td>81%</td>
</tr>
<tr>
<td>Percentage of domestic violence that is drug related:</td>
<td>25–50%</td>
</tr>
<tr>
<td>Percentage of pregnant women who use drugs regularly:</td>
<td>3.2%</td>
</tr>
</tbody>
</table>
Drug Abuse and Violence  Drug addicts are also at risk of physically hurting their family members or of being hurt themselves. Twenty-five to fifty percent of all family violence is drug related. Seventy-five percent of female victims of domestic violence were attacked by someone who was high or drunk. You or someone in your class may have been a witness to or even a victim of drug-related family violence. It’s a terrible thing, but it’s not uncommon.

Drug Abuse Affects Pregnancy  Drug use can be dangerous to pregnant women and to the fetus developing inside the womb. In general, babies exposed to drugs in the womb are at risk of premature birth, low birth weight, and a variety of developmental problems.

Mothers who are addicted to certain drugs are at risk of delivering a baby who is physically dependent on that drug. This means the baby undergoes withdrawal after being born. Drug withdrawal occurring in newborn infants whose mothers were frequent drug users during pregnancy is called neonatal abstinence syndrome.

The withdrawal process can be uncomfortable and distressing. These infants may be more difficult to care for than normal babies. Caring for a drug-dependent baby is a challenge that many drug-addicted mothers may not be able to handle. If the child is kept by someone who is a frequent drug user, the infant may be neglected, abused, or abandoned. Children who are raised by drug abusers also have a higher risk of becoming drug abusers than children raised by drug-free parents do.

Drug Abuse Affects Society

In 1962, only 4 million Americans had tried an illegal drug. By 1999, that number had climbed to almost 90 million. This rise in drug use has had a profound effect on society.

Drug Abuse and Economics  Drug abuse has become a very costly problem for society. The economic costs of drug abuse to the United States were estimated to be $110 billion in 1995. The healthcare costs resulting from drug abuse alone were $38 billion in 1995. AIDS accounted for $4 billion of these costs. Intravenous drug use is a major factor in the spread of AIDS and hepatitis. Although many programs have been initiated to help combat the spread of AIDS among IV drug users, AIDS still remains a serious problem.

Drug abuse costs society money in other ways as well. Drug-related costs resulting from lost productivity at work, accidental injuries, car crashes, suicide, and overdose all take a toll on society.
Drug Abuse and Crime The link between drugs and crime is undeniable. In 1995, the cost of drug-related crime was $64 billion. That is how much all of the 50 states together spent on their state-supported colleges in 2002. In 1983, only 1 prisoner in 11 was jailed for a drug-related crime. Now, that ratio is 1 in 4. There are so many arrests for drug possession that many states have been forced to establish special drug courts just to deal with the huge number of nonviolent drug offenders.

There is no way to estimate the costs of violent crime to the victims. Assault, rape, and murder take a toll on society that is more costly than can be assigned a financial value. Many people in prison for violent crimes were high on drugs when the crime was committed. Innocent victims of drug-related violence suffer physically, mentally, and emotionally.

Odds are that in our lifetime, each of us will know someone who has been a victim of a drug-related theft or violent crime. Therefore, how can anyone say that drug use is only dangerous to the abuser? The costs of drug use make it worthwhile for all of us to be involved in the effort to stop drug abuse.

**Real Life Activity**

**Materials**
- ✔ local newspaper
- ✔ scissors
- ✔ glue
- ✔ poster board
- ✔ markers

**Procedure**

1. **Use** a copy of your local newspaper to look for some articles that indicate the effects that drug use has on your community.
2. **Cut** out several articles or photos and glue them to your poster board.
3. **Write** below each photo how the articles or photos you chose illustrate a cost of drug use in your community.
4. **Write** one thing that can be done in your community to help combat each of the drug-related costs to society.
5. **Draw** a circle around any of the articles or photos that have affected you or your family in some way.

**Conclusions**

1. **Summarizing Results** Write a short paragraph summarizing the ways you think illegal drug use has had an effect on your community.
2. **Predicting Outcomes** How can your community work together to decrease drug abuse and its effects?
3. **Predicting Outcomes** If drug use increased in your community, how might it affect your life?
4. **Critical Thinking** What are some ways that you and your friends might help combat drug use in your school?
Drug Abuse Affects Everyone

It is easy to see how drug abuse can hurt the abuser. However, many other people are affected as well. The costs of illegal drug use on people other than the drug abuser include the following:

- physical, mental, and emotional injuries from drug-related domestic violence
- health problems in babies born to mothers who abused drugs
- injury resulting from drug-related car accidents
- loss of job productivity resulting from drug use
- diseases caused by drug abuse

When you add up all of the ways that illegal drug abuse affects families and society, the users of illegal drugs are costing all of us.

Treatment for Drug Addiction

Because drugs affect the brain, addiction is a difficult and long-lasting problem. For people who are addicted to drugs, there are ways to escape the cycle of addiction. Recovering is the process of learning to live without drugs.

Most addictions cannot be overcome without support. No one should try to overcome a drug dependency on his or her own. Because recovering from a drug addiction is difficult, to be successful, treatment should be managed by a professional. There are a variety of treatment approaches, including 12-step programs, outpatient counseling, and residential communities. The goal of all drug treatment programs is to help the person battle both the drug dependency and the reasons why the drug abuse started in the first place.
Research on drug addiction and recovery has produced a set of principles that describe effective drug abuse treatment.

1. No single treatment works for everyone.
2. Treatment should be available and easy to access.
3. The best treatment addresses other problems that the abuser has, not just the drug addiction.
4. Treatment should offer multiple services, including medical services, family counseling, job training, and legal services.
5. The longer an abuser stays in treatment, the more effective it is.
6. Group therapy is useful for building skills for resisting drug use and developing interpersonal relationships that do not involve drugs.
7. Medications can be an important part of treatment. Methadone is a long-lasting synthetic opiate used to treat heroin addiction.
8. Mental illness should be treated at the same time as addiction.
9. Treatment does not need to be voluntary to be effective. Intervention involves confronting a drug user about his or her problem to stop him or her from using drugs. Family and friends often have to intervene to get someone to seek treatment for drug addiction.
10. Patients should be monitored for continued drug use.
11. Treatment programs should test for HIV/AIDS, hepatitis B and C, and other infectious diseases.
12. Recovery from addiction may require several periods of treatment to combat relapse. Relapse is a return to using drugs while trying to recover from drug addiction.

Group therapy plays an important role in most drug treatment programs. Group therapy helps build skills for resisting drug use and developing healthy relationships.
Saying No to Drugs

One of the best ways to protect yourself from drugs is to be involved in activities with others who want to stay drug free. You could get involved in a school activity. Or you could try volunteering for an organization in your community.

You should also stay away from people who do drugs or from situations where there may be pressure to use drugs. At some point, however, someone you know may pressure you to use drugs. If so, you are not alone—even adults have this problem. Often the people who pressure you are your friends, which can make the situation even more difficult. When this type of situation arises, it is important to remember that only you can protect your dreams and your future. If someone stops being your friend just because you refuse to take drugs, that person was not a true friend to begin with. Friendships are based on respect. Anyone who forces you to do something that could hurt your body, mind, relationships, and future does not respect you.

Practice Saying No  Despite your efforts, you may someday be offered drugs. To protect yourself from being pressured into taking drugs, prepare ways in which you can turn down drugs using activities like the one in Figure 4 or techniques such as the following:

1. Say no firmly. You can always say, “No, thanks.” Make your refusal calmly, firmly, and confidently. If you seem unsure of yourself, others will think they can argue with you.
2. Buy yourself time. Find a place where you can be alone to think about what you can do to get out of the situation. For example, go to the bathroom or go to another room.
3. Give good reasons why you choose not to do drugs. For example, you might say, “No, thanks. I don’t want to risk getting kicked off the football team.”

ACTIVITY  In pairs, practice resisting pressure to use drugs. Make a list of different ways you can say no to somebody pressuring you to use 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>“I definitely don’t 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>

Figure 4
Practicing refusal skills can ensure that you can say no to drugs when you need to.
4. State the consequences that could result if you do use drugs. “I don’t want to get arrested like Mary. Besides, I have a track meet tomorrow, and I don’t want to be strung out.”

5. If necessary, say no again and include an alternate activity. Come up with an idea for something that you could do that doesn’t involved taking drugs. For example, you might say, “No thanks. Let’s go get something to eat. I’m starving!”

6. Walk away. Sometimes the person offering you drugs will keep persisting. Or sometimes you may find yourself weakening even though doing drugs is not something you want to do. In these situations, just walk away. Nobody can pressure you to do drugs if you aren’t there.

**Live Drug Free** Refusing drugs may be difficult, but choosing to be drug free will make your life a lot easier. Organizations such as Mothers Against Drunk Driving (MADD) and Students Against Destructive Decisions (SADD) work to reduce drug use among teens. Student organizations help promote activities that do not involve drug use. They provide a safe place for young people to have fun without having to face the pressure to use illegal drugs.

Teens these days are facing new challenges and many changes. Life can be stressful in many ways. Facing these challenges with courage and maturity are part of making the transition to adulthood. Living a healthy life without getting caught in a web of drug abuse and addiction can help you accomplish your goals for the future.

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**SECTION 4**

**REVIEW** Answer the following questions on a separate piece of paper.

**Using Key Terms**

1. **Identify** the term that means “drug withdrawal that occurs in newborn infants whose mothers were frequent drug users during pregnancy.”

2. **Define** intervention.

3. **Identify** the term that means “a return to using drugs while trying to recover from drug addiction.”

**Understanding Key Ideas**

4. List three ways that drug abuse can negatively affect a person’s life.

5. **Summarize** the ways in which families may suffer as a result of illegal drug abuse.

6. **Describe** the ways that illegal drug abuse can have a negative effect on society.

7. **Summarize** the principles involved in successful drug treatment and recovery.

8. **Evaluate** three techniques for avoiding pressure to use illegal drugs.

9. **Sequence** how you would react to a situation in which you are pressured to use drugs.

**Critical Thinking**

10. Why do you think it is so difficult for people to stay off drugs once they have become addicted?

11. **LIFE SKILL** **Using Community Resources** Why do you think drug treatment doesn’t have to be voluntary to be effective?
Key Terms

SECTION 1
- drug abuse (284)
- overdose (284)

SECTION 2
- marijuana (289)
- inhalant (291)
- club (designer) drug (292)
- anabolic steroid (293)

SECTION 3
- stimulant (295)
- depressant (295)
- opiates (295)
- hallucinogen (295)

SECTION 4
- neonatal abstinence syndrome (303)
- recovering (305)
- intervention (306)
- relapse (306)

The Big Picture
- Illegal drug use results in many risks, including addiction, damage to the brain and the body, the contraction of diseases, suicide, violent crime, and overdose.
- People who try drugs often end up abusing drugs because most drugs are highly addictive.
- People begin using drugs for many reasons, including peer pressure.
- Teens can be under a lot of pressure to use drugs. Teens have a higher risk for addiction because their brains are still changing rapidly.

- All illegal drugs affect the brain, are dangerous to a person's health, and can result in abuse and addiction.
- Marijuana causes loss of concentration, disorientation, loss of sense of time and distance, paranoia, drowsiness, and several other effects.
- Huffing inhalants damages many organs of the body, including the brain, liver, kidneys, bone marrow, and bladder.
- Club drugs are addictive and can cause brain damage and death.
- Look-alike drugs are especially dangerous because there is no way to know what is in them.
- Anabolic steroids are used to increase muscle mass, but they have very harmful side effects.

- Many types of illegal drugs have medical uses but are unsafe if they are used without a doctor's supervision.
- Stimulants such as methamphetamine and cocaine are highly addictive and dangerous.
- Depressants are highly addictive and dangerous drugs.
- Hallucinogens such as LSD and PCP are dangerous drugs because their effects on the brain are unpredictable.
- Intravenous heroin use is a major factor in the spread of HIV/AIDS and hepatitis.

- Drug abuse hurts the individual addict and damages relationships with family and friends.
- Drug abuse damages a fetus exposed to illegal drugs in the womb.
- Drug abuse costs society billions of dollars every year in medical costs, injuries, accidents, lost productivity, and crime.
- There are many programs available to help drug addicts recover.
- Practicing refusal skills can help you avoid the dangers of drug abuse and addiction.
Using Key Terms

- anabolic steroid (293)
- depressant (295)
- club (designer) drug (292)
- drug abuse (284)
- hallucinogen (295)
- inhalant (291)
- intervention (306)
- marijuana (289)
- neonatal abstinence syndrome (303)
- opiates (295)
- overdose (284)
- recovering (305)
- relapse (306)
- stimulant (295)

1. For each phrase below, choose the most appropriate key term from the list above.
   a. the improper or unsafe use of a drug
   b. a drug that is inhaled as vapors
   c. a drug that temporarily increases energy and alertness
   d. drug withdrawal occurring in newborn infants
   e. laboratory-made drugs that closely resemble common illegal drugs in chemical structure and effect
   f. a drug that slows the body and the brain

2. Explain the relationship between the key terms in each of the following pairs.
   a. drug abuse and overdose
   b. recovering and relapse

Understanding Key Ideas

Section 1

3. Which of the following is a danger of illegal drug use?
   a. overdose
   b. car crash
   c. poor judgment
   d. all of the above

4. Evaluate the reasons people often give for trying illegal drugs.

5. List two reasons teens may be under pressure to use illegal drugs.

6. State the reason teens are at a higher risk of addiction from drug use than adults are.

7. CRITICAL THINKING Do you think using an illegal drug only once is safe?

8. List two goals you have after you graduate from high school. How would illegal drug use affect those goals? LIFE SKILL

Section 2

9. What are three effects that are common to all types of illegal drugs?

10. Which of the following is not an effect of marijuana use?
    a. poor concentration
    b. giddiness
    c. drowsiness
    d. increased alertness

11. List three long-term effects of inhalants on the body.

12. Compare the dangerous effects of Ecstasy and ketamine.

13. Women who take steroids are likely to
    a. have deeper voices.
    b. have increased body hair.
    c. develop severe acne.
    d. All of the above

14. List four reasons you would give your friend to discourage him or her from using steroids to enhance athletic performance. LIFE SKILL

Section 3

15. List three medical uses for drugs of abuse.

16. What dangerous effects do stimulants have?

17. List three effects of depressants on the body.

18. Why do you think heroin addiction is so difficult to overcome?

19. Describe how hallucinogens affect the mind.

Section 4

20. How can drug abuse make a person’s life more difficult?

21. In what ways does family life suffer when a family member abuses illegal drugs?

22. What aspects of society are affected by drug abuse?

23. Name three types of treatment for drug addiction.

24. List five ways you could refuse illegal drugs if they were offered to you. LIFE SKILL

25. CRITICAL THINKING What healthy activities can teens participate in on weekends to help avoid the pressure to use drugs?
### Interpreting Graphics

Study the figure below to answer the questions that follow.

**Costs of Cocaine Abuse**

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost (dollars)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cocaine (1 month)</td>
<td>2,500</td>
</tr>
<tr>
<td>Big-screen TV</td>
<td>2,000</td>
</tr>
<tr>
<td>New computer</td>
<td>1,500</td>
</tr>
<tr>
<td>100 movie tickets</td>
<td>1,000</td>
</tr>
<tr>
<td>New stereo system</td>
<td>500</td>
</tr>
</tbody>
</table>

Source: U.S. Drug Enforcement Agency.

**Questions**

26. Which of the items above costs the most?

27. Do the costs of a stereo and a computer combined equal the cost of cocaine?

28. **CRITICAL THINKING** Explain why people may be driven to steal in order to support a cocaine habit.

---

### Activities

**29. Health and You** Write down three things you may have heard about illegal drug use. Research each statement, and explain whether or not it is a myth.

**30. Health and Your Community** Find a newspaper or magazine article about a planned drug prevention event in your community. Analyze how much you think this event will affect your community. For example, do you think teens from your school will attend? How well is the event advertised? Suggest ways to make the event more successful.

**31. Health and You** Write a reply to the following statement: “Just try it; one time won’t harm you. It’s not like you’ll become an addict overnight!”

### Action Plan

**32. ** **LIFE SKILL** Setting Goals List three goals you have for your future. Write down how these goals could be affected by illegal drug use. Write a plan for how you can avoid illegal drugs and accomplish your goals.

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### Standardized Test Prep

Read the passage below, and then answer the questions that follow.

Wayne grew up in a middle-class family in Wisconsin. When he was 17, he tried smoking marijuana. After marijuana, he tried Ecstasy and then crack cocaine. Soon he was spending over $100 a day on his cocaine habit. He started stealing small amounts of money from his family. When they noticed things missing from the house, they made him move out. He lived with some friends until they got kicked out. He started breaking into homes and was arrested. Wayne is currently serving 2 years. But he is off cocaine and plans to stay that way when he gets out.

**Questions**

33. In this passage, the word *serving* means
   A helping other people.
   B passing out food to the homeless.
   C spending time in jail.
   D volunteering at a prison.

34. What can you infer from reading this passage?
   E Drug addictions are easy to recover from.
   F People can easily control their addictions.
   G Drug addictions can make people do things they wouldn’t otherwise do.
   H Drugs are a cheap and harmless habit.

35. Write a paragraph discussing how a drug abuse can develop from experimentation into addiction.

36. Do you think it will be easy for Wayne to stay off cocaine when he gets out of jail? If you were Wayne, what steps would you take to make sure you stay clean and drug free?