




The Affects of Drugs & Alcohol on the Nervous System



How do drugs work?

- Drugs are chemicals or substances that change the way our bodies work.
 - Enter the body through swallowing, inhaling or injecting)
 - Drugs find their way into the bloodstream
 - In the brain, drugs may either intensify or dull senses, alter alertness, and sometimes decrease physical pain.

Drug classifications

- Stimulant – speeds up a person's body and brain, making a person feel high or energized. Coming down from a stimulant the person will feel tired or sick and sometimes depressed.

Drug classifications

- Depressant – slows a person down. Doctors prescribe depressants to help people be less angry, anxious or tense. Makes people feel sleepy, less stressed, or groggy.
 - Some people use these to help them come down from a stimulant.

Alcohol

- A depressant altering perceptions, emotions and senses.
- **How it's Used:** Drunk
- **Effects/Dangers:** First *acts* like a stimulant, but leaves people feeling groggy and sleepy.
- **Addictiveness:** Teens often become psychologically dependent. Withdrawal can be painful.

Amphetamines

- A stimulant that accelerates the functions in the brain and body. Includes prescription diet pills.
- **Other names:** speed, uppers, dexies, bennies
- **How it's Used:** Usually swallowed, but can also be inhaled or injected.
- **Effects/Dangers:** Makes user feel high, powerful, alert, energized. Prolonged use may cause hallucinations and intense paranoia.
- **Addictiveness:** Users who stop report that they feel moody, anxious, and have intense cravings for the drug.

Cocaine and Crack

- Cocaine is a white powder. Crack, named for its crackle when heated, is made from cocaine. It looks like white or tan pellets.
- **Other names for cocaine:** coke, snow, blow, nose candy, white, big C
- **Other names for crack:** freebase, rock
- **How it's Used:** Cocaine is inhaled. Crack is smoked.

Cocaine and Crack con't

- **Effects/Dangers:** both are a stimulant giving the users a quick, intense feeling of power and energy. Elevates heart rate, breathing rate, blood pressure, and body temp.
- First-time users can stop breathing or have fatal heart attacks.
- Snorting can put a hole in the nasal septum.
- **Addictiveness:** Both are HIGHLY addictive, even after one use. Very difficult to stop.

Cough and Cold Meds

- Contain dextromethorphan, which in large quantities can cause hallucinations, loss of motor control, and “out-of-body” sensations.
- Other names:** triple C, candy, dex, red devils, robo, skittles
- How it's Used:** come in tablets, capsules, gel caps, lozenges, and syrups.
- Effects/Dangers:** large doses can cause confusion, paranoia, nausea, vomiting, irregular heartbeat, high blood pressure, loss of consciousness, seizures, brain damage, and even death.
- Addictiveness:** Can become psychologically addicted

Depressants

- Tranquilizers and barbiturates, calm nerves and relax muscles.
- Other names:** downers, goof balls, barbs, ludes
- How it's Used:** swallowed
- Effects/Dangers:** When used as prescribed by a doctor and taken correctly, depressants can help people feel calm and reduce anger.
- Large doses can cause confusion, tremors and even make a person stop breathing.
- Depressants taken with alcohol can result in death.
- Addictiveness:** Can be both psychologically and physically addictive.

Ecstasy (MDMA)

- ✓ Comes in a powder, tablet, or capsule. Popular club drug
- ✓ **Other names:** XTC, X, Adam, E, Roll
- ✓ **How it's Used:** swallowed or sometimes snorted
- ✓ **Effects/Dangers:** combines a hallucinogenic with a stimulant, making all emotions, both positive and negative, much more intense.
- ✓ Users feel a tingly skin sensation
- ✓ Can cause cramps, blurred vision, chills, sweating, and nausea
- ✓ **Addictiveness:** unknown

GHB

- A depressant, Gamma hydroxybutyrate is a odorless and colorless liquid. Popular club drug.
- **Other names:** Liquid Ecstasy, G, Georgia Home Boy
- **How it's Used:** mixed in water and drunk
- **Effects/Dangers:** Can cause both a strong high and hallucinations
- May result in severe nausea, breathing problems, decreased heart rate, and seizures.
- Mixed with alcohol it can be very dangerous.
- **Addictiveness:** Withdrawal symptoms include insomnia and anxiety.

Heroin

- Comes from the opium poppy, which is also used to create the class of painkillers called narcotics (codeine and morphine). Can range from a white to dark brown powder to a sticky, tar-like substance
- **Other names:** Horse, smack, Big H, junk
- **How it's Used:** Injected, smoked, or inhaled
- **Effects/Dangers:** Can cause both a strong high.
- The high often followed by drowsiness, nausea, stomach cramps, and vomiting.
- **Addictiveness:** Extremely addictive and easy to overdose on. Withdrawal is intense and symptoms include insomnia, vomiting, and muscle pain.

Inhalants

- ☛ Substances that are sniffed or “hugged” to give the user an immediate rush or high. Generally household products like glues, paint thinners, aerosol cans.
- ☛ **Other names:**
- ☛ **How it's Used:** Breathed in directly from the original contain or from a plastic bag.
- ☛ **Effects/Dangers:** Makes you feel giddy or confused, as if you were drunk. Can cause severe toxic reaction and death.
- ☛ **Addictiveness:** Can be psychologically addictive.

LSD

- Lysergic Acid Diethylamide is a lab-brewed hallucinogen. LSD is odorless, colorless, and tasteless.
- Other names:** acid, blotter, doses, microdots
- How it's Used:** Licked or sucked off small squares of paper (often decorated with cute cartoon characters). Can also be swallowed as capsules.
- Effects/Dangers:** Hallucinations occur within 30 to 90 minutes. Senses intensify or become distorted. Bad trips may cause panic attacks. Users often have flashbacks.
- Addictiveness:** Can be psychologically addictive.

Marijuana

- Most widely used illegal drug. Resembles dried parsley. Often referred to as the “gateway drug.”
- Other names:** pot, weed, blunts, grass, herb, ganja
- How it's Used:** Smoked as cigarette (joints), hollowed out cigar (blunts), pipes (bowls), or water pipes (bongs). Some people mix with food or brew as tea.
- Effects/Dangers:** Affects mood and coordination. Elevates heart rate, blood pressure. Causes red eyes sleepiness and hunger. Tough on the lungs.
- Addictiveness:** Can be psychologically addictive. Teens can develop tolerance and may demand more and more to achieve the same high.

Methamphetamine

- A very powerful stimulant
- **Other names:** crank, meth, speed, crystal, chalk, ice
- **How it's Used:** It can be swallowed, snorted, injected, or smoked.
- **Effects/Dangers:** Users feel a euphoric rush from meth, particularly if it is smoked or shot up. Sometimes causes intense delusions such as believing that there are insects crawling under their skin. Prolonged use results in violent behavior, psychosis, and brain damage.
- **Addictiveness:** Highly addictive.

Rohypnol

- Pronounced (ro-HIP-nol). A low-cost, increasingly popular drug. Because they often come in presealed bubble packs, many teens think that the drug is safe.
- **Other names:** roofies, roach, forget-me pill, date rape drug
- **How it's Used:** This drug is swallowed, sometimes with alcohol or other drugs.
- **Effects/Dangers:** It is a prescription antianxiety medication that is 10X more powerful than Valium. Causes blood pressure to drop, memory loss, drowsiness, and upset stomach. Many teen girls report having been raped after having rohypnol slipped into their drinks. Causes "anterograde amnesia making it hard to remember what happened.
- **Addictiveness:** Is physically addictive and can cause extreme withdrawal symptoms.

Think about this...

- [http://www.drugfree.org/Portal/About/NewsReleases/Fried Egg Message](http://www.drugfree.org/Portal/About/NewsReleases/Fried_Egg_Message)
- *This is your brain. This is your brain on drugs* is the most widely-shown TV message of any created by the Partnership for Drug-Free America in its 20-year history
- How would you describe the strategy behind the creation of this public service announcement?
- Why do you think the creators of this ad chose this strategy to deter teenagers from using drugs?
- Do you think it is an effective strategy? Why or why no?

Advertisement Assessment

➤ Positive Evaluation

➤ Negative Evaluation

Drug Awareness Project
Due: Thursday, April 2nd
30 points

Research shows that one of the best ways to prevent teen drug use is through education. In this project, you will use what you learned in class and the Internet to help you create a product to educate students about drugs. In designing your product, consider ways to appeal to teen interests so that they are more willing to read and learn from your creation. Select one of the options below.

Option 1: Magazine Advertisement

Use your artistic talents to create an 8 ½ x 11 magazine ad that would appear in a teen magazine (this can be hand-drawn or made on the computer). Consider your audience and what will draw their attention to the ad and then provide accurate and relevant information to help them make good choices.

Option 2: Radio Announcement

In this option you will write a script that would be read on the radio. The announcement should be 60 seconds when read aloud. You must consider your audience and use phrases and methods for attracting teens to listen, without making it sound like a lecture. This will be performed in class, but can be read by the teacher.

Option 2: Just Say No Skit

Turning down drugs can be a challenging task. Especially when the person offering them is a friend or peer. Working with one other person, come up with a script for a skit, playing out two different scenarios that show teens creative ways to say no to drugs. Try to make the scenarios as realistic as possible, considering some of the most difficult people to say no to (a close friend, roommate, cute guy/girl). These skits will be performed in class.