

## Unit 4

### Lesson 4.4 Notes

## Introductory Video—Walking Away From Drugs

## eTextbook—Chapter 12: Illegal Drugs

### Section 1: Drugs of Abuse

#### Key Terms:

- **drug abuse**: the intentional improper or unsafe use of a drug
- **overdose**: the taking of too much of a drug, which causes sickness, loss of consciousness, permanent damage, or even death

#### Illegal Drug Use is Dangerous

- can have dangerous and permanent effects on brain and body
- you can become addicted to almost all illegal drugs
- are a major factor in many suicides, car accidents, and crimes
- if sharing needles, risk of catching infectious diseases such as hepatitis B and HIV
- can result in overdose
- can lose ability to make responsible decisions (can result in risky sexual behavior, STDs, car accidents and other unsafe situations)

#### Why Do People Begin Using Drugs

- 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
- glamorization of drug use by the media

#### Teens and Illegal Drug Use

- adolescence is stressful b/c of pressures, desire to fit in, peer pressure desire for more freedom and responsibility
- puts teens at a greater risk for abusing illegal drugs
- reasons teens try illegal drugs:
  - peer pressure, but indirect b/c you hang around with people who use drugs
  - they lack refusal skills or feel intimidated

Which of the statements below are true, and which are false? Check your answers on p. 638.

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.

- think it's a way to escape from feelings of stress, anger, depression, frustration (but the problem never goes away, and taking drugs just adds another problem)
- curiosity – they wonder what it's like
- they are risk takers looking for a way to satisfy desire for new experiences
- teens have a higher risk of addiction to drugs than adults do b/c young brains are still developing
  - drug use/abuse can have irreversible effects on the function of the brain
  - can cause a lifetime struggle

## Section 2: Commonly Abused Drugs

### 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

### Types of Illegal Drugs

- illegal drugs
  - affect the function of the brain
  - are dangerous to your health
  - can result in drug dependence and addiction

Beliefs Vs. Reality	
“Marijuana is a safe drug.”	Driving high on marijuana can be just as dangerous as driving drunk.
“It's okay to try a drug just once.”	Some drugs, such as crack cocaine or inhalants, can be fatal the first time they are used.
“I can stop any time I want.”	The more often you use drugs, the more difficult it can be to stop.
“If I want to use drugs, I only affect myself.”	Drug use affects you, your family, your friends, and society.

**Table 1** Common Illegal Drugs and Their Effects

Drug and common or street names	How it is taken	Possible intoxication effects	Possible health consequences <sup>+</sup>
<b>Marijuana</b> <i>pot, weed, dope, blunt, grass, reefer, Mary Jane</i>	smoked or mixed in food and eaten	<ul style="list-style-type: none"> <li>▶ relaxation</li> <li>▶ feelings of well being</li> <li>▶ distortion of time and distance</li> <li>▶ loss of short-term memory</li> <li>▶ loss of balance and coordination</li> <li>▶ increased appetite</li> </ul>	<ul style="list-style-type: none"> <li>▶ frequent respiratory infection</li> <li>▶ impaired learning and memory</li> <li>▶ panic attack</li> </ul>
<b>Hashish</b> <i>boom, chronic, hash, hemp</i>			
<b>Inhalants</b> <i>glue, paint thinner, propane, nitrous oxide, NO, poppers, snappers, whippets</i>	inhaled	<ul style="list-style-type: none"> <li>▶ stimulation</li> <li>▶ loss of inhibitions</li> <li>▶ dizziness</li> <li>▶ loss of coordination</li> <li>▶ nausea and vomiting</li> <li>▶ headache</li> </ul>	<ul style="list-style-type: none"> <li>▶ heart attack</li> <li>▶ liver damage</li> <li>▶ kidney damage</li> <li>▶ brain damage</li> <li>▶ coma</li> <li>▶ death</li> </ul>
<b>Club (designer) drugs</b>			
<b>Ecstasy</b> <i>MDMA, Ecstasy, X, XTC, Adam</i>	swallowed or snorted	<ul style="list-style-type: none"> <li>▶ increased awareness of senses</li> <li>▶ mild hallucinations</li> <li>▶ increased energy</li> <li>▶ loss of judgment</li> </ul>	<ul style="list-style-type: none"> <li>▶ impaired learning and memory</li> <li>▶ hyperthermia (overheating)</li> <li>▶ rapid or irregular heartbeat</li> <li>▶ high blood pressure</li> <li>▶ heart attack</li> <li>▶ death</li> </ul>
<b>GHB</b> <i>G, liquid X, grievous bodily harm</i>	swallowed or snorted	<ul style="list-style-type: none"> <li>▶ relaxation</li> <li>▶ nausea</li> <li>▶ loss of inhibitions</li> <li>▶ euphoria</li> </ul>	<ul style="list-style-type: none"> <li>▶ dangerously slowed breathing</li> <li>▶ seizures</li> <li>▶ coma</li> </ul>
<b>Ketamine and PCP</b> <i>Special K, K, Vitamin K, angel dust (PCP)</i>	injected, snorted, or smoked	<ul style="list-style-type: none"> <li>▶ confusion</li> <li>▶ distortions of reality</li> <li>▶ numbness</li> </ul>	<ul style="list-style-type: none"> <li>▶ loss of memory</li> <li>▶ loss of muscle control</li> <li>▶ dangerously slowed breathing</li> </ul>
<b>Anabolic steroids</b> <i>roids, juice</i>	swallowed or injected	<ul style="list-style-type: none"> <li>▶ no intoxication effects</li> </ul>	<ul style="list-style-type: none"> <li>▶ increased aggression</li> <li>▶ shrinking of testes</li> <li>▶ infertility</li> <li>▶ growth of breasts in men</li> <li>▶ growth of facial hair in women</li> <li>▶ deepening of voice in women</li> <li>▶ liver rupture/liver cancer</li> <li>▶ heart damage/heart attack</li> </ul>

<sup>+</sup>All of the drugs listed in this table can result in physical dependence, and some can result in addiction.

## Marijuana

- Marijuana – aka pot, weed, reefer, dope is the dried flowers and leaves from the cannabis sativa plant
- Active chemical is tetrahydrocannabinol (THC)
- THC can be detected in urine for up to several weeks after use
- Different marijuana plants may contain different levels of THC

- Usually smoked, but can also be mixed with food and eaten

## **Effects of Marijuana**

- When smoked, effects are Felt within minutes and may last 2-3 hours
- When swallowed, effects felt within 30-60 minutes
  - 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 over a long period of time can cause same effects as smoking cigarettes; contains the same carcinogens as cigarette smoke; can lead to chronic bronchitis, damaged lung tissue, increased risk of lung cancer
- Negative effects on learning and social behavior
- THC changes the way sensory info gets into the brain; long term use can cause difficulty in remembering, processing, and using information; users have difficulty maintaining attention, shifting attention

## **Dependence on Marijuana**

- People who use regularly build up a tolerance so they need more and more to get high = dependence
- When effects wear off, some users feel tired, unmotivated, depressed
- Once dependent, user will experience withdrawal every time the drug wears off

## **Marijuana and Driving**

- b/c marijuana makes it difficult to pay attention, hard to judge time and distance so driving under the influence is dangerous
- show the same effects as drunk drivers

## **Hashish**

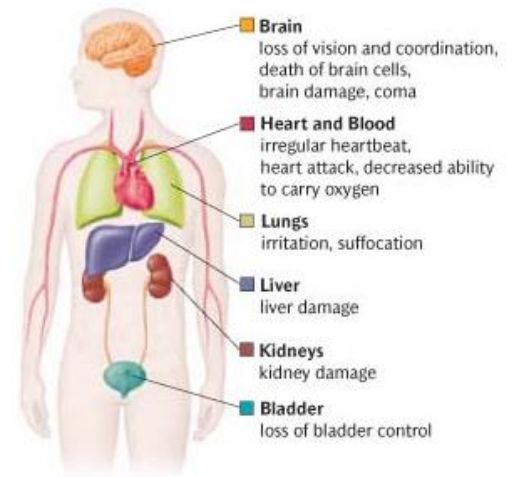
- aka hash – dark-brown resin from the tops of cannabis plant
- compressed into various forms (e.g. balls or flat sheets); pieces are broken off, placed in pipes, smoked
- effects are the same as marijuana, but stronger

## **Inhalants**

- inhalants – drugs that are inhaled as vapors
- some inhalants have medical uses
  - nitrous oxide (laughing gas) – used by physicians and dentists as an anesthetic
  - medicines to treat asthma
- sometimes not used for medical reasons
  - inhaling glue, paint thinner, gasoline, markers, propane, butane, nitrous oxide
- can be sniffed (or huffed) directly from open container or rag soaked in the substance then sealed in a plastic bag to make vapors concentrated

## **Effects of Inhalants**

- effects are mild to severe
  - hyperactivity
  - loss of inhibition
  - dizziness
  - loss of coordination
  - difficulty speaking or thinking
  - fear
  - anxiety
  - depression
  - nausea
  - vomiting
  - headache
  - loss of consciousness



**Figure 1**

Simple household substances can be incredibly dangerous to the body when they're inhaled. Some of these effects are summarized above.

## Dangers of Inhalants

- **damage many organs** – chemicals such as solvents in inhalants can cause permanent hearing loss, bone marrow damage, liver damage, kidney damage, loss of bladder control
- **kill brain cells** – 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, death from suffocation
- **can cause sudden death** – some bodies are sensitive to the solvents in inhalants; heart may suddenly stop beating – called **sudden sniffing death syndrome**

## Teens and Inhalants

- easy to get and inexpensive to buy and legal makes huffing seen more commonly among younger teens (may be the first step on path to trying illegal drugs) (**gateway drug**)

## Club (Designer) Drugs

- club drugs – designed to closely resemble common illegal drugs in chemical structure and effect; popular at parties and clubs
- at one time, only drugs specifically listed under the law were illegal so drugs with similar effects but different chemical structure were legal; law is now changed
- club drugs are made in secret, illegal labs so their strength and quality are unpredictable and unknown so drugs can have unexpected effects
  - overdoses are harder to treat b/c no one knows for sure what drug was taken (e.g. ecstasy, GHB, ketamine, PCP, look-alike drugs)

## Ecstasy

- most commonly abused; aka MDMA (methylenedioxymethamphetamine), X, Adam, XTC
- has both stimulant and hallucinogenic properties
- normally taken as a pill but can be crushed and snorted
- effects include:
  - increased awareness of the senses
  - hallucinations
  - increased energy
  - loss of judgment
- side effects include:

- muscle tension
- teeth clenching
- impaired learning and memory
- nausea
- chills
- rapid or irregular heartbeat
- high blood pressure
- heart attack
- brain damage
- death
- body can't control temperature so you can become overheated, pass out and die from heatstroke

## GHB

- Gamma hydroxybutyrate (GHB) is a clear liquid or a white powder
- Effects
  - Euphoria
  - Relaxation
  - Dizziness
  - Loss of inhibitions
- Side effects
  - Vomiting
  - Memory loss
  - Respiratory problems
  - Loss of consciousness
  - Seizures
  - Coma
  - Death
- When combined with other depressant drugs (e.g. alcohol) death is more likely;
- Highly addictive
- GHB + ecstasy puts user at higher risk of seizure and does NOT cancel out effects of each drug and does NOT make ecstasy last longer
- Often used in sexual assaults b/c it makes the victim incapable of resisting and can cause memory problems; it is a **date-rape drug**

## Ketamine

- Aka Special K, Kit Kat, Vitamin K
- Effects
  - Hallucination
  - Numbness
  - Inability to move
  - Loss of memory
  - Dissociation (separation from reality)
- Side effects
  - Memory loss
  - Coma
  - Some users hurt themselves b/c they can't feel pain

## PCP

- Phencyclidine – aka angel dust,
- Effects
  - Mild euphoria
  - Distortions of reality
  - Out-of-body experiences
  - Psychotic behavior
- Side effects
  - Act violently toward others or themselves
  - Suicide
  - Accidental suicide
  - Seizures
  - Coma
- Mental disturbances from PCP can last a few hours to a few weeks!

## Look-Alike Drugs

- Abused substances that are only slightly different from other, better-known drugs
- You never know what it is or how strong it is or what other drugs may be in it
- E.g. PMA or DXM are often sold as Ecstasy
- Tend to be cheaper than well-known drugs but are just as dangerous
- Can cause similar effects to other club drugs
- Can be really dangerous when taken with other drugs like alcohol b/c of side reactions

## Anabolic Steroids

- **Hormones** – 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** – synthetic versions of the male hormone testosterone that are used to promote muscle development (anabolic means “building”)
- when prescribed, used to treat muscle wasting in AIDS patients, assist with wound healing in elderly, treat abnormally low levels of testosterone in males
- using steroids to build muscle is illegal without guidance of a doctor
- don't have immediate psychoactive effects; taken for effect on body not brain

Male	Female
▶ stunted growth	▶ severe acne
▶ aggression	▶ increased cholesterol
▶ paranoia	▶ increased facial hair
▶ liver cancer	▶ baldness
▶ increased cholesterol	▶ deeper voice
▶ heart disease	▶ disrupted menstrual cycle
▶ severe acne	▶ infertility
▶ baldness	▶ bloating
▶ shrinking of testes	▶ rapid weight gain
▶ reduced sperm count	▶ liver cancer
▶ infertility	

## Effects of Steroids on the Body

- bones will mature too early and growth will be stunted
- severe acne, increased cholesterol, rapid weight gain, liver damage, kidney tumors, heart disease, heart attack
- males: shuts down normal testosterone production and can shrink testes and reduce sperm production; cause breasts to grow b/c the body breaks anabolic steroids down into compounds that act like the female hormone estrogen
- females: facial hair, toughens skin, deepens voice, seem more man-like, disrupt menstrual cycle leading to infertility

## Effects of Steroids on the Mind

- make user irritable and aggressive
- roid rage – lead to violent crimes, assault, rape
- hyperactivity, hearing bizarre sounds, feelings of paranoia, panic attacks, depression, anxiety, suicidal urges
- users experience withdrawal symptoms

## Being the Best Drug Free

- only way to really win is to win naturally
- 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

## Section 3: Other Drugs of Abuse

### 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

### Other Types of Abused Drugs

- stimulants – drugs that temporarily increase a person's energy and alertness
- depressants – drugs that cause relaxation and sleepiness
- opiates – a group of highly addictive drugs derived from the poppy plant that are used as pain relievers, anesthetics, and sedatives
- hallucinogens – drugs that distort perceptions and cause a person to see or hear things that are not real
- many drugs have medical purposes
  - e.g. Ritalin – used to treat ADHD
  - depressants used to help people who have difficulty sleeping
  - some opiates are used as anesthetics during surgery
- can be highly addictive and very dangerous when abused; high risk of overdose and should never be used without doctor's supervision



**Table 2** Other Drugs of Abuse

Drug and common or street names	How it is taken	Possible intoxication effects	Possible health consequences*
<b>Stimulants</b> <i>cocaine, coke, crack, snow, methamphetamines, uppers, candy, ice, meth, crystal, speed, crank, cross-tops</i>	snorted, injected, smoked, or swallowed	<ul style="list-style-type: none"> <li>▶ increased alertness and energy</li> <li>▶ loss of appetite</li> <li>▶ euphoria</li> <li>▶ hyperactivity</li> <li>▶ restlessness</li> <li>▶ anxiety</li> <li>▶ increased heart rate</li> <li>▶ increased breathing rate</li> <li>▶ elevated blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>▶ nervousness</li> <li>▶ irritability</li> <li>▶ panic</li> <li>▶ aggressive behavior</li> <li>▶ confusion</li> <li>▶ loss of awareness of reality</li> <li>▶ kidney damage</li> <li>▶ liver damage</li> <li>▶ heart failure</li> <li>▶ death</li> </ul>
<b>Depressants</b> <i>Rohypnol™, roofies, downers, barbs, tranqs</i>	swallowed	<ul style="list-style-type: none"> <li>▶ euphoria</li> <li>▶ reduced anxiety</li> <li>▶ loss of inhibitions</li> <li>▶ drowsiness</li> </ul>	<ul style="list-style-type: none"> <li>▶ loss of coordination</li> <li>▶ slurred speech</li> <li>▶ confusion</li> <li>▶ slowed heart rate</li> <li>▶ dangerously slowed breathing</li> <li>▶ loss of consciousness</li> <li>▶ loss of memory</li> <li>▶ coma</li> <li>▶ death</li> </ul>
<b>Opiates</b> <i>heroin, H, horse, smack, junk</i>	smoked, injected, swallowed, or snorted	<ul style="list-style-type: none"> <li>▶ euphoria</li> <li>▶ feelings of well-being</li> <li>▶ relaxation</li> <li>▶ drowsiness</li> <li>▶ pain relief</li> </ul>	<ul style="list-style-type: none"> <li>▶ nausea/vomiting</li> <li>▶ constipation</li> <li>▶ confusion</li> <li>▶ loss of consciousness</li> <li>▶ dangerously slowed breathing</li> <li>▶ coma</li> <li>▶ death</li> </ul>
<b>Hallucinogens</b> <i>acid, dots, snowmen, mesc, buttons, magic mushrooms, tops</i>	swallowed or smoked	<ul style="list-style-type: none"> <li>▶ sensory illusions</li> <li>▶ distortions of reality</li> <li>▶ dizziness</li> <li>▶ weakness</li> <li>▶ enhanced emotions</li> <li>▶ feelings of being outside of the body</li> </ul>	<ul style="list-style-type: none"> <li>▶ panic</li> <li>▶ self-injury</li> <li>▶ chronic mental disorders</li> <li>▶ recurring distortion of perception (flashbacks)</li> </ul>

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

## Stimulants

- drugs that temporarily increase a person's energy and alertness (e.g. caffeine, nicotine, methylphenidate (Ritalin), amphetamines, cocaine, crack cocaine)
- caffeine and nicotine are relatively mild, legal stimulants
- methylphenidate is prescribed stimulant that helps people with ADHD control their behavior
- cocaine and amphetamines are very potent illegal drugs

## Amphetamines

- a group of stimulants produced in labs
- some are prescribed to treat neurological disorders and life-threatening obesity
- methamphetamine is highly abused

## Methamphetamine

- illegal methamphetamine, aka 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)
  - euphoria
  - loss of appetite
  - increased alertness
  - hyperactivity
- causes severe damage to the body including permanent brain, kidney, liver damage
- overdose cause brain damage or death
- extremely addictive and tolerance develops rapidly
- produced in illegal labs called meth labs
  - byproducts include gas, toxic chemicals, highly explosive substances

## Cocaine and Crack Cocaine

- cocaine comes from the coca plant
- leaves are processed into a fine, white powder that is snorted through the nose or liquefied and injected
- powdered cocaine can be converted into crack cocaine, a crystallized form that is smoked
- the effects are similar to methamphetamine
- effects of crack cocaine are more intense than powdered cocaine but do not last as long
- large doses
  - cause agitation, paranoia, aggression
  - users can't eat or sleep at times and may lose touch with reality
  - the crash (when the drug wears off) include agitation, extreme sleepiness, depression, intense craving for more of the drug
- addiction is really hard to break
- overdose can cause heart attack, stroke, seizures, death

## Depressants

- depressants – drugs that cause relaxation and sleepiness
- slow down a person's breathing and reduce brain activity
  - e.g. tranquilizers (mild depressants used to treat anxiety), hypnotics (powerful depressants that are used to treat sleep disorders and seizures)
- highly addictive when abused

- most depressants have similar effects on the body
  - relaxation
  - loss of inhibition
  - drowsiness
  - loss of coordination
  - slurred speech
  - disorientation
  - loss of consciousness
  - possible memory loss
- overdose may cause a person to stop breathing and may result in brain damage, coma, death
- depressants plus alcohol increases the effects but can easily result in death

## Rohypnol

- powerful hypnotic
- called roofies or the forget pill
- most frequently used date-rape drug
- easy to mix with alcohol so you don't notice its bitter taste
- person loses inhibitions, becomes disoriented, may not remember what happened while on the drug

## DXM

- dextromethorphan is a legal ingredient in cough syrups that helps stop coughing
- effects are similar to PCP in high doses
- user feels spacey and may lose muscular control
- can produce hallucinations and bizarre sensations

## Opiates

- can be both a highly valued medicine and a deadly drug of abuse
- opiates come from the flowering opium poppy plant
- used as medicine, it's a pain reducer, relieves diarrhea, suppresses cough, induces relaxation
- opiates include heroin, opium, codeine, morphine
- when opiates are abused, they can result in addiction very quickly
- withdrawal symptoms include cramps, vomiting, muscle pain, shaking, chills, panic attacks

## Heroin

- most commonly abused opiate
- chemically altered form of morphine that can be swallowed, snorted, smoked, or injected
- creates an initial "rush" that quickly subsides into a dreamlike state, feelings of well-being, and drowsiness
- tolerance develops rapidly
- smoking or snorting heroin loses its effectiveness and users often begin to inject heroin to achieve the same high
- very addictive
- each year, thousands of people die under the influence of heroin and users tend to

### 3 Tips for Protecting Yourself from Date-Rape Drugs

- 1 Never leave your drink unattended.
- 2 Never accept an open drink or glass from a stranger.
- 3 Never drink a beverage that has an abnormal taste or appearance.

- lose their jobs b/c 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, most closely linked with violent crime
- repeatedly injecting heroin can cause skin infections, open wounds, scarring, spreads disease (HIV/AIDS)

## Opium

- black or dream stick – a bitter, brownish drug that is made of the dried juice of the opium poppy
- a mild painkiller, but also causes slow heart beat, slow breathing, loss of appetite, loss of inhibitions

## Morphine and Codeine

- morphine (mister blue or morpho) very similar to heroin
- used legally for patients in severe pain, like terminal cancer patients
- codeine is used for relief of milder pain and sometimes to stop coughing

## Hallucinogens

- drugs that distort perception and cause the user to experience things that are not real
- while a person is on hallucinogens, his or her emotional experiences seem deeper and more important
- can produce extreme anxiety, fear, and paranoia

## LSD

- lysergic acid diethylamide - usually taken in the form of tablets or absorbed through the tongue on small paper squares
- effects are not easy to predict
  - increase energy
  - alter mood
  - create strange thoughts and sensations
  - nausea
  - vomiting
  - dizziness
  - bizarre body sensations
  - huge emotional swings
- some experiences are extremely frightening and users may become panicked and confused when they can't control thoughts and feelings
- flashbacks – feeling effects of the drug even long after it has worn off

## Mushrooms

- psilocybin – hallucinogenic drugs with effects similar to LSD; either eaten raw or mixed with food
- commonly called magic mushrooms
- produced altered perceptions of sight, sound, taste, smell, touch
- confusion, anxiety, panic, flashbacks
- stomach pains, vomiting, diarrhea, death if wrong mushrooms are taken

## Section 4: A Drug Free Life

### Key Terms:

- **neonatal abstinence syndrome**: drug withdrawal that occurs in newborn infants whose mothers were frequent drug users during pregnancy
- **recovering**: the process of learning to live without drugs
- **Intervention**: confronting a drug user about his or her drug abuse problem to stop him or her from using drugs
- **relapse**: a return to using drugs while trying to recover from drug addiction

## Drug Abuse Affects the Individual

### Risks of Drug Use

- thousands of people are hospitalized each year because of drug use
- drugs lead to
  - car accidents
  - accidental injury or death
  - violence and other criminal activity
  - unplanned pregnancy
  - STDs

### Drug Abuse and Crime

- Many abused drugs are illegal, so simply having them is a crime
- Addiction to an illegal drug is expensive, so people often steal or sell drugs to get money to buy drugs
- Between 2/3 and 3/4 of people arrested for violent crimes were on drugs when their crimes were committed

## Drug Abuse Affects the Family

### Drug Abuse and Trust

- First thing family loses when a teen starts using drugs is trust
- Warning signs:
  - Person has unusual emotional reactions to situations
  - Person withdraws from family intimacy and activities
  - Person repeatedly breaks household or school rules
  - Person hangs out with different friends
  - Person starts to dress differently

### Drug Abuse and Violence

- Risk of hurting their family members physically or being hurt themselves



- 25 to 50% of all family violence is drug related
- 75% of female victims of domestic violence were attacked by someone who was high or drunk

### Drug Abuse Affects Pregnancy

- Babies exposed to drugs in the womb are at a risk of premature birth, low birth weight, other developmental problems
- Baby may be physically dependent on that drug when it is born and baby undergoes withdrawal after being born (called **neonatal abstinence syndrome**)
- Babies are more difficult to care for than normal babies and the mom usually can't do it
- Baby may be abandoned, neglected, or abused and is more at risk of becoming a user too later in life

### Drug Abuse Affects Society

#### Drug Abuse and Economics

- Economic costs of drug abuse in the US are estimated to be \$110 billion
- Healthcare costs resulting from drug abuse are \$38 billion
- AIDS accounted for \$4 billion of these costs
- Drug-related costs result from lost productivity at work, accidental injuries, car crashes, suicide, overdose

#### Drug Abuse and Crime

- The cost of drug-related crime is \$64 billion (that's equivalent to how much all 50 states combined spent on colleges!)
- 1 in 4 prisoners are jailed for a drug-related crime

#### Drug Abuse Affects Everyone

- Costs of illegal drug use on people other than the abuser
  - Physical, mental, emotional injuries from drug-related domestic violence
  - Health problems in babies
  - Injury resulting from drug-related car accidents
  - Loss of job productivity
  - Diseases caused by drug abuse

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.

### Treatment for Drug Addiction

- Addiction is a difficult and long-lasting problem
- Recovering – the process of learning to live without drugs
- Need support, find a professional to help
  - 12-step programs
  - Outpatient counseling
  - Residential communities
- Battle the drug dependence and the reason why it began in the first place

## **Saying No to Drugs**

- Best way to protect yourself from drugs is to be involved in activities with others who want to stay drug free

## **Practice Saying NO**

- Say no firmly
- Buy yourself time
- Give good reasons why you choose not to do drugs
- State the consequences that could result if you do use drugs
- If necessary, say no again and include an alternate activity
- Walk away

## **Live Drug Free**

- MADD and SADD work to reduce drug use among teens

## **Web Resources**

### **Teacher Presentation—Above the Influence**

### **Dealing with Addiction:**

### **Drugs of Abuse Website (optional)**

### **Mouse Party (optional) Add to notes from previous lessons**