

8th Grade Drug Unit Study Guide

Essential Question: When students are asked about the dangers of Drugs, they say “Drugs Are Bad.” But can you say Why?

Essential Concept: YOU ARE ENOUGH. You are Worthy. Able. Strong. You do not need something that is dangerous to you to be cool.

Ongoing Learning By Student

Essential to Avoid Drugs: What are healthy, alternative coping methods you can utilize to deal with stress, pressures, relationships, etc, instead of drugs?

The WHY behind our studying about Drugs.

Our Drug Culture.

- Drugs destroy and ruin millions of lives every year.
- Drugs have been part of our culture since the middle of the last century. People take drugs because they want to change something about their lives. They think drugs are a solution. But eventually, the drugs become the problem.
- Many illegal street drugs were at one time used or prescribed by doctors or psychiatrists but were later banned when the evidence of their harmful effects could no longer be ignored. Examples are heroin, cocaine, LSD, methamphetamine and Ecstasy.
- Drugs were popularized in the 1960s by music and mass media, they invade all aspects of society.
- The most commonly used—and abused—drug in the US is alcohol. [Alcohol-related motor accidents](#) are the second leading cause of teen death in the United States.
- The majority of illegally manufactured drugs come into the US from the Mexican & Columbian cartel getting rich from American drug-use.
- The most commonly used illegal drug is marijuana.
- The fastest-growing drug problem in the United States isn't cocaine, heroin, or methamphetamines. It is prescription drugs, and it is profoundly affecting the lives of teenagers. <https://www.samhsa.gov>

Unit Goals & Objectives Students will be able to:

1. State the effects that drugs have on the body and the dangers associated with using them:
Alcohol Marijuana Over-The-Counter
Prescription, specifically Opioids
2. Identify ways to successfully avoid drug addiction and its dangers.
3. Predict the likelihood of addiction and compare the addiction rates for different types of drugs.
4. Argue reasons to not use drugs and be equipped to use this argument to convince a friend not to use.
5. Identify resources to help them deal with peer pressure, temptations, and dealing with friends or family members that use drugs.
6. Discuss the ways drugs affect a person, especially a teen, emotionally, mentally, and physically.
7. Forecast what a life of addiction will look like and the struggles with which it is associated.

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History of U S Drug Use: <https://web.stanford.edu>

Drugs first surfaced in the United States in the 1800's. **Opium** became very popular after the American Civil War. **Cocaine** followed in the 1880's. **Coca** was popularly used in health drinks and remedies. **Morphine** was discovered in 1906 and used for **medicinal purposes**. **Heroin** was used to treat respiratory illness, **cocaine was used in Coca-Cola**, and **morphine** was regularly prescribed by doctors as a pain reliever.

The turn of the century witnessed a heightened **awareness that psychotropic drugs have a great potential for causing addiction**.

The 1960's gave birth to a rebellious movement that popularized drug use. The counterculture made **marijuana** fashionable on college campuses. Other "hippies" sought to expand their minds with the use of **hallucinogens like LSD**. Many soldiers returned from the Vietnam War with **marijuana and heroin habits**.

Over The Counter Medications (OTC) & Prescription (Rx)

<https://www.webmd.com/parenting/features/teen-girl-story#1>

Recreational use of prescription drugs is a serious problem with teens and young adults.

Due to their potential for abuse and addiction, many prescription drugs have been categorized by the US DEA in the same category as opium or cocaine.

National studies show that a teen is more likely to have abused a prescription drug than an illegal street drug.

Many teens think prescription drugs are safe because they were prescribed by a doctor. But taking them for nonmedical use to get high or "self-medicate" can be just as dangerous and addictive as taking illegal street drugs.

Many pills look the same. It is extremely dangerous to take any pill that you are uncertain about or was not prescribed for you.

People can also have different reactions to drugs due to the differences in each person's body chemistry. A drug that was okay for one person could be very risky, even fatal, for someone else.

Prescription drugs are only safe for the individuals who actually have the prescriptions for them and no one else.

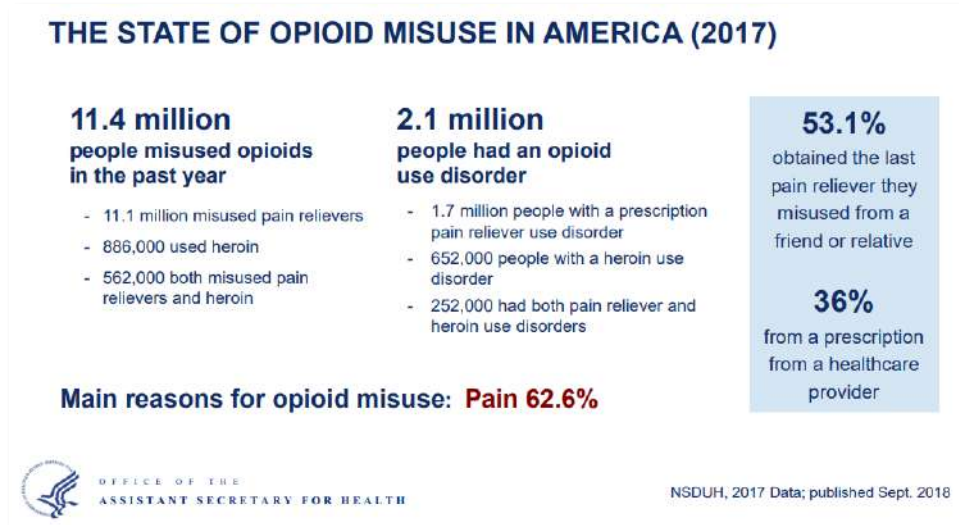
OTC & Rx drugs can themselves be deadly due to: overdose, complications because of health problems, and combining with other substances, especially alcohol.

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A Few Consequences of OTC/Rx drug misuse/abuse

- 1) Driving while under the influence
- 2) Drug Interactions: Consuming excessive quantities of OTC medicines could cause dangerous and unknown side effects when mixed with other substances. DXM (often in cough syrup) mixed with ALCOHOL is extremely dangerous <https://drugfree.org>
- 3) Using the OTC drug to cover up other problems that will only get worse with drug use
- 4) Harmful effects on Body Systems that can be life-threatening.

**U.S. DRUG
OVERDOSE
DEATHS
THE MOST
CRITICAL
PUBLIC HEALTH
CHALLENGE OF
OUR TIME**



HOW DOES Prescription (Rx) Opioids Lead to Heroin

Research suggests that misuse of these drugs may open the door to heroin use. Data from 2011 showed that about 80 percent of people who used heroin first misused prescription opioids. Another research cite says 4 in 5 Heroin users first abused prescription drugs.

Heroin is a highly addictive drug made from morphine, which comes from opium poppy plants. Prescription opioid pain medicines such as OxyContin[®] and Vicodin[®] have effects similar to heroin.

WHY DO people switch from Rx Opioids to Heroin?

and easier to get than prescription opioids, so some people switch to using heroin instead. www.drugabuse.gov

When people can't get a prescription any more, they need to find something else. Prescription opioids and heroin are chemically similar and can produce a similar high. Heroin is generally cheaper

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Many people think you can only inject or snort Heroin, but because it comes in pill form, it is more readily available.

Why is heroin so dangerous?

Heroin is a central nervous system depressant, which means that it also produces sedation. This is why heroin users talk about “nodding off” or “going on the nod” to refer to the deep drowsiness it produces. Heroin can reduce a person’s heart beat and respiration to such a dangerously slow level that they go into a coma, or their body “forgets” to breath and they die. Usually, there are no warnings at all to this happening. www.therecoveryvillage.com

Why else is Heroin So Dangerous?

From a Drug Dealer’s Perspective: the emphasis has shifted to creating a more powerful product to more thoroughly ensnare repeat business from addicted individuals. To this end, heroin has, more recently, been ‘cut’ or ‘laced’ with dangerous substances that can introduce their own hazards that range from severe illness to irreversible overdoses.

What does this mean for the User?

Users cannot count on any one batch being the same as the last. So, a user who has developed an increased tolerance to the drug may think they’ll be fine getting a dose equal to or similar to their normal dose, but because of ever-changing ingredients and potencies, they could experience an immediate overdose and die.

A bag full of whitish powder can contain any number of harmful drugs and chemicals. At times, the mixture may contain no heroin at all.

Who are Heroin Users? Just “druggies” right?

What we consider “normal/average” people are dying from Heroin overdoses. Honor students, executives, grandparents, newlyweds, soccer mom’s, teenagers.

TYPES OF COMMONLY ABUSED OTC AND RX DRUGS:

Sleeping Pills/Sedatives/Anti-Anxiety: Xanax, Valium. Most common effect: Causing the body to “depress” (slow down) so much in it’s function (heart pumping, breathing) that a person goes into a coma or dies.

Pain Relievers: OxyContin, Percocet, Codeine, Morphine, Vicodin, Fentanyl, Heroin

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Addiction and the Brain <https://www.addictioncenter.com>

Excessive substance abuse affects many parts of the body, but the organ most impacted is the brain. When a person consumes a substance such as drugs or alcohol, their brain produces large amounts of dopamine, which triggers the brain's reward system. After repeated drug use, the brain is unable to produce normal amounts of dopamine on its own. This means that a person will struggle to find enjoyment in pleasurable activities – like spending time with friends or family – when they are not under the influence of drugs or alcohol.

Meth

Meth is a drug that even “drug-users” avoid.

They don't want the effects and since it is a well-known fact that 95% of users get addicted the first time and most die from it, they think it is stupid. They say the tweaking, crash, and Meth hangover bring such a nasty experience that the high and energy-buzz are definitely not worth it. They also say that it immediately ruins them causing them to live a shell of a life. Especially because withdrawal can bring about severe psychosis (hallucinations) and depression.

Meth causes 50% of dopamine producing cells and serotonin & dopamine nerve cells to be damaged. It may never replenish. Do you want to be HALF as happy as you are now for the rest of your life?

It destroys their teeth, looks, and body, and most end up “selling themselves” (prostituting) to keep up with their habit. It causes Convulsions, Heart Irregularities, and Dangerously high fevers that can cause death. Even one use of Meth can cause life-changing effects such as brain damage.



The meth “cook” extracts ingredients from those pills and to increase its strength combines the substance with chemicals such as battery acid, drain cleaner, lantern fuel and antifreeze.

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General Facts:

Alcohol is a drug.

Although drugs are dangerous just in themselves, sometimes it ends up being what you do under the influence of a drug that causes danger. This is one more reason why “Drugs are bad.”

Tolerance to many drugs can develop rapidly, with larger doses needed to achieve the same effect. The user, trying to reach the same high, may raise the dose to a level that results in coma or death by overdose.

Opioids are generally known as Pain Relievers. These are highly addictive. It is classified as a Prescription (Rx) Drug, since you need a prescription to legally have them in the US.

Pain relievers vary dramatically in their potency (strength). Sometimes people mistakenly think they are ok to take opioids because they did not have a medical emergency the last time. But this time, they are taking a different kind (or the milligrams are different this time and they don't know it). Consequently, overdose can happen very easily. For example, an opioid such as fentanyl is 50-100X more potent than morphine
www.overdose-lifeline.org

Withdrawal Symptoms (when your body is dependent on a drug and struggles when it doesn't have it in it's system) can also cause harmful effects including extremely high body temperature leading to death.

Tolerance and Withdrawal symptoms lead to addiction by using more and more of a drug and using it to avoid harmful effects of withdrawal.

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Alcohol

Liquors Are Not All the Same

Examples of Hard Liquors include Vodka, Rum, Tequila, Brandy, Whiskey. They are generally consumed in a shot glass or used in mixed drinks.

A myth that often believed, especially by teens, is that hard liquors are all the same. Let's take a look.

What is a standard drink?



RED SOLO (PARTY) CUP

The typical red solo cup shown is 16 ounces (some are 18 ounces or more!); if you filled it with beer you would be consuming 1.3 drinks. Using the red party cup for mixed drinks without a shot glass can easily lead to an unknown quantity of alcohol being consumed and exceeding your tolerance. Let's say you make a mixed drink that is half full of 80-proof hard alcohol and the rest is juice in a red party cup. This "one drink" is really six standard drinks containing 40% alcohol. Mix your own drink; it is your best bet of knowing what goes into it. Using a shot glass to measure is the most accurate way of ensuring you're sticking to a standard drink.



WHAT IS THIS SAYING?

When people drink, unless they are measuring accurately, they often are consuming more alcohol than they are aware of. Getting a drink at a restaurant is almost always larger than what is considered standard. Why is this important? When people think "I only had one drink" they may be actually having six drinks (like when using a solo cup). This amount of alcohol is considered binge drinking and is extremely dangerous. Binge drinking is 3-4 standard drinks for girls, and 4-5 per hour for boys.

Binge drinking means consuming a large amount of alcohol over a short period of time causing your body to not be able to process it. This leads to alcohol poisoning which leads to death.

TRUE OR FALSE: Anyone who passes out from drinking should "sleep it off"

FALSE. People can continue to absorb alcohol even after passing out, and this can lead to a fatal overdose of alcohol. Some unfortunate people left to sleep after becoming drunk "aspirate" their own vomit and choke to death. So, it's important to stay with someone who might have had too much to drink, and not to assume that he/she will be fine after "sleeping it off."

INDIANA LIFELINE LAW: Watch PSA video <https://www.indysb.org/inlifelinelaw/psa-in-lifeline-law>

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Indiana's Lifeline Law provides legal amnesty from prosecution for underage drinking, and many alcohol-related offenses for minors, for a person who TEXTS or calls 911, and for the person(s) assisting, to report a medical emergency, sexual assault or other crime.

Those who contact 911 via text-to-911 or calling must demonstrate that they are acting in good faith by completing **ALL** of the following three steps:

1. **Call** and provide full name and other relevant information requested by law enforcement officers and emergency medical responders.
2. **Stay** at the scene with the 'victim' until law enforcement and emergency medical assistance arrives.
3. **Cooperate** with authorities on the scene.

One organ that is particularly affected by alcohol is the liver because it is the main organ that processes alcohol. The liver weighs more than three pounds and is the largest organ in the body. One of the liver's main jobs is to get rid of poisons—like alcohol—that enter the body. Without the liver, you could not live.

Why is using alcohol extra dangerous for teens?

Young people are particularly at risk because at their stage of life, they are still testing the boundaries of what is acceptable behavior. This is part because of rebellion, lack of life experience, and desire to fit in. More importantly, this risk-taking behavior is due to immature brain development. The pre-frontal cortex in the brain, which controls reasoning and impulses is not fully developed until age 25. This is important for teens to realize so that they safe-guard themselves from setting themselves up in bad situations and environments which could compromise their health. Secondly, by being aware of this fact about the brain, putting their trust into a caring adult who can help them monitor their decisions is very important.

One in five girls (and one in ten boys) aged 14 to 15 goes further than they wanted to in a sexual experience after drinking alcohol and can also lead to sexual assault.

If young people drink alcohol, they are more likely to be reckless and not use contraception if they have sex. This puts them at risk of sexual infections and unwanted pregnancy.

Teens who drink are more likely to combine alcohol with other substances and binge drink.

If young people drink alcohol, they are more likely to end up in dangerous situations.

For example, they are more likely to climb walls or other heights and fall off. Or they might verbally abuse someone who could hit them. They are also more likely to become aggressive themselves and throw a punch.

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When young people drink, it takes longer for the alcohol to get out of their system than it does in adults. So if young people drink alcohol on a night before school, then they often perform poorly in lessons the next day.

Young people who regularly drink alcohol are twice as likely to miss school and get poor grades as those who don't. <https://www.nidirect.gov.uk/articles/young-people-and-risks-alcohol>

Weekend Partiers

Weekend Alcoholics or Binge Drinkers can be teetering on a dangerous road leading to alcoholism. They sometimes can also be considered Functional Alcoholics. This is when a person has a dependence on, tolerance to, and intense cravings for alcohol, but they still attend and complete school, maintain a job, and have apparently healthy relationships. This can cause family and relationship problems just the same as for who we consider an "all out drunk." Because this leads to tolerance and consuming larger and larger amounts of alcohol, their organs are being destroyed all the same and as a result, they can lose years off of their life.

Most Students Do NOT Drink

A poll of high school teens finds 77 percent say they don't drink alcohol. According to [Mothers Against Drunk Driving](#) (MADD), which released the poll, 69 percent of teens say they don't drink, and an additional 8 percent say they used to drink, but don't anymore.

When asked why they don't drink, teens said their top five reasons were because it's illegal, it can be harmful to their health, it can affect their grades, their parents disapprove, and they don't want to be like their peers who drink, according to [HealthDay](#).

According to the poll of 695 students, more than half said they would be less likely to be friends with or date someone who is an underage drinker, the article notes. [Drugfree.org](#)

Ideas of how to say no to drugs and still save face:

1. I can't stay; I've got to help my dad with something.
2. That stuff makes me sick.
3. I'm supposed to meet so and so in a few minutes.
4. No way. I think you just want me to get in trouble.

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Teens can explain to their friends about the dangers of these substances:

5. That stuff is so bad for you.
6. Why would you use that junk?
7. Haven't you heard about the kid in the news who died from doing that?
8. Go ahead if you want to kill yourself – I don't want to.
9. You're crazy!

Teens can also just be honest with their friends:

10. I'm not into that.
11. My mom would kill me if she found out.
12. I don't have time for drugs.
13. I'd be suspended from the team.
14. Forget it. There's no way I'm going to do drugs.
15. I've got more to do with my life.

More Ideas:

<https://www.teenvogue.com/story/how-to-say-no-to-drinking-and-drugs>

Emergency Plan

Sometimes teens can get into unplanned and unforeseen situations. Perhaps they are at a friend's house playing video games. The older brother comes home with some friends and they bring alcohol into the house while the parents are gone. They don't want to look uncool and call their parents to come pick them up since they feel uncomfortable and unsafe and since they've been looking at each other's phones all evening, they don't want to send a text either. So, they send a pre-planned generic text to their parents. "Hey Mom. Just wanted to see how Uncle Bob is." Mom knows this is "their code" to come pick me up, since there is no Uncle Bob. Mom calls and says "Hi. I was just going to call you because we need to go see Uncle Bob in the hospital."

What is your secret code with your family?

MARIJUANA

Studies show that use of marijuana lowers a user's IQ. It affects memory, impairs learning, causes loss of coordination, mellows out mood, causes an emotion of uncaring what happens in the future, decreases motivation.

THC levels (the active ingredient that causes the "high") have increased over the years and has led to increased emergency visits.

Once marijuana joint is as carcinogenic (cancer causing) as a pack (20) cigarettes. Lung cancer often results.

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Marijuana can be addictive. The majority of young adults (late teens to late 20's) who are in Drug Rehabilitation centers are there for treatment for marijuana. Teens who use marijuana have higher addiction rates than adults.

Several studies have linked marijuana use to increased risk for psychiatric disorders, including psychosis (schizophrenia), depression, and anxiety.

livescience.com

JUUL's & E-Cigs

One Juul (popular brand of an e-cigarette) has nicotine (addictive substance) equal to a pack of cigarettes (20).

Teens have come close to shutting out cigarettes. A very small number of teens use cigarettes because of the harmful affects to themselves and others (second hand smoke).

The biggest problem of e-cigs is that teens who would never use cigarettes are now vaping because they think it is cool. It is causing a whole new generation of addictive smokers.

The flavoring, like what is used in vapes, is not meant to be ingested or inhaled. This is causing lung and respiratory problems. There is now evidence of vaping related illnesses and deaths.

Early nicotine use during the teen years is related to mood disorders, permanent lower impulse control, attention deficits, psychiatric disorders, and decreased cognitive function (intelligence & understanding).