

# DRUGS



# FACTORS AFFECTING DRUG ABUSE

- Family factors
  - poor family relationships
  - Influence of peers due to lack of family values
  - Higher risk if family members abuse drugs
- Social factors
  - Peer groups- like interests, want to be accepted
  - Role models- “Glamorization” of drugs by role models
  - Competitive pressure- athletes using pain pills/steroids
- Personal factors
  - Dealing with stress, need an escape
  - Low self-esteem



# PROTECTIVE FACTORS

- **Protective factor**- Any factor that reduces a person's potential for harmful behavior.
- Family factors
  - Good relationships with parents
  - Strong bonds and parental involvement
- Social factors
  - Strong bonds with school and community
  - Drug-free friends
- Personal factors
  - Commitment to success in academics and extracurricular
  - Values(drug abuse is unacceptable)



## COMMONLY ABUSED DRUGS

- **Depressants**- a psychoactive drug that slows brain and body reactions by decreasing heart and breathing rate and lowering blood pressure
  - **Barbiturates**- in small doses, relax you, in high doses, put you to sleep
  - Highly addictive
  - Causes poor coordination, slurred speech, decreased alertness
  - **CNS depressants**- slows the activity of the central nervous system
  - Slow nerve activity, relax muscle tension, lower alertness, cause drowsiness
  - Used to treat anxiety, sleeping disorders, muscle spasms, convulsions



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## COMMONLY ABUSED DRUGS

- **Depressants**
  - **Opiates**- any drug made from psychoactive compounds contained in the seed pods of the poppy plant
  - In small doses, dull senses, relieve pain, induce sleep
    - Morphine and codeine used in medicines to reduce pain
  - **Heroin**- illegal opiate made from morphine in a laboratory
    - Highly addictive often abused in U.S.
  - **Alcohol**



# COMMONLY ABUSED DRUGS

- **Stimulants**- a drug that speeds up activities of CNS
- Increase heart rate, blood pressure, breathing rate, and alertness
  - **Amphetamines**- prescription drugs that are sometimes sold illegally, “Speed”
  - Produces feelings of well-being and high energy, wears off quickly and crash
  - **Methamphetamines**- powerful, highly addictive drug made from inexpensive over-the-counter ingredients
  - “Meth”, “Crystal Meth”, “Ice”
  - Users become paranoid and psychotic due to brain damage
  - **Cocaine**- powerful, but short-acting stimulant that is sniffed in nose, smoked, or injected into bloodstream
  - Highly addictive, overdose can be fatal
    - **Crack**- smokable concentrated form of cocaine, strongest form with powerful effects
  - **Tobacco/nicotine**

# COMMONLY ABUSED DRUGS

- **Hallucinogens**- drug that distorts perception, thought, and mood
- Overloads the brain with sensory information, causing a distorted sense of reality
  - **LSD**- strongest known hallucinogen with unpredictable effects on CNS
  - “Acid”
  - Hallucinations that may be colorful with distorted perception or cause mind to wander
  - Can cause “bad trip” and have “flashbacks” at any time
  - **“Shrooms”**- chemical found in certain mushrooms that produce a milder effect of LSD
  - Can be eaten raw or mixed with food
  - **PCP**- once used as pain killer for large animal
  - “Angel dust”
  - Can be smoked, eaten, sniffed, or injected
  - Eliminates sensory pain, abusers often injure or kill themselves



# MARIJUANA

- The leaves, stems, and flowering tops of the hemp plant “cannabis sativa”
- “Pot”, “Dope”, “Weed”, “Grass”
- Can be smoked from a pipe, “joint”, “blunt”, or mixed with food and eaten
- **Effects of Marijuana**
  - One of the most frequently abused psychoactive drugs
  - Changes the way information reaches and is acted upon by the brain
  - Distorted perception
  - Difficulty thinking and problem solving
  - Loss of motor coordination
  - Increased heart rate
  - Feelings of anxiety or paranoia
  - Damages short-term memory



# MARIJUANA

- Driving is very dangerous due to sleepy/drowsy feelings, difficulty judging distances, and slowed reaction to signals and sounds.
- Gateway drug- almost all young people using “hard” illegal drugs started with marijuana

## CLUB DRUGS

- Gained popularity in clubs and raves
- Ecstasy- “X”, combined stimulant and hallucinogen
- Rohypnol- “Date rape”, depressant
- GHB- “Date rape”, depressant



# INHALANTS

- A breathable chemical vapor that produces mind-altering effects
- Glue, markers, paint, household cleaners
- Gives temporary “high”



# ANABOLIC STEROIDS

- Synthetic drugs that are similar to the hormone testosterone
- Can be used legally for treatment of growth disorders
- Primarily used by people wanting bigger muscles, athletes gaining competitive edge
- Causes “roid rage”, acne, shrinking of testicles

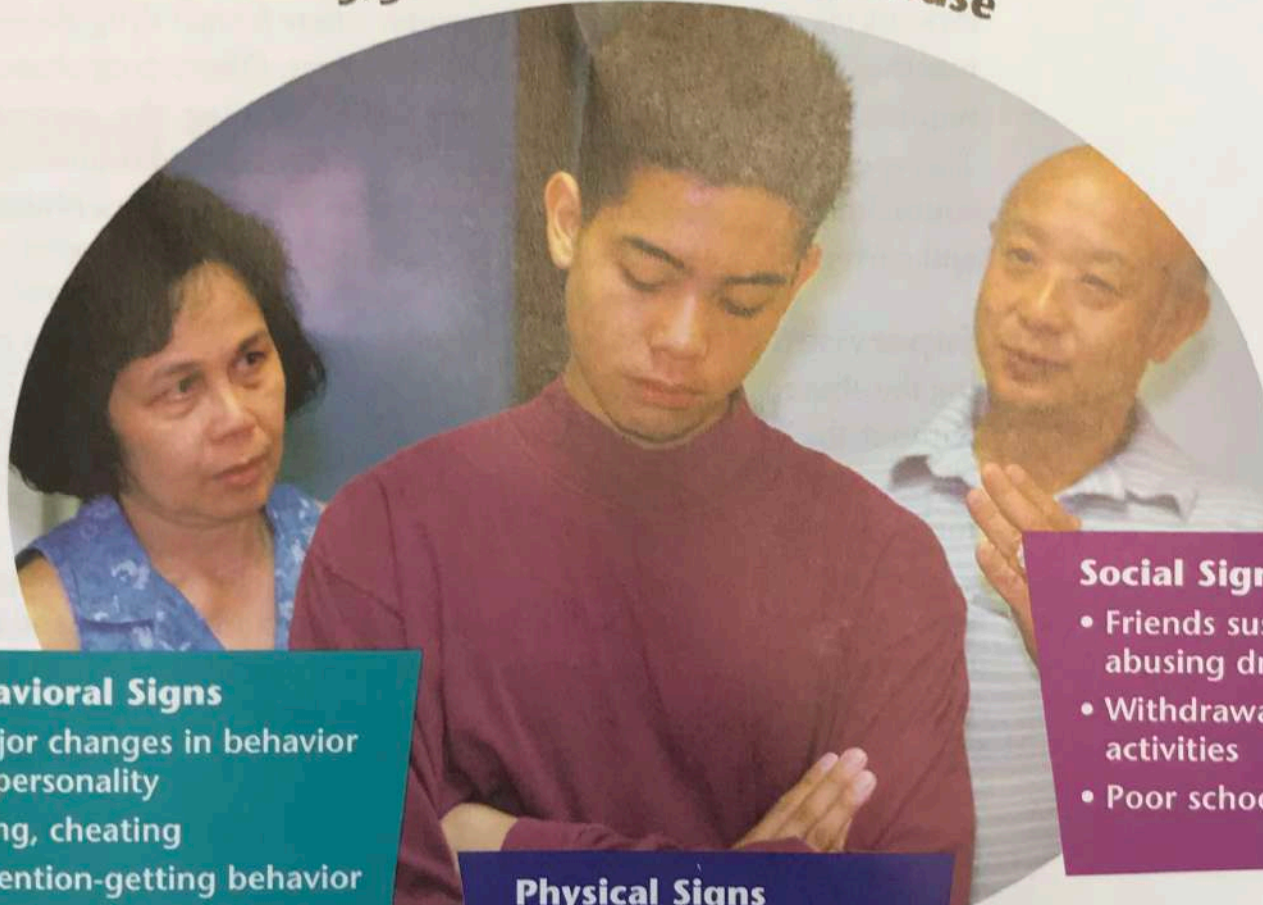


## CHOOSING TO BE DRUG FREE

- **Treating drug abuse**
  - Acknowledge there's a problem
  - Explore treatment options
    - Detoxification- gradual but complete withdrawal from the abused drug under medical supervision
    - Therapeutic community- residential treatment center where former drug abusers live together to adjust to drug-free lives
    - Supervised medication- replacing the abused drug with a drug that produces the same effects without the “high”



## Signs of Possible Drug Abuse



### Behavioral Signs

- Major changes in behavior or personality
- Lying, cheating
- Attention-getting behavior
- Denial of any problems

### Physical Signs

- Poor coordination
- Changes in appearance
- Slurred speech

### Social Signs

- Friends suspected of abusing drugs
- Withdrawal from normal activities
- Poor school performance

**FIGURE 17** Learning to recognize the signs of drug abuse can help you make a difference to a friend or family member.



## STAYING DRUG FREE

- Refusing drugs- it's a choice!
  - Comes back to your values
- Seek help when needed
  - Parents, teachers, friends, siblings, counselors, etc.
- Alternatives
  - Engage in physical activity
  - Volunteer
  - Join a youth group

