

TOBACCO, ALCOHOL, AND ILLEGAL DRUGS

COACH WHITAKER



VOCABULARY

- **ALCOHOL—THE DRUG IN WINE, BEER, AND LIQUOR THAT CAUSES INTOXICATION**
- **INTOXICATION—THE PHYSICAL AND MENTAL CHANGES PRODUCED BY DRINKING ALCOHOL**
- **BAC—AMOUNT OF ALCOHOL IN A PERSON'S BLOOD, EXPRESSED AS A PERCENTAGE**
- **CIRRHOSIS—A DEADLY DISEASE THAT REPLACES HEALTHY LIVER TISSUE WITH SCAR TISSUE**

VOCABULARY

- **NICOTINE—THE HIGHLY ADDICTIVE DRUG THAT IS FOUND IN ALL TOBACCO PRODUCTS**
- **CARCINOGENS—ANY CHEMICAL OR AGENT THAT CAUSES CANCER**
- **TAR—STICKY, BLACK SUBSTANCE IN TOBACCO SMOKE THAT COATS THE INSIDE OF THE AIRWAYS AND CONTAINS CARCINOGENS**
- **CARBON MONOXIDE—A GAS THAT BLOCKS OXYGEN FROM GETTING INTO THE BLOODSTREAM**

VOCABULARY

- **STIMULANT—A DRUG THAT TEMPORARILY INCREASES A PERSON'S ENERGY AND ALERTNESS**
- **DEPRESSANT—A DRUG THAT CAUSES RELAXATION AND SLEEPINESS**
- **OPIATES—HIGHLY ADDICTIVE DRUGS THAT ARE USED AS PAIN RELIEVERS AND SEDATIVES**
- **HALLUCINOGEN—A DRUG THAT DISTORTS PERCEPTIONS, CAUSING THE USER TO SEE OR HEAR THINGS THAT ARE NOT REAL**

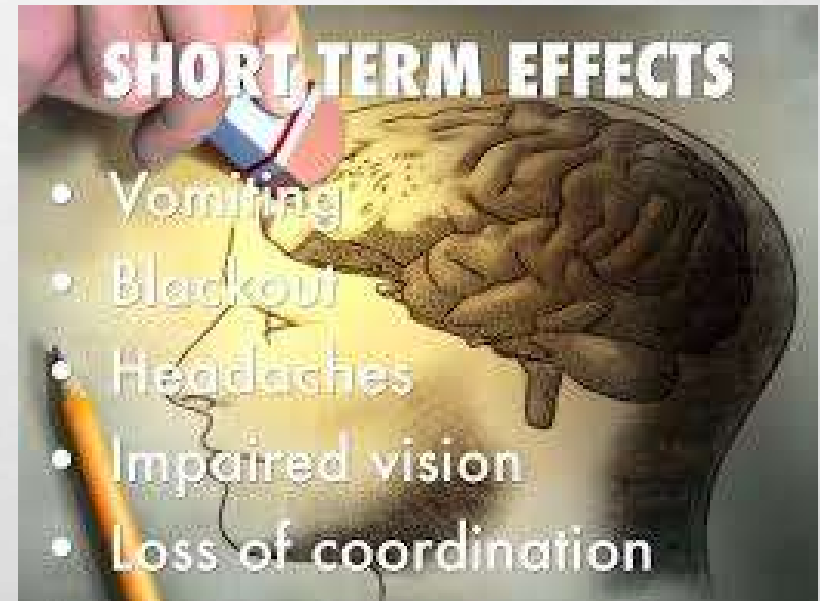
ALCOHOL

- **ALCOHOL IS THE DRUG FOUND IN BEER, WINE, AND LIQUOR THAT CAUSES INTOXICATION.**
- **INTOXICATION INCLUDES ALL THE PHYSICAL AND MENTAL CHANGES PRODUCED BY DRINKING ALCOHOL.**



SHORT TERM EFFECTS OF ALCOHOL ON THE BODY

- **ALCOHOL IRRITATES THE MOUTH, THROAT, ESOPHAGUS, AND STOMACH.**
- **ALCOHOL MAKES THE HEART WORK HARDER.**
- **ALCOHOL MAKES THE BODY LOSE HEAT.**
- **ALCOHOL CAUSES THE LIVER TO WORK HARDER.**
- **ALCOHOL CAUSES DEHYDRATION.**



SHORT EFFECTS OF ALCOHOL ON THE MIND

- **ALCOHOL SLOWS DOWN THE NERVOUS SYSTEM.**
- **THE DRINKER LOSES INHIBITIONS.**
- **THE DRINKER CANNOT FOCUS HIS OR HER EYES.**
- **THE DRINKER MAY HAVE SLURRED SPEECH.**
- **THE DRINKER LOSES COORDINATION AND JUDGMENT.**



SHORT TERM EFFECTS OF ALCOHOL

- **BLOOD ALCOHOL CONCENTRATION (BAC) IS THE AMOUNT OF ALCOHOL IN A PERSON'S BLOOD EXPRESSED AS A PERCENTAGE.**
- **ALCOHOL HAS DIFFERENT EFFECTS AT DIFFERENT BACS.**
- **BINGE DRINKING IS THE ACT OF DRINKING FIVE OR MORE DRINKS IN ONE SITTING.**
- **BINGE DRINKING CAN LEAD TO ALCOHOL POISONING, AND CAN BE FATAL.**

Blood Alcohol Concentration (BAC)

Weight	Drinks per hour*	BAC	
90 to 110 pounds	1	Male	0.04
		Female	0.05
	3	Male	0.11
		Female	0.14
	5	Male	0.19
		Female	0.23
110 to 130 pounds	1	Male	0.03
		Female	0.04
	3	Male	0.09
		Female	0.11
	5	Male	0.16
		Female	0.19
150 to 170 pounds	1	Male	0.02
		Female	0.03
	3	Male	0.07
		Female	0.09
	5	Male	0.12
		Female	0.14

Effects of alcohol at different blood alcohol concentrations

0.02 slowed reaction time; feeling of relaxation, warmth, and well-being

0.05 feeling of euphoria; loss of inhibitions; decreased judgment

0.10 impaired vision, judgment, reflexes, and coordination; mood swings

0.15 seriously affected coordination; blurred vision; severely impaired speech; difficulty walking and standing; memory problems, mood swings; violent behavior

0.2 blackouts; memory loss; stomach irritation; vomiting

0.25 loss of consciousness; numbness; dangerously slowed breathing

0.3 coma

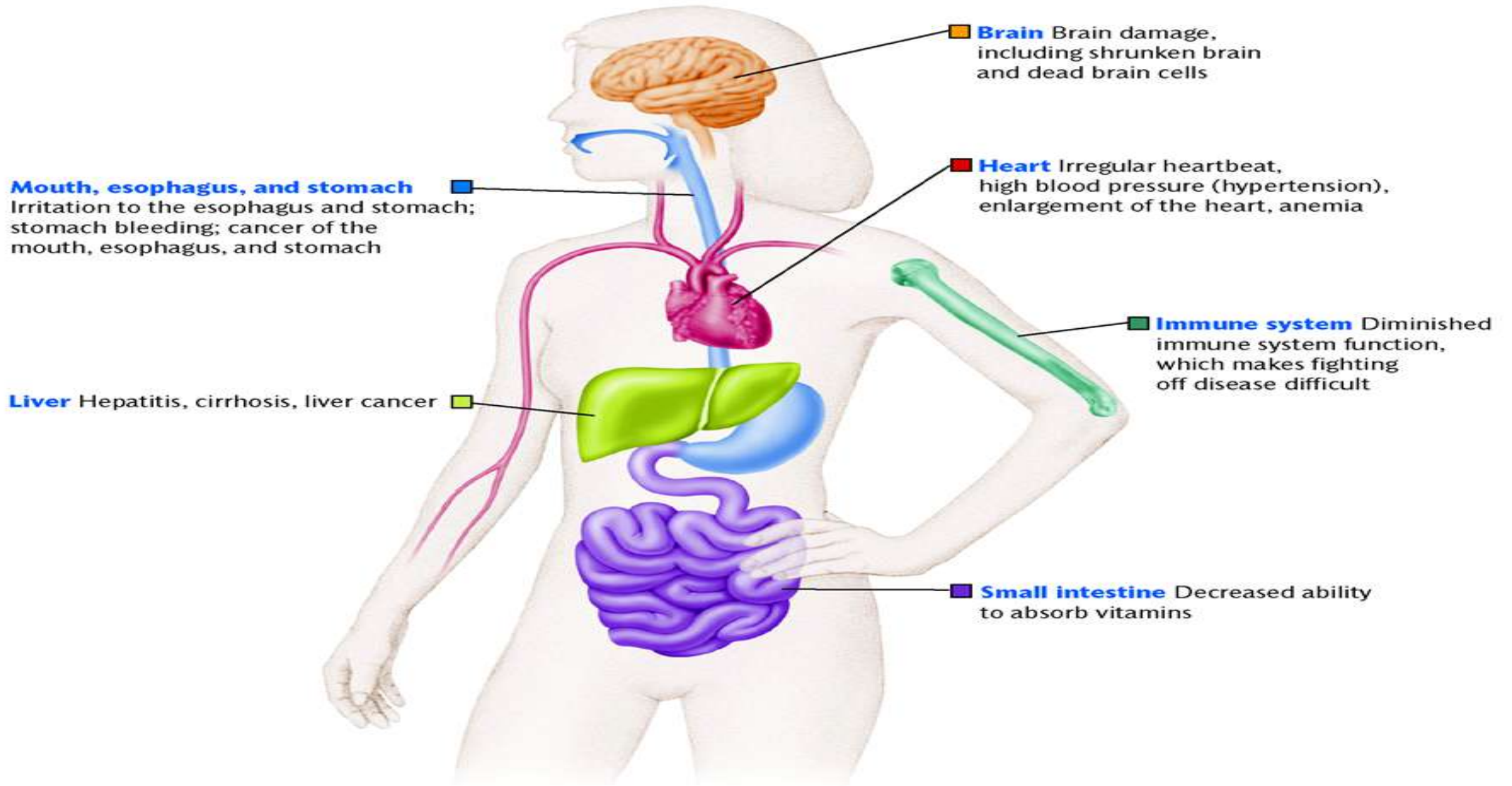
0.4–0.5 death from alcohol poisoning

*A 12-ounce beer, a 6-ounce glass of wine, and a 1.25-ounce glass of whiskey each qualify as one drink and have the same alcohol content.

LONG TERM EFFECTS OF ALCOHOL

- **PROLONGED USE OF ALCOHOL CAN DAMAGE THE HEART, BLOOD, LIVER, KIDNEYS, PANCREAS, THE DIGESTIVE TRACT, AND THE IMMUNE SYSTEM.**
- **CIRRHOSIS IS A DISEASE CAUSED BY LONG-TERM ALCOHOL USE IN WHICH HEALTHY LIVER TISSUE IS REPLACED WITH SCAR TISSUE.**
- **ALCOHOL CAUSES PERMANENT CHANGES IN THE BRAIN DUE TO CELL DEATH FROM DEHYDRATION AND LACK OF OXYGEN.**
- **ALCOHOLISM A LEADING CAUSE OF DEMENTIA IN THE UNITED STATES.**

Long-Term Effects of Alcohol



ACTIVITY

- **IMPAIRED ACTIVITIES**
- **WALKING STRAIGHT LINE, FINGER TO NOSE**
- **SHOOTING BASKETBALL**
- **KICKING A BALL**
- **RELAY RACE**

TOBACCO USE—DANGEROUS EFFECTS

- **NICOTINE IS THE ADDICTIVE DRUG FOUND IN ALL TOBACCO PRODUCTS.**
- **CIGARETTE SMOKE CONTAINS MORE THAN 4,000 CHEMICALS. OF THESE, AT LEAST 40 ARE CARCINOGENS.**
- **CARCINOGENS ARE CHEMICALS OR AGENTS THAT CAUSE CANCER.**

TOBACCO USE—DANGEROUS EFFECTS

- **TAR IS A STICKY, BLACK SUBSTANCE IN TOBACCO SMOKE. TAR CONTAINS THE FOLLOWING CARCINOGENS:**
- **CYANIDE**
- **FORMALDEHYDE**
- **LEAD**
- **VINYL CHLORIDE**
- **CIGARETTE SMOKE ALSO CONTAINS CARBON MONOXIDE, A TOXIC GAS THAT KEEPS OXYGEN FROM GETTING INTO THE BLOODSTREAM.**



ALL TYPES ARE DANGEROUS

- **SMOKELESS TOBACCO PRODUCTS, SUCH AS CHEWING TOBACCO AND SNUFF (DIP), ALSO CONTAIN NICOTINE AND TAR.**
- **SMOKELESS TOBACCO PRODUCTS ALSO CONTAIN OTHER CARCINOGENS, SUCH AS ARSENIC, NICKEL, BENZOPYRENE, AND POLONIUM.**
- **SNUFF AND CHEWING TOBACCO LEAD TO MOUTH SORES AND ORAL CANCER.**
- **PIPE TOBACCO, CIGARS, AND EVEN HERBAL CIGARETTES ALSO CONTAIN NICOTINE AND TAR AND THEREFORE CONTAIN A LARGE NUMBER OF CARCINOGENS.**



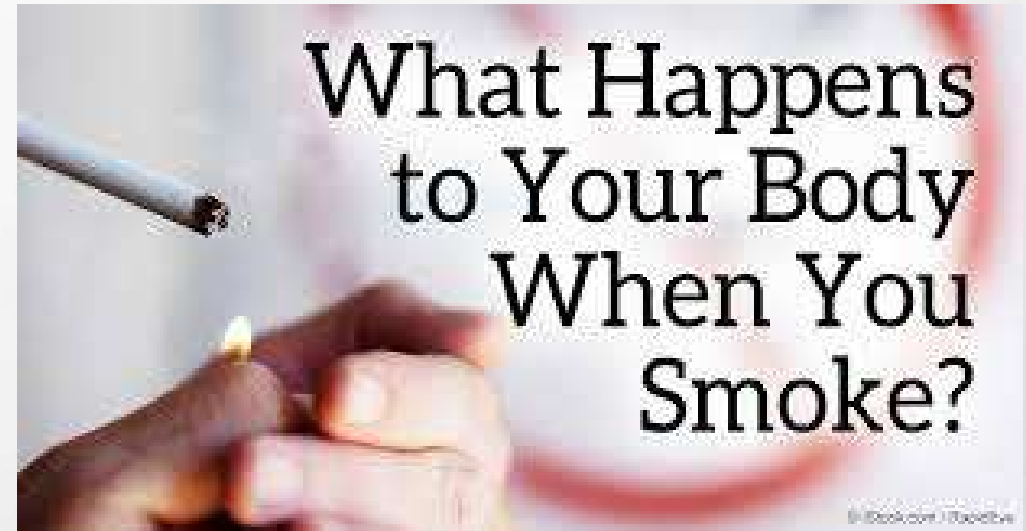
NICOTINE IS ADDICTIVE



- **LIKE ALL ADDICTIVE DRUGS, NICOTINE AFFECTS THE BRAIN AND OTHER PARTS OF THE BODY AND LEADS TO PHYSICAL DEPENDENCE AND ADDICTION.**
- **QUITTING TOBACCO USE IS DIFFICULT AND WITHDRAWAL IS UNPLEASANT, BUT THE DANGEROUS EFFECTS OF TOBACCO ARE FAR WORSE THAN THE TRIALS OF QUITTING.**

SHORT TERM EFFECTS

- **NICOTINE HAS THE FOLLOWING SHORT-TERM EFFECTS:**
- **STIMULATES THE BRAIN REWARD SYSTEM**
- **INCREASES HEART RATE AND BLOOD PRESSURE**
- **INCREASES BREATHING RATE**
- **INCREASES BLOOD-SUGAR LEVELS**
- **STIMULATES THE VOMIT REFLEX**
- **CARBON MONOXIDE BLOCKS OXYGEN FROM THE BLOOD.**
- **TAR AND OTHER CHEMICALS DAMAGE THE LUNGS AND INSIDE OF THE MOUTH.**



LONG TERM ADDICTION

Long-Term Effects of Tobacco Use

- Long-term tobacco use leads to addiction.
- Long-term tobacco use has a number of minor effects, such as stained teeth and fingers and a pervasive smell of smoke.



MOUTH EFFECTS

Long-Term Effects of Tobacco Use

- Smoking changes the natural chemical balance inside the mouth, leading to increased plaque, gum disease, and tooth decay.
- Tar in tobacco smoke stains teeth yellow.



BRAIN EFFECTS

Long-Term Effects of Tobacco Use

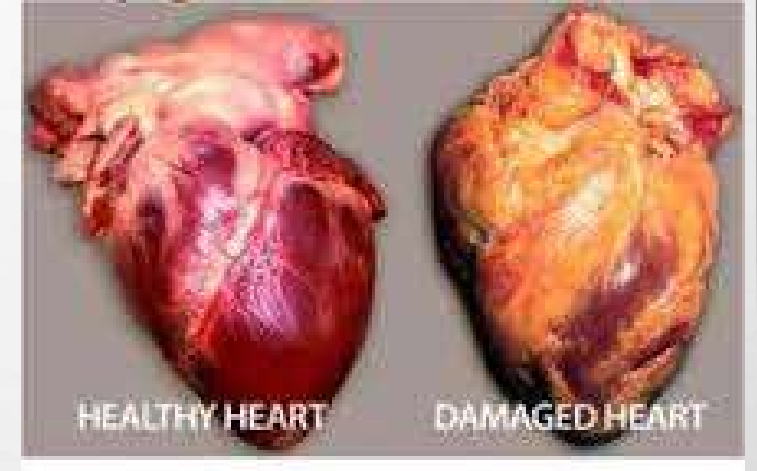
- Smoking reduces oxygen to the brain, narrows blood vessels, and can lead to strokes.
- Nicotine also changes the brain in ways that lead to addiction.



HEART EFFECTS

Long-Term Effects of Tobacco Use

- Nicotine increases heart rate and blood pressure and narrows the blood vessels.
- It also increases the risk of hardened and clogged arteries, which can lead to a heart attack.



LUNG EFFECTS

Long-Term Effects of Tobacco Use



- Cigarette smoke puts carcinogens directly into the lungs.
- It kills the tiny hairs that remove harmful substances from the lungs.
- The loss of these hairs increases the risk of bronchitis, emphysema, and lung cancer.



SKIN EFFECTS

Long-Term Effects of Tobacco Use

- Smoking breaks down the proteins that give skin elasticity. This leads to wrinkles and premature aging of the skin.
- Smoking also increases a person's chances of developing skin cancer.



IMMUNE SYSTEM



Long-Term Effects of Tobacco Use

- Chemicals in smoke reduce the activity of immune system cells.
- Damaging the immune system increases the chances of suffering from diseases such as cancer.



BODY OUTLINE

- **DRAW AN OUTLINE OF A PERSON:**
 - **LABEL THE LONG TERM EFFECTS ON THE THE:**
- 1. MOUTH**
 - 2. BRAIN**
 - 3. HEART**
 - 4. LUNGS**
 - 5. SKIN**
 - 6. IMMUNE SYSTEM**

BRIEF INFORMATION DRUGS

- **IN THE U.S., ILLEGAL DRUGS IS A MULTI-BILLION DOLLAR INDUSTRY**
- **CREATED MORE CRIMINAL ACTIVITIES THAT ARE RELATED TO DRUGS**
- **DRUG SMUGGLING IS RAMPANT COMING FROM CENTRAL AND SOUTH AMERICA**
- **MANY ROBBERIES, MURDERS, AND KIDNAPPING ARE DRUG-RELATED**

ILLEGAL DRUGS

- **DRUG ABUSE IS THE INTENTIONAL IMPROPER OR UNSAFE USE OF A DRUG.**
- **DRUGS USED FOR RECREATIONAL PURPOSES ARE CALLED DRUGS OF ABUSE.**
- **MANY DRUGS OF ABUSE ARE ILLEGAL DRUGS. POSSESSING, USING, BUYING, OR SELLING THESE DRUGS IS ILLEGAL FOR PEOPLE OF ANY AGE.**



WHY DO WE BEGIN TO USE THEM?

- **A DESIRE TO EXPERIMENT**
- **A DESIRE TO ESCAPE BOREDOM OR DEPRESSION**
- **ENJOYMENT OF RISK-TAKING BEHAVIOR**
- **A BELIEF THAT DRUGS SOLVE PERSONAL, SOCIAL, OR MEDICAL PROBLEMS**
- **PEER PRESSURE**
- **GLAMORIZATION OF DRUGS BY THE MEDIA**



TYPES OF ILLEGAL DRUGS

THERE ARE MANY TYPES OF ILLEGAL DRUGS, BUT THEY ALL HAVE THREE THINGS IN COMMON.

- **THEY AFFECT THE FUNCTION OF THE BRAIN.**
- **THEY ARE DANGEROUS TO YOUR HEALTH.**
- **THEY CAN RESULT IN DRUG DEPENDENCE AND ADDICTION.**

TYPES OF ILLEGAL DRUGS

- **MARIJUANA**
- **STIMULANTS**
- **DEPRESSANTS**
- **NARCOTICS**
- **HALLUCINOGENS**
- **PRESCRIPTION DRUGS**



POSSESSION OF A CONTROLLED SUBSTANCE

- **IT IS UNLAWFUL FOR ANY PERSON TO POSSESS, PURCHASE, OR HAVE UNDER HIS CONTROL ANY CONTROLLED SUBSTANCE**
- **PUNISHMENT**
- **FELONY 2-15 YEARS IN PRISON**
- **SECOND OFFENSE 5-30 YEARS IN PRISON**

SALE, MANUFACTURE OF CONTROLLED SUBSTANCES

- **ANY PERSON WHO KNOWINGLY SELLS, MANUFACTURES, DELIVERS, OR BRINGS INTO THE STATE DIFFERENT QUANTITIES OF CONTROLLED SUBSTANCES ARE GUILTY OF THIS OFFENSE**

- **READ SOME MANDATORY SENTENCES**

DRUG RELATED OBJECTS

- **A PERSON IN POSSESSION OF ANY MACHINE, INSTRUMENT, TOOL, EQUIPMENT, OR DEVICE WHICH AN AVERAGE PERSON WOULD REASONABLY CONCLUDE IS INTENDED TO BE USED FOR DRUG USE**
- **PUNISHMENT**
- **MISDEMEANOR**