

Alcohol & Other Drugs

Instructions: Read and follow the instructions on each page. The entire packet must be completed and returned by the sentence completion date. Incomplete work will not receive credit!

Name: _____

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The Truth about Alcohol

Slang – booze, canned heat, fire water, hard stuff, moonshine, red-eye, rotgut, scoops, sauce, tippie, toddy

Get the Facts...

Alcohol affects your body. Alcohol is absorbed directly into the bloodstream and is carried throughout the body, affecting body systems immediately. It is not digested by the body, as food and non-alcoholic beverages are. Alcohol use can be more dangerous for teenagers than for adults because a teenager's body and brain are still growing and developing.

Alcohol affects your liver. The liver processes over 90% of the alcohol you drink. Drinking heavily or drinking over a long period of time may result in alcoholic hepatitis and cirrhosis of the liver.

Alcohol affects your brain. As more alcohol reaches the brain, brain cell function is altered. The drinker exhibits clumsiness, slurred speech, numbness, blurred vision, dizziness, and lack of motor control. The result may be loss of balance and coordination.

Brain damage, or wet brain, is a result of long-term drinking. In some cases, the brain injury causes permanent mental retardation.

Alcohol affects your self-control. When alcohol reaches the brain, it begins to depress brain cell activity. The drinker tends to feel relaxed and uninhibited.

Drinking alcohol causes loss of coordination. 3 or 4 drinks cause unsteady walk, slurred speech, and slowed reaction time. You could get into a car crash while driving, lose your balance and fall, or drown.

After only 1 or 2 drinks, you might agree to do something you would not agree to do if you had not been drinking. For example:

- Drinking and agreeing to drive a car
- Drinking and agreeing to go driving with another person who has been drinking
- Drinking and deciding to go swimming (risk of drowning)
- Drinking and forgetting to be responsible (call home, be some place on time)
- Mixing alcohol with another drug, like sleeping pills, increases the risk of overdose and death.

Alcohol can kill you. It can permanently harm and eventually kill brain cells.

Extended abuse of alcohol can cause death through brain or liver damage, heart attack, car crash, homicide, or suicide. Alcohol abuse contributes to 100,000 deaths annually, making it the 3rd leading cause of preventable death after tobacco and diet/activity patterns in the United States.

Alcohol abuse is costly. The cost of alcohol abuse to the nation is estimated at over \$175 billion a year. The total cost of alcohol use by youth – including traffic crashes, violent crimes, burns, drownings, suicide attempts, fetal alcohol syndrome, alcohol poisonings, and treatment is over \$52 billion per year.

Before you risk it ...

Know the law. It is against the law in all 50 states to purchase alcohol for use by persons under age 21.

Keep your edge. Drinking every time you feel bored, you don't learn how to handle boredom in your life. Drinking every time you feel tense or uptight in general you don't learn how to handle emotions. Drinking alcohol may block out uncomfortable feelings like anxiety or anger, for the moment. As soon as the alcohol wears off, you are left with the same feelings. Alcohol is a depressant. If you drink to escape feeling depressed and keep on drinking, eventually the alcohol itself will make you feel depressed. Even if you drink just to feel good at parties, you can become dependent on alcohol. Over time, you can lose the ability to feel good without drinking.

Think of others. Drinking every time you feel angry with your friends or your parents, you don't learn how to handle your anger or how to tell people you are angry with them.

Drinking every time you feel nervous in a social situation – on a date, at a party – you don't learn how to feel less nervous without the help of alcohol.

When a pregnant woman drinks her fetus drinks, too. Many babies born to mothers who drink frequently or heavily have lower birth weights. Fetal alcohol syndrome (FAS) is 1 of the top 3 causes of birth defects and a major cause of mental retardation.

Look around you. Many people (about one-third of the population) don't drink at all. About 10% of the people who drink will become alcoholics. Another 10% will become alcohol abusers whose health or social relationships will suffer because of drinking. If you use alcohol before the age of 15, you are more likely to have problems with heavy alcohol and drug use later in life than someone who doesn't.

Know the risks. Heavy drinking may bring loss of memory – a blackout about what happened the night before. When alcohol is consumed in heavy doses, it can cause unconsciousness and even death. Children in families with alcoholic parents are 3 to 5 times more likely to become alcoholics themselves.

Alcohol is addictive. Alcoholics are psychologically and physically addicted to alcohol, cannot control their drinking and depend on alcohol to function.

You may start to feel that you must have a drink in order to feel okay, and have to drink to avoid physical withdrawal symptoms (exhibited in the most severe form as the D.T.'s or delirium tremens). Teenagers who are addicted to alcohol will most likely not be doing well in school, and may drop out. Dependence can cause antisocial behavior, such as violence or paranoia, and can lead to depression with serious results like personal injury or suicide. Indications of teenage alcohol dependence include needing to drink before going out of the house or before a social event, needing alcohol to feel able to function at school or with friends, feeling depressed and fearful when alcohol is not available, and continuing to drink even when problems from drinking have occurred.

Drinking can also contribute to other problems like ulcers and gastritis, throat and mouth cancer, family problems like divorce, child abuse, family violence, child neglect and criminal behavior.

Drinking & Driving

Know the facts. Drinking and driving is dangerous.

About 3 in 10 Americans will be in an alcohol-related car crash at some time during their lifetime.

Statistics show that about 40% of all fatal crashes are alcohol-related, resulting in over 16,000 lost lives and about 600,000 injuries every year.

Alcohol related car crashes are the **number 1 killer of teens**. Alcohol use is also associated with homicides, suicides, and drowning – the next 3 leading causes of death among teens.

Stay in control. Drinking impairs judgment and slows your reflexes. If you drink and drive, you are at risk of getting into a car crash.

Before You Risk It...

Know the law. Most states are lowering the blood alcohol limit for drivers and increasing the penalties for exceeding it. Some states have adopted zero-tolerance laws for blood alcohol content for drivers under 21 years of age.

Know the Signs...

How can you tell if a friend is using alcohol?

Sometimes it's tough to tell. But there are signs you can look for. If your friend has 1 or more of the following signs, he or she may be regularly using alcohol:

- Loss of judgment
- Loss of coordination
- Clumsiness
- Slurred speech
- Numbness
- Blurred vision
- Dizziness
- Lack of motor control.

What have you learned about using Alcohol?

1. Do some research to get the facts about alcohol and the law.

a. What does Florida law say about possession of alcohol by someone your age? _____

b. What does Florida law say about someone your age using alcohol? _____

2. List 3 health problems associated with using alcohol?

a. _____ b. _____ c. _____

3. In addition to health problems for users, describe 2 other problems associated with alcohol use? For each one, say why they are a problem for kids.

a. _____

b. _____

The Truth About Marijuana

Slang—Weed, Pot, Grass, Reefer, Ganja, Mary Jane, Blunt, Joint, Roach, Nail

Get the Facts...

Marijuana affects your brain. THC (the active ingredient in marijuana) affects the nerve cells in the part of the brain where memories are formed.

Marijuana affects your self-control. Marijuana can seriously affect your sense of time and your coordination, impacting things like driving. In 2005, nearly 242,200 people were admitted to emergency rooms suffering from marijuana-related problems.

Marijuana affects your lungs. Marijuana smoke deposits 4 times more tar in the lungs and contains 50 percent to 70 percent more cancer-causing substances than tobacco smoke does.

Marijuana affects other aspects of your health. Marijuana can limit your body's ability to fight off infection. Heavy marijuana use also has been linked with depression, anxiety, and personality disturbances.

Marijuana is not always what it seems. Marijuana can be laced with substances such as PCP, formaldehyde, or codeine cough syrup without your knowledge. "Blunts"—hollowed-out cigars filled with marijuana—sometimes have crack cocaine added.

Marijuana can be addictive. Not everyone who uses marijuana becomes addicted, but some users do develop signs of dependence. In 2006, nearly 290,000 people entered drug treatment programs to kick their marijuana habit.

Before You Risk It..

Know the law. It is illegal to buy or sell marijuana. In most States, holding even small amounts of marijuana can lead to fines or arrest.

Get the facts. Smoking marijuana can cause health problems, such as chronic coughing, chest colds, lung infections, breathing problems, and cancer.

Stay informed. It has not yet been proven that using marijuana leads to using other drugs, but most teens who try drugs start with marijuana, alcohol, or tobacco. One study found that people who had used marijuana before the age of 17 were more likely to use other drugs and develop addiction problems later on.

Know the risks. Marijuana affects your coordination and reaction time, raising your risk of injury or death from car crashes and other accidents.

Keep your edge. Marijuana affects your judgment, drains your motivation, and can make you feel anxious.

Look around you. Most teens aren't smoking marijuana. According to a 2006 study, about 4 out of 5 12- to 17-year-old youths had never even tried marijuana.

Know the Signs...

How can you tell if a friend is using marijuana?

Sometimes it's tough to tell. But there are signs you can look for. If your friend has 1 or more of the following warning signs, he or she may be using marijuana:

- Seeming dizzy and having trouble walking
- Having red, bloodshot eyes and smelly hair and clothes
- Having a hard time remembering things that just happened
- Acting silly for no apparent reason.

What have you learned about using Marijuana?

Do some research to get the facts about Marijuana and the law.

1. What does Florida law say about possession of Marijuana? _____

2. What does Florida law say about using Marijuana? _____

3. List 3 health problems associated with using Marijuana?

a. _____ b. _____ c. _____

4. In addition to health problems for users, describe 2 other problems associated with marijuana use? For each one, include why they are a problem for kids.

Synthetic/Fake Marijuana

Slang – K2, Spice, Voodoo, Fire, Genie, Summit. Sold as incense or potpourri.

Get The Facts...

What is it? K2 is a mixture of herbs and spices sprayed with a man-made chemical similar to THC – the active ingredient in Marijuana. It contains about 10 different chemicals, varying in potency. One component is 4-5 times more potent than THC. There is no quality control used in its production.

K2 affects the body. Poison Control Centers are issuing warnings about its use.

K2 affects the mind.

Before You Risk It...

Know the law. If you smoke K2, you will become impaired. If you're driving impaired, you're impaired. It doesn't matter whether it's an illegal substance or not. You're impaired and you can go to jail.

Stay informed. States are presently working to make this substance illegal.

Understand the side effects. Users have experienced nausea, vomiting, hallucinations, shortness of breath, dangerously elevated heart rate, and seizures.

The Truth About Inhalants

Slang—Glue, Kick, Bang, Sniff, Huff, Poppers, Whippets, Texas Shoeshine

Get the Facts...

Inhalants affect your brain. Inhalants are substances or fumes from products such as glue or paint thinner that are sniffed or “huffed” to cause an immediate high. Because they affect your brain with much greater speed and force than many other substances, they can cause irreversible physical and mental damage before you know what’s happened.

Inhalants affect your heart. Inhalants starve the body of oxygen and force the heart to beat irregularly and more rapidly—that can be dangerous for your body.

Inhalants damage other parts of your body. People who use inhalants can experience nausea and nosebleeds; develop liver, lung, and kidney problems; and lose their sense of hearing or smell. Chronic use can lead to muscle wasting and reduced muscle tone and strength.

Inhalants can cause sudden death. Inhalants can kill you instantly. Inhalant users can die by suffocation, choking on their vomit, or having a heart attack.

Before You Risk It...

Get the facts. Inhalants can kill you the very first time you use them.

Stay informed. Inhalants include a large group of chemicals that are found in such household products as aerosol sprays, cleaning fluids, glue, paint, paint thinner, gasoline, propane, nail polish remover, correction fluid, and marker pens. None of these are safe to inhale—they all can kill you.

Be aware. Chemicals like amyl nitrite and isobutyl nitrite (“poppers”) and nitrous oxide (“whippets”) are often sold at concerts and dance clubs. They can permanently damage your body and brain.

Know the risks. Chronic inhalant abusers may permanently lose the ability to perform everyday functions like walking, talking, and thinking.

Look around you. The vast majority of teens aren’t using inhalants. According to a 2006 study, only 1.3 percent of teens are regular inhalant users and 9 in 10 teens have never even tried inhalants.

Know the Signs...

How can you tell if a friend is using inhalants?

Sometimes it's tough to tell. But there are signs you can look for. If your friend has 1 or more of the following warning signs, he or she may be using inhalants:

- Slurred speech
- Drunk, dizzy, or dazed appearance
- Unusual breath odor
- Chemical smell on clothing
- Paint stains on body or face
- Red eyes
- Runny nose.

What have you learned about using Inhalants?

1. List 3 health problems associated with using Inhalants.

- a. _____ b. _____ c. _____

2. In addition to health problems for users, describe 2 other problems associated with Inhalant use? For each one, include why they are a problem for kids.

- a. _____

- b. _____

The Truth About Hallucinogens

Slang - Lysergic acid diethylamide: LSD, Acid, Blotter.

Psilocybin: Magic Mushrooms, Shrooms.

Phencyclidine: PCP, Angel Dust, Boat, Ozone, Wack.

Ecstasy: E, X, XTC.

Get the Facts...

Hallucinogens affect your brain. Hallucinogens change the way the brain interprets time, reality, and the environment around you. They also affect the way you move, react to situations, think, hear, and see. This may make you think that you're hearing voices, seeing images, and feeling things that don't exist.

Hallucinogens affect your heart. The use of hallucinogens leads to an increase in heart rate and blood pressure. Hallucinogens can put you in a coma. They can also cause heart and lung failure.

Hallucinogens affect your well-being. The use of hallucinogens may change the way you feel emotionally. They may cause you to feel confused, suspicious, and disoriented. Many PCP users are brought to emergency rooms because of PCP overdose or its disturbing psychological effects, including delusions and paranoia.

Hallucinogens affect your self-control. The effect of hallucinogens varies from time to time and person to person, so there is no way to know how much self-control you might maintain. They can cause you to mix up your speech, lose control of your muscles, make meaningless movements, and act in irrational, aggressive, or violent ways.

Before You Risk It...

Know the law. Hallucinogens are illegal to buy, sell, or possess.

Get the facts. Hallucinogenic drugs distort your perception of reality. Hallucinogens cause your sense of space and time to become distorted and cause you to see objects that aren't really there.

Stay informed. The body can quickly form a tolerance to a hallucinogen, so a person would have to take more and more of the drug for the same effect. This is very dangerous because taking stronger doses of any drug may cause severe side effects, including overdose.

Know the risks. Hallucinogens can cause flashbacks. Effects of the drugs, including hallucinations, can occur weeks, months, and even years after use.

Look around you. The majority of teens are not using hallucinogens. According to a 2006 study, 96 percent of 12- to 17-year-olds have never even tried hallucinogens.

Know the Signs...

How can you tell if a friend is using hallucinogens? Sometimes it's tough to tell. Different hallucinogens have different effects, depending on the dose and the user. If your friend has 1 or more of the following common warning signs, he or she may be using hallucinogens:

- Distorted sense of sight, hearing, and touch
- Dilated pupils
- Anxiety or paranoia
- Mood swings
- Faintness
- Irrational behavior

What have you learned about using Hallucinogens?

1. Do some research to get the facts about Hallucinogens and the law.

a. What does Florida law say about possession of hallucinogens? _____

b. What does Florida law say about using Hallucinogens? _____

2. List 3 health problems associated with using Hallucinogens?

a. _____ b. _____ c. _____

3. In addition to health problems for users, describe 2 other problems associated with Hallucinogen use? For each one, include why they are a problem for kids.

a. _____

b. _____

The Truth About Club Drugs

*Slang – Ecstasy: E, X, XTC. GHB: Liquid Ecstasy, Liquid X, Grievous Bodily Harm, Georgia Home Boy.
Ketamine: K, Special K, Ket, Vitamin K, Kit Kat. Rohypnol: Roofies, R-2.*

Get the Facts...

Club drugs affect your brain. The term “club drugs” refers to a wide variety of drugs often used at all-night dance parties (“raves”), nightclubs, and concerts. Club drugs can damage the neurons in your brain, impairing your senses, memory, judgment, and coordination.

Club drugs affect your body. Different club drugs have different effects on your body. Some common effects include loss of muscle and motor control, blurred vision, and seizures. Club drugs like Ecstasy are stimulants that increase your heart rate and blood pressure and can lead to heart or kidney failure. Other club drugs, like GHB, are depressants that can cause drowsiness, unconsciousness, or breathing problems.

Club drugs affect your self-control. Club drugs like GHB and Rohypnol are used in “date rape” and other assaults because they are sedatives that can make you unconscious and immobilize you. Rohypnol can cause a kind of amnesia—users may not remember what they said or did while under the effects of the drug.

Club drugs are not always what they seem. Because club drugs are illegal and often produced in makeshift laboratories, it is impossible to know exactly what chemicals were used to produce them. How strong or dangerous any illegal drug is varies each time.

Club drugs can kill you. Higher doses of club drugs can cause severe breathing problems, coma, or even death.

Before You Risk It...

Know the law. It is illegal to buy or sell club drugs. It is also a Federal crime to use any controlled substance to aid in a sexual assault.

Get the facts. Despite what you may have heard, club drugs can be addictive.

Stay informed. The club drug scene is constantly changing. New drugs and new variations of drugs appear all of the time.

Know the risks. Mixing club drugs together or with alcohol is extremely dangerous. The effects of one drug can magnify the effects and risks of another. In fact, mixing substances can be lethal.

Look around you.

The vast majority of teens are not using club drugs. While Ecstasy is considered to be the most frequently used club drug, less than 1 percent of 12- to 17-year-olds use it on a regular basis. In fact, 98 percent of people this age have never even tried Ecstasy.

Know the Signs...

How can you tell if a friend is using club drugs?

Sometimes it's tough to tell. But there are signs you can look for. If your friend has 1 or more of the following warning signs, he or she may be using club drugs:

- Problems remembering things they recently said or did
- Loss of coordination, dizziness, fainting
- Depression
- Confusion
- Sleep problems
- Chills or sweating
- Slurred speech.

What have you learned about Club Drugs?

1. List 3 health problems associated with using Club Drugs.

- a. _____ b. _____ c. _____

2. In addition to health problems for users, describe 2 other problems associated with Club Drug use? For each one, include why they are a problem for kids.

- a. _____

- b. _____

The Truth About Methamphetamine

Slang—Speed, Meth, Crystal, Crank, Tweak, Go-fast, Ice, Glass, Uppers, Black Beauties.

Get the Facts...

Methamphetamine affects your brain. In the short term, meth causes mind and mood changes such as anxiety, euphoria, and depression. Long-term effects can include chronic fatigue, paranoid or delusional thinking, and permanent psychological damage.

Methamphetamine affects your body. Over “amping” on any type of speed is pretty risky. Creating a false sense of energy, these drugs push the body faster and further than it’s meant to go. It increases the heart rate, blood pressure, and risk of stroke.

Methamphetamine affects your self-control. Meth is a powerfully addictive drug that can cause aggression and violent or psychotic behavior.

Methamphetamine is not what it seems. Even speed drugs are not always safe. Giga-jolts of the well-known stimulants caffeine or ephedrine can cause stroke or cardiac arrest when overused or used by people with a sensitivity to them.

Methamphetamine can kill you. An overdose of meth can result in heart failure. Long-term physical effects such as liver, kidney, and lung damage may also kill you.

Before You Risk It...

Know the law. Methamphetamine is illegal in all States and is highly dangerous.

Get the facts. The ignitable, corrosive, and toxic nature of the chemicals used to produce meth can cause fires, produce toxic vapors, and damage the environment.

Stay informed. The number of past-month methamphetamine users who fit the definition of stimulant dependence or abuse more than doubled from 2002 to 2004.² The number of people admitted to treatment for methamphetamine use problems has been rising for several years.

Know the risks. There are a lot of risks associated with using methamphetamine, including:

- Meth can cause a severe “crash” after the effects wear off.
- Meth use can cause irreversible damage to blood vessels in the brain.
- Meth users who inject the drug and share needles are at risk for acquiring HIV/AIDS.

Look around you. Not everyone is using methamphetamine. In 2007, only 3 percent of 12th graders reported having used methamphetamine.

Know the Signs...

How can you tell if a friend is using meth? It may not be easy to tell. But there are signs you can look for. Symptoms of methamphetamine use may include:

- Inability to sleep
- Increased sensitivity to noise
- Nervous physical activity, like scratching
- Irritability, dizziness, or confusion
- Extreme anorexia
- Tremors or even convulsions
- Increased heart rate, blood pressure, and risk of stroke
- Presence of inhaling paraphernalia, such as razor blades, mirrors, and straws
- Presence of injecting paraphernalia, such as syringes, heated spoons, or surgical tubing

What have you learned about Methamphetamines?

1. Do some research to get the facts about Methamphetamines and the law.
 - a. What does Florida law say about possession of methamphetamines? _____

 - b. What does Florida law say about using methamphetamines? _____

2. List 3 health problems associated with using meth.
 - a. _____
 - b. _____
 - c. _____
3. In addition to health problems for users, describe 2 other problems associated with meth use? For each one, include why they are a problem for kids.
 - a. _____

 - b. _____

The Truth About Cocaine

Slang - Coke, Dust, Toot, Snow, Blow, Sneeze, Powder, Lines, Rock (Crack).

Get the Facts...

Cocaine affects your brain. The word “cocaine” refers to the drug in both a powder (cocaine) and crystal (crack) form. It is made from the coca plant and causes a short-lived high that is immediately followed by opposite, intense feelings of depression, edginess, and a craving for more of the drug. Cocaine may be snorted as a powder, converted to a liquid form for injection with a needle, or processed into a crystal form to be smoked.

Cocaine affects your body. People who use cocaine often don’t eat or sleep regularly. They can experience increased heart rate, muscle spasms, and convulsions. If they snort cocaine, they can also permanently damage their nasal tissue.

Cocaine affects your emotions. Using cocaine can make you feel paranoid, angry, hostile, and anxious, even when you’re not high.

Cocaine is addictive. Cocaine interferes with the way your brain processes chemicals that create feelings of pleasure, so you need more and more of the drug just to feel normal. People who become addicted to cocaine start to lose interest in other areas of their life, like school, friends, and sports.

Cocaine can kill you. Cocaine use can cause heart attacks, seizures, strokes, and respiratory failure. People who share needles can also contract hepatitis, HIV/AIDS, or other diseases.

Before You Risk It...

Know the law. Cocaine—in any form—is illegal.

Stay informed. Even first-time cocaine users can have seizures or fatal heart attacks.

Know the risks. Combining cocaine with other drugs or alcohol is extremely dangerous. The effects of 1 drug can magnify the effects of another, and mixing substances can be deadly.

Be aware. Cocaine is expensive. Regular users can spend hundreds and even thousands of dollars on cocaine each week.

Stay in control. Cocaine impairs your judgment, which may lead to unwise decisions around sexual activity. This can increase your risk for HIV/AIDS, other diseases, rape, and unplanned pregnancy.

Look around you. The vast majority of teens aren’t using cocaine. According to a 2006 study, less than 1 percent of 12- to 17-year-olds are regular cocaine users. In fact, around 98 percent of teens have never even tried cocaine.

Know the Signs...

How can you tell if a friend is using cocaine? Sometimes it's tough to tell. But there are signs you can look for. If your friend has one or more of the following warning signs, he or she may be using cocaine or other illicit drugs:

- Red, bloodshot eyes
- A runny nose or frequent sniffing
- A change in groups of friends
- Acting withdrawn, depressed, tired, or careless about personal appearance
- Losing interest in school, family, or activities he or she used to enjoy
- Frequently needing money.

What have you learned about using Cocaine?

1. Do some research to get the facts about Cocaine and the law.
 - a. What does Florida law say about possession of Cocaine? _____

 - b. What does Florida law say about using Cocaine? _____

2. List 3 health problems associated with using Cocaine.
 - a. _____
 - b. _____
 - c. _____
3. In addition to health problems for users, describe 2 other problems associated with Cocaine use? For each one, include why they are a problem for kids.
 - a. _____

 - b. _____

The Truth About Heroin

Slang - Smack, Horse, Mud, Brown Sugar, Junk, Black Tar, Big H, Dope, Skag.

Get the Facts...

Heroin affects your brain. Heroin enters the brain quickly. It slows down the way you think, slows down reaction time, and slows down memory. This affects the way you act and make decisions.

Heroin affects your body. Heroin poses special problems for those who inject it because of the risks of HIV, hepatitis B and C, and other diseases that can occur from sharing needles. These health problems can be passed on to sexual partners and newborns.

Heroin is super-addictive. Heroin is highly addictive because it enters the brain so rapidly. It particularly affects those regions of the brain responsible for producing physical dependence.

Heroin is not what it may seem. Despite the glamorization of “heroin chic” in films, fashion, and music, heroin use can have tragic consequences that extend far beyond its users. Fetal effects, HIV/AIDS, tuberculosis, violence, and crime are all linked to its use.

Heroin can kill you. Heroin is one of the most frequently reported drugs by medical examiners in drug abuse deaths.

Before You Risk It...

Know the law. Heroin is an illegal Schedule I drug, meaning that it is in the group of the most highly addictive drugs.

Get the facts. Any method of heroin use—snorting, smoking, swallowing, or injecting the drug—can cause immediate harm and lead to addiction.

Stay informed. The untimely deaths of several popular musicians and other celebrities may have influenced many young people to stay away from heroin use, but to others, the dangers are still not clear. The average age of first use was 20.7 in 2006.

Know the risks. Because the strength of heroin varies and its impact is more unpredictable when used with alcohol or other drugs, the user never knows what might happen with the next dose.

Look around you. The vast majority of teens are not using heroin. According to a 2006 national study, less than 1 percent report ever having tried it.

Know the Signs...

How can you tell if a friend is using heroin?

<p>Signs and symptoms of heroin use are:</p> <ul style="list-style-type: none"> • Euphoria • Drowsiness • Impaired mental functioning • Slowed down respiration • Constricted pupils 	<p>Signs of a heroin overdose include:</p> <ul style="list-style-type: none"> • Shallow breathing • Pinpoint pupils • Clammy skin • Convulsions • Coma
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What have you learned about using Heroin?

1. Do some research to get the facts about Heroin and the law.

a. What does Florida law say about possession of Heroin? _____

b. What does Florida law say about using Heroin? _____

2. List 3 health problems associated with using Heroin.

a. _____ b. _____ c. _____

3. In addition to health problems for users, describe 2 other problems associated with Heroin use?
 For each one, include why they are a problem for kids.

a. _____

b. _____

The Truth about Over the Counter (OTC) Drugs

Get the facts...

Abuse of OTC drugs affects your brain, health, body.

OTC drugs are available at any pharmacy without a prescription. Like prescription drugs, they're safe when used according to packaged instructions or when recommended by a doctor familiar with your medical history and other medications you may be taking.

Prescription and OTC drugs have side effects that range from the unpleasant to the dangerous for the teen using them recreationally. But the effects—and the dangers—are intensified when these drugs are combined with each other, with alcohol, or with illegal street drugs. Even when used at the recommended doses to treat medical conditions, combining multiple medications can be dangerous.

Cough Medicines

Teens can get high by taking cough medicine in excessive amounts. What makes them high is the cough suppressant ingredient called dextromethorphan, or DXM for short, found in more than 100 OTC products. In syrups, tablets, capsules, lozenges, and gelatin capsules, DXM can be found combined with other substances, such as antihistamines, expectorants, decongestants, and/or simple pain relievers. To know if a product contains DXM, look on the label for "dextromethorphan" in the list of active ingredients.

DXM is found in Coricidin cough and cold tablets, Alka-Seltzer Plus cold and cough medicine, TheraFlu cough products, select Robitussin cough products, Tylenol cold and cough products ... and many others, including store brands.

DXM's effects range from euphoria to feelings of enhanced awareness to distortions of color and sound to visual hallucinations to "out-of-body" sensations, when users lose contact with their senses.

Before you risk it...

Stop the myth. Getting high with prescription and OTC medications is NOT safer than getting high with illicit street drugs. Prescription painkillers, stimulants, sedatives, tranquilizers, and OTC cough medicines are dangerous when used in excess and repeatedly to get high.

Know the risks.

- An overdose of DXM can cause: rapid heartbeat, high blood pressure, diarrhea, seizures, panic, drowsiness, confusion, dizziness, blurred vision, impaired physical coordination, and coma.
- Side effects may be worse when DXM is used with other medications or with alcohol or illegal drugs.
- Overdoses of other ingredients found in DXM-containing medicines have their own serious side effects, including:
 - Acetaminophen (pain reliever) = liver damage
 - Chlorpheniramine (antihistamine) = increased heart rate, lack of coordination, seizures, and coma
 - Guaifenesin (expectorant) = vomiting
 - Pseudoephedrine (decongestant) = irregular heartbeat

Know the Signs...

How can you tell if a friend is abusing OTC drugs?

Clues that your friend may be abusing prescription or OTC drugs to get high:

- Visits to pro-drug Internet sites devoted to "how to" get and abuse prescription and OTC drugs
- Cough or cold, prescription, or unidentifiable medications among personal effects with no evidence of illness
- Declining grades, loss of interest in hobbies and usual activities
- Changes in friends, physical appearance, hygiene, and general behavior
- Disrupted eating or sleeping patterns.

What have you learned about misusing OTC drugs?

1. List 3 health problems associated with misusing OTC drugs?

- a. _____ b. _____ c. _____

2. In addition to health problems for users, describe 2 other problems associated with OTC drug misuse? For each one, include why they are a problem for kids.

- a. _____

- b. _____

The Truth About Prescription (Rx) Drugs

Get the Facts...

Although prescription drugs are safe when used under doctor's orders, they are not safe to be used by anyone for whom they were not prescribed.

Pain Medications

Prescription drugs like Vicodin (hydrocodone), OxyContin (oxycodone), Percocet (oxycodone and acetaminophen), Darvon (propoxyphene) and Codeine may be medically useful for treating moderate to severe pain, such as after dental or surgical procedures.

They are not intended or safe to be abused by teens to feel pleasure or sensations of well-being.

Stimulants

Stimulants increase the amounts of circulating brain chemicals that raise blood pressure and heart rate, speed up breathing, decrease appetite, and deprive the user of sleep. Ritalin, Concerta (methylphenidate), Adderall (mixed amphetamine salts), Focalin (dexmethylphenidate), Dexedrine (dextroamphetamine) are intended to treat attention deficit/ hyperactivity disorder (ADHD), narcolepsy or in some cases, short-term treatment of obesity.

They are not intended or safe to be abused by teens to feel more alert, focused, and full of energy. Sometimes they are used to manage stressful schoolwork or "pull an all-nighter" or to suppress appetite in order to lose weight.

Pain medications and stimulants are dangerous because:

- They all can be addictive.
- High doses taken over a short time can lead to feelings of hostility, intense fear, and paranoia.
- High doses may result in dangerously high body temperature and irregular heartbeat, with possible heart or lung failure or seizures.
- Use in combination with OTC decongestants, these prescription drugs can result in dangerously high blood pressure or irregular heart rhythms.
- They can also cause insomnia, digestive problems, and erratic weight change.

Sedatives, Sedative-Hypnotics, and Tranquilizers

Sedatives, sedative-hypnotics, and tranquilizers affect brain systems to produce a drowsy or calming effect, sometimes to the point of inducing sleep. Drugs like Valium, Xanax, Ativan, Klonopin, Restoril and Ritalin are used to treat anxiety, severe stress, panic attacks, and insomnia in the short-term, as well as some types of seizure disorders and muscle spasms. Other drugs like Ambien and Lunesta, and barbiturates like Mebaral and Nembutal are used to induce sleep or numbness.

They are abused by teens to make them feel calm and sleepy with less tension, anxiety, or panic. These feelings go away as the body becomes drug-tolerant.

These drugs are dangerous because:

- They are addictive; when use is reduced or stopped, seizures and other withdrawal symptoms may follow.
- They can be deadly in combination with prescription pain medications, some OTC cold and allergy drugs, or alcohol.

Before You Risk It...

Know the law. Using prescription drugs prescribed for others or without doctor's orders is unsafe and illegal.

Know the risks. Pain medications are highly addictive. Over time, tolerance develops to certain effects of these drugs, resulting in the need to take more and more to get the same pleasant feelings. Addicted teens who suddenly stop using may go through withdrawal, a horrible physical experience of intense restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, and cold flashes.

Taken in overdose, breathing slows down and eventually stops, and death may occur. Time-released products like OxyContin, designed to deliver pain-relieving medication into the system slowly over hours, may be crushed and snorted, causing the drug to enter the system all at once, sometimes resulting in death.

Taken in combination with other prescription or OTC drugs or alcohol, the risk of life-threatening respiratory depression is increased.

Look around you. Teenagers abuse narcotic pain relievers more than any other prescription medicine. Mentions of these very powerful drugs as reasons for emergency room visits have nearly tripled over the recent decade.

Steroids are Prescription Drugs

Slang—Arnolds, Gym Candy, Pumpers, Stackers, Weight Trainers, Juice.

Get the Facts...

Steroids affect your heart. Steroid abuse has been associated with cardiovascular disease, including heart attack and stroke. These heart problems can even happen to athletes under the age of 30.

Steroids affect your appearance. In both sexes, steroids can cause male-pattern baldness, cysts, acne, and oily hair and skin.

Steroids affect your mood. Steroids can make you angry and hostile for no reason. There are recorded cases of murder attributed to intense anger from steroid use.

Steroids increase your risk of infection. Sharing needles or using dirty needles to inject steroids puts you at risk for diseases such as HIV/AIDS and hepatitis.

Other slang terms associated with steroid use include:

- "Road rage"—uncontrolled outbursts of anger, frustration, or combativeness that may result from using anabolic steroids.
- Shot-gunning—taking steroids on an inconsistent basis.
- Stacking—using a combination of 2 or more anabolic steroids.

Before You Risk It...

Know the law. Steroids are illegal to possess without a prescription from a licensed physician. It is illegal for individuals to sell steroids.

Get the facts. Doctors prescribe steroids for specific medical conditions. They are only safe for use when a doctor monitors the person.

Know the risks. Illegal steroids are made overseas and smuggled into the United States or made in underground labs in this country. They pose greater health risks because they are not regulated by the government and may not be pure or labeled correctly.

Look around you. The majority of teens aren't using steroids. Among teenage males, who are most likely to use steroids, only 1.3 percent of 8th graders, 2.3 percent of 10th graders, and 3.3 percent of 12th graders reported steroid use in the past year.

Know the Signs...

How can you tell if a friend is abusing steroids?

Sometimes it's hard to tell. But there are signs you can look for. If your friend has 1 or more of the following warning signs, he or she may be abusing steroids:

For Boys:

- Baldness
- Development of breasts
- Impotence

For Girls:

- Growth of facial hair
- Deepened voice
- Breast reduction

For Both:

- Jaundice (yellowing of the skin)
- Swelling of feet or ankles
- Aching joints
- Bad breath
- Mood swings
- Nervousness
- Trembling

What have you learned about misusing Prescription Drugs and Steroids?

1. List 3 health problems associated with misusing Prescription Drugs?

- a. _____
- b. _____
- c. _____

2. In addition to health problems for users, describe 2 other problems associated with Prescription Drug misuse? For each one, include why they are a problem for kids.

- a. _____

- b. _____

It's All up to You!

Now let's see what you really learned. Answer all of the following questions completely.

1. **Who** will you ask to help you get out of your present trouble and stay out of trouble in future with illegal substances? You don't have to give their names; you can just say "Mom", "Granddad", "best friend" or "teacher". _____

What can they do to help you? _____

2. **How** will you prevent yourself from getting into trouble with illegal substances in future? _____

3. **What would you say** to a good friend who is considering holding or using any illegal substance? _____
