DRUGS
Standards

The Georgia High School Health Performance Standards can be found in its entirety through the following site.

https://www.georgiastandards.org/Standards/Pages/BrowseStandards/HealthEd.aspx
Main standards in focus throughout this unit include:

- **HE HS 1:**
  - Students will comprehend concepts related to health promotion and disease prevention to enhance health.
  - Example classroom topics within this standard
    - Consequences to drug use
    - Decision Making
    - Resources for quitting drug use
Main standards in focus throughout this unit include:

- **HE HS 2:**
  - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
  - Example classroom topics within the standard
    - Beliefs and values passed from family to child
    - Media and societal influence on behaviors – facebook, snapchat, twitter, etc
Main standards in focus throughout this unit include:

- **HE HS 3:**
  - Students will demonstrate the ability to access valid information and products and services to enhance health.
  - Example classroom topics within this standard
    - Reliable vs Unreliable health sources
    - Quitting options
Main standards in focus throughout this unit include:

- **HE HS 4:**
  - Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
  - Example classroom topics within the standard
    - Saying “No” – Refusal skills
Main standards in focus throughout this unit include:

- HE HS 5:
  - Students will demonstrate the ability to use decision-making skills to enhance health.
  - Example classroom topics within the standard:
    - Decision making
    - Societal pressures
Main standards in focus throughout this unit include:

- **HE HS 6:**
  - Students will demonstrate the ability to use goal setting skills to enhance health.
  - Example classroom topics within the standard
    - Setting short and long term goals and how to achieve them
    - Steps towards accomplishing goals and how personal decisions can have an effect on them
Main standards in focus throughout this unit include:

- **HE HS 7:**
  - Students will demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks.
  - Example classroom topics within the standard
    - Choosing better options
Main standards in focus throughout this unit include:

- **HE HS 8:**
  - Students will demonstrate the ability to advocate for personal, family and community health.
  - Example classroom topics within the standard
    - Community resources
    - Being a positive role model
    - Developing educational health campaigns
How can drugs effect you?

Blood shot eyes may be a sign of drug abuse
Meth ruins lives.
outcast
DRUGS ARE BAD
Lesson 1 Vocabulary

Medicine
- Over the counter Drug
- Prescription Drug
- Illegal Drug
- Drug Misuse
- Drug Abuse
- Psychoactive Drug
- Side Effect
- Drug Antagonism
- Drug Synergism
Drug Facts

Medicines – LEGAL drugs that help the body fight injury
over the counter without prescription
- Pain killers, antihistamine, decongestant

OR

prescription drugs with a doctor’s prescription
- antibiotics, pain killers
MYTH VS. FACT

MYTH:

MEDICINES FROM A DRUG STORE CAN'T HARM YOU.

WHAT DO YOU THINK?
FACT:

DRUG STORE MEDICINES CAN BE JUST AS HARMFUL AS “STREET DRUGS” IF THEY ARE USED INAPPROPRIATELY.
PROPER USE

VS

DRUG MISUSE

the improper use of medicines

VS

DRUG ABUSE

intentionally, improperly and unsafely using drug for nonmedical purposes
Let’s understand what **Dopamine** is.....

- The chemical released along the “Reward Pathway”
- Not a dangerous chemical. It’s also released when you eat a tasty dessert, play with a puppy or win a sporting event.
- With drug use.....
  - leads to intense cravings for the drug
  - causes users to ignore harmful effects of the drug
  - leads to the user ceasing to feel pleasure
How do drugs affect your brain?

Under normal conditions.....
Dopamine travels between brain cells, producing pleasurable sensations.

On drugs.....
Cells release extra dopamine, causing a stronger signal.

After repeated drug use.....
Brain cells lose receptors for dopamine, becoming less able to process the chemical. The pleasure signal weakens.

http://learn.genetics.utah.edu/units/addiction/drugs/
The “Reward Pathway”

Many psychoactive drugs, drugs that affect brain activity, trigger activity along a pathway of cells in the brain called the “reward pathway”.

Addiction

The compulsive use of a drug, despite any cost to health, family or social standing. It is disease that changes the structure and chemistry of the brain.
DANGERS of drug use and abuse!!!

**Side effects** – unwanted physical or mental effect caused by a drug, can include nausea, dizziness and drowsiness

**Tolerance** – developed when a person uses a drug repeatedly, as tolerance grows, the user needs increasingly larger amounts of the drug to achieve the original effect

**Dependence** – a chemical need for the drug and can’t perform normally without it

**Withdrawal** – the body’s reaction to not having the drug, can include fever, shaking, seizures, headaches and death
Drug Interactions

Mixing drugs can multiply the effects of the drugs simply because you don’t know how your body will react or how the drugs will interact with each other.
Drugs can interact in 2 different ways.....

**Drug antagonism** – occurs when each drug’s effect is canceled out or reduced by the other

**Drug synergism** – occurs when drugs interact to produce effects greater than those that each drug would produce alone
WHY ARE THE EFFECTS AND POTENCY OF STREET DRUGS UNPREDICTABLE?
LEGAL RISKS

Drug abusers risk facing serious legal penalties, damaging their relationships with family and friends and causing significant costs to society.
Lesson 2 Vocabulary

Protective Factors – factors that reduce a person’s potential for harmful behavior

- Family factors
  - Parents, siblings
- Social factors
  - Peers, friends, teachers, coaches, coworkers
- Personal factors
  - Academics, beliefs, values, self esteem
Section 3 Vocabulary

- depressant
- opiate
- barbiturates
- heroin
- stimulant
- Amphetamines
- methamphetamine
- cocaine
- hallucinogen
- Marijuana
- club drugs
- inhalant
Depressant

A drug that slows down body functions by decreasing heart and breathing rates and lowering blood pressure

- Barbiturates
- CNS depressants
- Opiates
- Alcohol
Not everyone who gets hit by a drunk driver dies.

Jacqueline Saburido was 20 years old when the car she was riding in was hit by a drunk driver. Today, at 25, she is still working to put her life back together. Learn more at www.TexasDHR.org.

DON'T DRINK & DRIVE

Every 48 seconds, a drunk driver makes another person eligible to park here.

ALCOHOL EDUCATION CLASS ........................................... $105
COMMUNITY SERVICE-SUPERVISION FEE ............................ $30
LICENSE RESTRAINED ........................................... $50
CAR STORAGE FEE PER DAY ........................................ $25
COST TO TOW YOUR CAR ........................................... $585
VICTIM'S PANEL ASSIGNMENT OF GRIEFS ...................... $50
ADMINISTRATION FEE ........................................... $50
ATTORNEY ......................................................... $50
MONITORING ......................................................... $240
RESTITUTION COST FOR CHEMICAL TESTING ..................... $75
PROBATION SUPERVISION FEE ................................... $50 PER MONTH ($600 A YEAR)
RAN FEES ONSERVE OF REQUIRED REVIEW .................... $50
ALCOHOL EVALUATION .......................................... $800
VICTIM'S ASSISTANCE FUND ...................................... $500
LAW ENFORCEMENT ASSISTANCE FUND ...................... $500
VICTIM COMPENSATION FUND .................................... $500
AUTO INSURANCE INCREASE ...................................... $5,000
$1,000 PENALTY FOR THREE YEARS .............................. $500
DRIVER'S LICENSE RESTORING AND NEW LICENSE ........... $85
ALCOHOL-UA TESTING ........................................... $300
DEFENSE ATTORNEY'S FEE ...................................... $2,500

TOTAL $10,036

Economists Measure Costs Better Inc. • Photos Blue Stock • Durable Gent of Transportation
Stimulant

A drug that increases heart rate, blood pressure, breathing rate and alertness.

- Amphetamines
- Methamphetamines
- Cocaine
- Nicotine/Tobacco Smoke
Hallucinogen

A drug that overloads the brain with sensory information, causing a distorted sense of reality.

- LSD – “acid”
- Psilocybin - “shrooms”
- PCP – “angel dust”
Marijuana

- May act as a depressant, stimulant or hallucinogen.
- May be deadly if combines with alcohol and another depressant.
- Causes distorted perceptions, difficulty in thinking and problem solving, increase heart rate, feelings of anxiety and paranoia
- Considered a “gateway drug” – used as a gateway to using “harder” drugs
HOW CAN REFUSING ALCOHOL, TOBACCO AND MARIJUANA HELP YOU STAY AWAY FROM DRUGS IN GENERAL?
Club Drugs

The effects of these drugs are unpredictable and vary from person to person. They originally got their name from the fact that they first gained popularity at dance clubs and raves.

- Ecstasy - “X”
- Rohypnol – “Roofies”
- GHB – “G”, “Liquid X”
- Ketamine
The "Forget Pill"

Rohypnol

A form of the drug flunitrazepam

- Similar to Valium, but 10X more powerful
- Known to cause temporary amnesia, muscle relaxation, sleep, and to impair motor skills.
- Intensifies the effects of alcohol and other drugs
Inhalants

A breathable chemical that produces mind-altering effects.

- Produces a temporary high
- Inhalant replaces oxygen, stimulating the heart and depressing brain function.
- Can cause death by cardiac arrest or suffocation.
- Glue, aerosols, nail polish remover, markers, white out, paint, cleaners
Anabolic Steroids

- Synthetic drugs that are similar to the hormone testosterone
- Legal uses – treats growth disorders and anemia
- Often abused by people who want bigger muscles
It's always been dumb ...

Now it's illegal too!
Lesson 4 Vocabulary

Therapeutic Community – a residential treatment center where former drug users live together and learn to adjust to drug free lives.
Signs of Possible Drug Abuse

**Behavioral Signs** – major changes in environment and personality, lying, cheating, attention-getting behavior, denial of problem

**Physical Signs** – poor coordination, changes in appearance, slurred speech

**Social Signs** – friends suspected of drug abuse, withdrawal from normal activities, poor school performance
Steps to Treating Drug Abuse

1. Acknowledging the problem
2. Explore treatment options
3. Follow through with and complete chosen treatment option
4. Find alternatives to drugs

Hope
Treatment Options

- **Detoxification** – an individual undergoes gradual but complete withdrawal from the abused drug under medical supervision.

- **Therapeutic Community** – often requires individuals to undergo detoxification first.

- **Supervised Medication** – replacing the abused drug with a drug that produces some of the same effects.
Staying Drug Free

**** Practicing refusal skills, seeking help when you need it, and getting involved in drug free activities can help you stay away from drugs.****

Drug Free Alternatives include.....