

DRUGS - NEED TO KNOW

Drugs: substances other than food that change the structure or function of the body/mind

Medicine: drugs used to prevent or treat diseases and other conditions

Difference between these three:

1) **Illegal drug** - no person of any age may legally buy, sell, possess, or manufacture

2) **Prescription medicine** - only be sold with a written prescription from a doctor.

3) **Over the counter (OTC)** - do not prescription, legally sold in stores



Stages of Drug Use

Proper use - using per label instructions

Misuse - taking more than is recommended

Abuse - deliberately taking more than is recommended or for other purposes

Side effects from over dosage: nausea, dizziness, hallucinations and drowsiness.

Signs of OTC/prescription drug abuse:

- 1) taking without prescription**
- 2) taking more than recommended dose**
- 3) crushing pills to prevent time release**
- 4) faking symptoms for more medicine**

DXM = dangerous ingredient in OTC medication



Prescription drugs are the 5th most abused drugs among youth in the USA (2012 Monitoring Youth Survey). Everyday, an average of 2,000 teenagers use prescription drugs without a doctor's guidance for the first time. Prescription drugs, if used improperly, can be very dangerous and even cause death. Despite what many teens and adults think, prescription drugs are not safer than abusing illicit drugs. Opioids (such as OxyContin and Vicodin), central nervous system depressants (such as Xanax and Valium), and stimulants (such as Concerta and Adderall) are the most commonly abused prescription drugs. Teens abuse prescription drugs for a number of reasons, including to get high, treat pain, or because they think it will help them with school work. Studies show that boys and girls tend to abuse the same types of prescription drugs, but for different reasons. For example, boys are more likely to abuse stimulants to get high, while girls tend to abuse them to stay alert or lose weight. The majority of teens obtain prescription drugs from friends and relatives, often without their knowledge (i.e. stealing from medicine cabinets). Finally, youth who abuse prescription medications are more likely to use other drugs as well.



5 ways drugs enter bloodstream:

1. mouth
2. inhaled
3. smoked
4. injected
5. applied to skin



Reasons teen abuse OTC/prescription meds:

- *get high/addiction
- *self medicate
- *cheap
- *easily accessible from family or friends
- *claim to have a prescription
- *available on line



Drug Investigations



addiction

upper

downer

mood changer

street names

effects

Over-The-Counter (OTC) Medicine

OTC - Although they are not as strong as prescription medicines, OTCs are still harmful and can cause long-term health problems. OTCs can be bought at any store and they are **legal**.

	Brand Name	Taken	Effects	U/D/M
Cough medicine (DXM)	Nyquil	Orally	distorted vision, dizziness, rapid heart beat hallucinations	mild (u) (m)
Pain Relievers	Tylenol Ibuprofen	Orally	can cause stomach bleeding and kidney failure, liver failure	mild (u)
Diet Pills	bitter orange (ingredient)	Orally	nervousness, tremor, increased heartbeat, high blood pressure	mild (u)

Inhalants

Inhalants – substances whose fumes are sniffed and inhaled to give a hallucinogeniclike high.

	Street name	Taken	Effects	U/D/M
Aerosols	spray paint, hair and deodorant spray, fabric protector	sniffed, huffed	euphoria, stupor, rapid heartbeat	(m)
Solvents	Windex, paint thinner, degreasers	sniffed, huffed	euphoria, stupor, rapid heartbeat	(m)

These household products are **legal** and create a threat because of accessibility.

Marijuana

Street names: pot, grass, weed, reefer, dope, joint, or mary jane

Effects: lowers body temperature, reduces memory and reaction time, damages heart and lungs, increases heart rate



Categorized as a "downer" because of its properties that slow down cognitive processes. Also, called a 'mood changer' because it has properties of hallucinogens.

Narcotics

Narcotics: An addictive **depressant** drug that is used to relieve pain and can be obtained legally only with a doctor's prescription.

	Street name	Taken	Effect	U/D/M
<u>Heroin</u> - (made from morphine)	horse, H, smack, junk, stuff	injected, smoked, sniffed	euphoria, drowsiness, nausea	immediate high (u), then acts as a (d) w/ (m) change
<u>Morphine</u> -	morpho, tab, white	oral, injected, smoked	euphoria, drowsiness, slow, shallow breathing, relieves extreme pain	(d)
<u>Codeine</u> -	school boy	oral, injected	stops severe cough, respiratory depression, drowsiness	(d)

*Of the three, only heroin is illegal (morphine and codeine are legal if prescribed)

Prescription Pain Killers

Prescription Pain Killers - these are drugs become illegal when they are used by people who take it or dosages other than as prescribed. These drugs are highly addictive and also fall under the category of narcotics. Like morphine, these drugs are opioids (chemical that binds to receptors in the CNS).

	Street name	Taken	Effect	U/D/M
Percocet	percs	oral, sniffing	euphoria, drowsiness, dizziness, slow breathing	(d)
Vicodin	vikes	oral	pain relief, euphoria, contains hydrocone structures-related to codeine	(d)
Oxycontin	oxy, OC hillbilly heroin	oral, injected, sniffed	relieves moderate to extreme pain, euphoric feeling	(d), (m)

*All of these drugs are legal with a prescription

Stimulants

Stimulants – drugs that speed up the body's functions.
Stimulants cause blood pressure to rise.

	Street Names	Taken	Effects	U/D/M
Amphetamines	bennies, uppers, speed	oral, injected	euphoria, alert, increased pulse and blood pressure	(u)
Cocaine	coke, snow, candy	oral, injected, smoked, sniffed	euphoria, alert, increased pulse, and blood pressure	(u)
Ecstasy	X	oral	Illusions, hallucinations, poor perception of time and distance	(m) (u)

Depressant/Sedatives

Depressant – drugs that slow down the body's functions and reactions. Commonly called sedatives, these medications reduce blood pressure and slow down the heart rate and breathing rate.

	Street name	Taken	Effects of sedatives	U/D/M
Tranquilizer	valuim	oral, injected	Shallow breathing, cold skin,	(d)
Barbituates	yellowes, reds, barbs, tooies	oral, injected	dilated pupils, weak pulse, slurred speech, drunken behavior	(d)
Methaqualone	lude, quay, quad	oral, injected	w/o the smell of alcohol	(d)

So..how well do you know your drugs? Use the highlighter tool and color each drug according to it's catagory.

- stimulant**
- depressant**
- hallucinogen**
- inhalant**
- narcotic**
- OTC**
- prescription**

sleeping pills snuff valium
ecstasy Heroin Beer Robitussin
Glue Schrooms POT cocaine
meth barbiturates ritalin cigarette
codeine Coffee LSD Gasoline
Vicks NyQuil oxyconten Tylenol adderall

Highlight answers with the matching color