

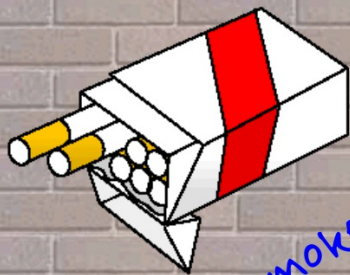
# Welcome to SUBSTANCE ABUSE!

When you drink BEER  
You can't think Clear



Arrive ALIVE

Don't Drink & Drive!



If you smoke Pot  
Your brain will Rot!



Don't HUFF,  
don't PUFF,  
stay away from  
that STUFF!

When you drink BOOZE  
Your brain will snooze!



## **Grading & Expectations**

- \* Packets PTs**
- \* Just SAY NO T-shirts**
- \* Unit final**
- \* CBA - Sara's Story**
  - \* Alcohol**
  - \* Tobacco**
  - \* Refusal skills**



*Grafitti Wall*



WHY Start?

Why do  
people drink  
**ALCOHOL?**



-makes you  
friendlier



-can't say 'no'



-makes  
you feel  
grown up





## Did You Know...

More teens are now smoking POT  
instead of cigarettes



More teens are getting high on prescription pain pills and adderall  
( ADHD Med)



OxyContin & Vicodin are highly addictive  
and can be gateway drugs to heroin



Alcohol remains the most widely used illegal substance among  
teens



When the perception of danger with drug use goes down, it's  
use goes up



Check out the survey

<http://www.nida.nih.gov/drugpages/mtf.htm>

## **POLICE OFFICER NOTES**

**Most common and easiest drug of choice with teens is - cigarettes**

**Over 4000 chemicals in cigarettes (nicotine, arsenic, ammonia and formaldehyde are just a couple)**

**Cigarettes are a stimulant - increase heart rate and blood pressure**

**Marijuana is a hallucinogen - see things that are not real, effect brain**

**THC is the hallucinogen in marijuana, stronger today than in past**

**GATEWAY DRUGS - (cigarettes, alcohol, marijuana) body/mind can't get "high" due to tolerance so need to progress in drug use and type of drug abused.**

**Prescription Medication abuse is on the rise with teens - easy to get**

**Alcohol - teens lack enzyme to break down alcohol (alcohol dehydrogenase)**

**Intoxication - toxic (poisonous)**

**New MIP laws - be within an arm's reach of alcohol**



## **LEGAL CONSEQUENCES**

**Caught with marijuana - jail 90 days, fine \$1000, no license until age 21**

**Caught with any other drug - jail 5 years, fine up to \$10000, no license till 21**

**MIP (minor in possession) gross misdemeanor - jail up to a year, fine \$5000, and no license till 18.**

**DUI (driving under the influence) gross misdemeanor - jail up to a year, fine up to \$5000, no license till 18. You don't have to blow a .08 to get a DUI, if it seems you are under the influence you will be arrested**

**DUI - under the influence of any drug (prescription medication, marijuana, huffing, cocaine, etc)**

**If you are pulled over and blow a .08 your license is immediately suspended for 90 days. Could be suspended 3 months to a year - tell court files paper work**

**If you refuse to take breathalyzer, the state suspends your license for a year**

**DUI car insurance (SR-22) - premium is \$2000 or more a year and have to be on insurance for 2-5 years**

# Alcohol Facts

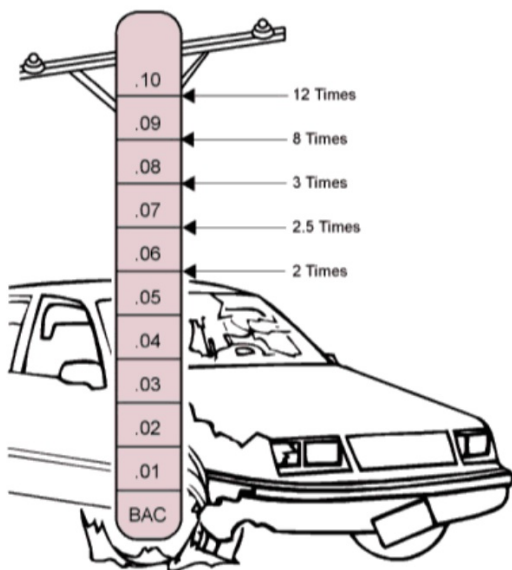
*[http://www.thecoolsp.gov/fact\\_gam.asp](http://www.thecoolsp.gov/fact_gam.asp)*

- \* is a drug - chemical substance**
- \* is a depressant/acts on CNS slowing things down**
- \* travels to the stomach which produces more acid causing a person to vomit**
- \* highly addictive**

Too much Too soon Too Risky!



# ALCOHOL



What does BAC stand for?

Blood Alcohol Concentration -

\* amount of alcohol in a person's blood is a measure of how intoxicated they are

\* BAC of .08% = legally drunk

Intoxication -

\*a person's mental and physical abilities are impaired

## Effects of Intoxication

Cardiovascular - heart and blood pressure increase, core body temp, decreases, more blood flow to skin

Nervous - brain activity slows, coordination impaired, sluggish reflexes, sensations and perception less clear

Excretory - kidneys increase urine production, loses more water from body than normal

Digestive - vomiting may occur



**ALCOHOLISM - Addiction to Alcohol - it is a disease.**

- \* Compulsive uncontrollable urge to drink**
- \* Alcoholics need to consume large amounts of alcohol before feeling any effects**
- \* Alcoholics need to completely QUIT drinking to get better**
- \* Alcoholism if untreated can lead to death**

**What is a hangover?**

**Mild withdrawal to alcohol**

**Thirsty/headache/nausea/sensitivity to light**

## **Proof - a measure of alcohol in a drink**

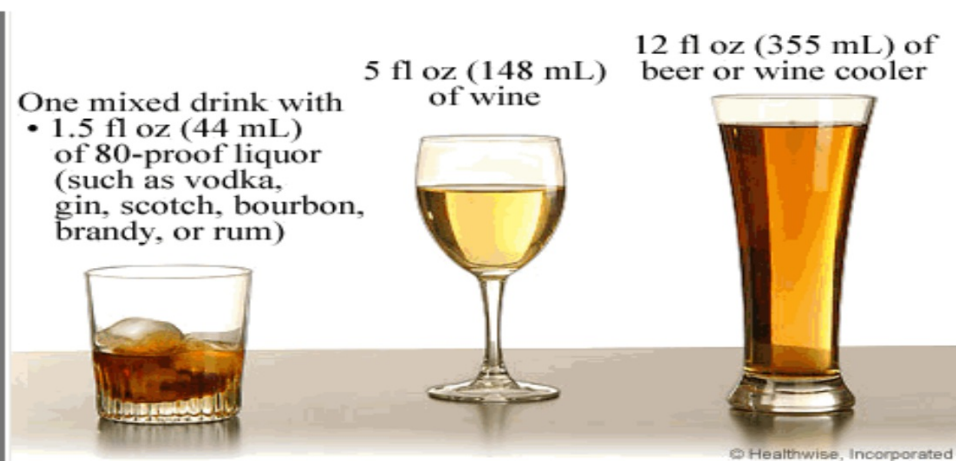
**\* twice the % of alcohol**

### **Examples:**

**\* liquor = 80 proof/40% alcohol**

**\* wine = 12% alcohol**

**\* beer = 5% alcohol**





# Effects of Alcohol - Several factors will cause people to react to alcohol differently...ie: age/weight/gender/food in stomach/how fast you drink etc



- \* Alcohol causes a person to move & talk slowly
- \* Impairs judgment
- \* Can cause Fetal Alcohol Syndrome

## Parts of the Body affected by Alcohol use

Brain - nerve cells destroyed, impaired memory

Liver - cirrhosis & scarring

Digestive - ulcers

Heart - high blood pressure & heart failure

**Fetal Alcohol Syndrome (FAS)** - birth defects caused by the effects of alcohol: heart defects, mental retardation, delayed growth, brain and behavioral problems

**Overdose** - drinking an excessive amount of a drug that leads to coma or death.

**Binge Drinking** - the consumption of excessive amount of alcohol in one sitting. May cause an overdose even for a first time drinker.



# ALCOHOL

	SHORT TERM EFFECTS	LONG TERM EFFECTS
<b>MENTAL EMOTIONAL</b>	Impaired decision making Dizziness Change behavior Hard concentrate	Addiction/Withdrawal Depression Loss of memory
<b>PHYSICAL</b>	dehydration <sup>slow reaction</sup> Smell vomiting Slurred speech nausea loss of balance	DEATH (Potential) Cirrosis ↑rate Cancers
<b>SOCIAL</b>	"Fun" "Cool" Suspension <sup>sexual</sup> relations \$	Jail time DUI - can't drive Sports school/work

