Welcome to SUBSTANCE ABUSE!

When you drink BEER
You can't think Clear

If you smoke Pot
Your brain will Rot!

Arrive ALIVE
Don't Drink & Drive!

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

When you drink BOOZE
Your brain will snoooze!
Grading & Expectations

* Packets PTs
* Just SAY NO T-shirts
* Unit final
* CBA - Sara's Story
  * Alcohol
  * Tobacco
  * Refusal skills
Why do people drink ALCOHOL?

- Can’t say ‘no’

-makes you feel grown up

-makes you friendlier
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 tell 21
MIP (minor in possession) gross misdemeanor - jail up to a year, fine §5000, and no license tell 18.

DUI (driving under the influence) gross misdemeanor - jail up to a year, fine up to §5000, no license tell 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 breathalizer, 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.thecools.govfact_gam.asj

* 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!
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

One mixed drink with
- 1.5 fl oz (44 mL) of 80-proof liquor (such as vodka, gin, scotch, bourbon, brandy, or rum)
- 5 fl oz (148 mL) of wine
- 12 fl oz (355 mL) of beer or wine cooler
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.
<table>
<thead>
<tr>
<th></th>
<th>SHORT TERM EFFECTS</th>
<th>LONG TERM EFFECTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>MENTAL</td>
<td>Impaired decision making</td>
<td>Addiction/Withdrawal</td>
</tr>
<tr>
<td>EMOTIONAL</td>
<td>Dizziness</td>
<td>Depression</td>
</tr>
<tr>
<td></td>
<td>Change behavior</td>
<td>Loss of memory</td>
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<tr>
<td></td>
<td>Hard to concentrate</td>
<td></td>
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<tr>
<td>PHYSICAL</td>
<td>Dehydration</td>
<td>DEATH (Potential)</td>
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<td>DEATH (Potential)</td>
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<tr>
<td></td>
<td>Vomiting</td>
<td>Cirrhosis</td>
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<td>Slurred speech</td>
<td>Torak</td>
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<tr>
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<td>Nausea</td>
<td>Cancers</td>
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<td>loss of balance</td>
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<tr>
<td>SOCIAL</td>
<td>&quot;Fun&quot;</td>
<td>Jail time</td>
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<td></td>
<td>&quot;Cool&quot;</td>
<td>DUI - cant drive</td>
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<td></td>
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<td>Sports</td>
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<td>Suspension</td>
<td>School/Work</td>
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<td>Relations</td>
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