

## Class NOTES

6<sup>th</sup> Grade ATOD

## Chapter 9 Summary

## Tobacco

## Lesson 1 A Harmful Drug

1. Tobacco contains three substances that can harm the body.

The first, nicotine, is a drug that speeds up the heartbeat and affects the central nervous system.

The second substance in tobacco is carbon monoxide. This is a poisonous, odorless gas produced when tobacco burns.

The third dangerous substance in tobacco is tar, and it is a thick, oily, dark liquid that forms when tobacco burns.

2. Smoking greatly increases a person's chance for diseases like lung cancer, and emphysema, a disease in which tiny air sacs in the lungs are damaged and lose their elasticity, or ability to stretch.
3. Another serious problem related to tobacco is that many smokers find it difficult to stop smoking because they have an addiction. An addiction is the body's physical or mental need for a drug or other substance.
4. Some people use smokeless tobacco. This can be *chewed* or taken in as *snuff*.
5. Snuff is a finely ground tobacco that is inhaled or held in the mouth or cheeks.

## Lesson 2 Teens and Tobacco

1. Over the past decade, there has been a decline in the number of teens who use tobacco. Yet, some teens still become first-time smokers.
2. Their reasons for becoming smokers are influenced by several factors.
  - a. Many teens try tobacco because of negative peer pressure. This is pressure you feel to go along with harmful behaviors or beliefs of your peers. Teens who live in homes where family members use tobacco are also far more likely to begin smoking.
  - b. Still others try tobacco because of media influences. The media include ways of communicating information, such as television, newspapers, radio, and the Internet.
  - c. Advertisements for tobacco products can also be very convincing to teens.
  - d. Other ways of getting teens to buy tobacco products are giveaways and colorful displays near cash registers at stores that sell cigarettes.
  - e. Some advertisers have even begun to attract teens by placing tobacco ads on the Internet.

## Lesson 3 Staying Tobacco Free

1. It is not always easy to say no to tobacco use. Using refusal skills is a good way to say no effectively. Practicing these skills is a good idea.

## Class NOTES

2. For a person who smokes, quitting can be difficult.
  - a. One way is the cold turkey method, which means the user stops all use of the tobacco product.
  - b. Some people quit smoking by using nicotine replacement therapies (NRT).
  - c. Other people are able to stop smoking with the help of support groups.
3. Secondhand smoke can be a problem for nonsmokers. This is the smoke given off by the burning end of the tobacco product and the smoke exhaled by smokers.
4. Nonsmokers who breathe in secondhand smoke are called passive smokers.
5. Passive smokers develop some of the same health problems as smokers.
6. Nonsmokers have the right to ask smokers not to smoke around them.

**Chapter 10 Summary****Mental and Emotional Wellness****Lesson 1 The Dangers of Alcohol Use**

1. Alcohol is a substance produced by a chemical reaction in carbohydrates.
2. Alcohol is a drug, or a substance that affects the structure or function of the body or mind. Like any drug, alcohol makes it difficult to think clearly.
3. Over time, alcohol can hurt the body in a number of ways.
  - a. Ulcers, or sores, can develop in the lining of the stomach.
  - b. People who are heavy users of alcohol are at risk for a liver disease called cirrhosis, which is the destruction and scarring of the liver tissue.
  - c. Alcohol also affects the brain. It slows the time it takes for the body to perform a function or react.
4. This slowed reaction time makes it dangerous to drive while under the influence of alcohol. Blood alcohol content (BAC) measures the amount of alcohol present in a person's blood. Alcohol affects different people in different ways.
5. In the United States, it is illegal for anyone under the age of 21 to drink alcohol.

**Lesson 2 Alcoholism and Addiction**

1. People who use alcohol over a long period of time can become addicted. When drinking becomes a habit, many people begin drinking more and more.
2. As time goes on, a tolerance can develop. This means there is a need for more and more alcohol to achieve the same effect.
3. A person who is addicted to alcohol suffers from a disease called alcoholism.
4. The addicted person is called an alcoholic.
5. Alcoholism can be treated but not cured.

## Class NOTES

- a. The treatment includes cleansing the body of all alcohol and helping the alcoholic resist the desire to have a drink.
6. Alcoholism is a problem that affects the person's family.
  - a. There are community support groups that offer help to alcoholics and their families.
  - b. **Alcoholics Anonymous (AA)** helps people with alcoholism.
7. It is especially dangerous for pregnant women to consume alcohol. Drinking during pregnancy puts the baby at risk for developing **fetal alcohol syndrome (FAS)**. This condition is a group of permanent physical and mental problems caused by alcohol use during pregnancy.

**Lesson 3 What Are Illegal Drugs?**

1. **Illegal drugs** are drugs that are made and used purely for their effects. There are severe punishments for people involved in illegal drugs.
2. **Marijuana**, also known as pot or weed, is an illegal drug that comes from the hemp plant.
3. **Inhalants** are substances whose fumes or vapors are inhaled, or breathed in. Breathing in these fumes can cause brain damage or coma.
4. **Stimulants** are drugs that speed up the body's functions.
  - a. **Cocaine** and **crack** are examples of stimulants. People who use these drugs put themselves at danger for health risks and even death.
  - b. **Methamphetamine** is another dangerous stimulant that has seen an increase in use in recent years. Long-term use causes many negative health effects.
5. **Anabolic steroids** are synthetic drugs based on the male hormone. Some athletes use steroids to increase body weight and strength. These drugs should never be used for this purpose because they can cause many serious health problems.
6. **Narcotics** are strong drugs that relieve pain. Some narcotics are legal and are used by doctors to treat pain. Others, like heroin, are illegal.
7. **Hallucinogens** are illegal drugs that cause the user's brain to create or distort images or to see and hear things that aren't real. These drugs can lead to strange behavior and brain damage.

**Lesson 4 Drug Abuse**

1. The use of any drug in a way that is unhealthy or illegal is **drug abuse**.
  - a. Using illegal drugs can be a form of drug abuse.
  - b. Using a prescription medicine in a way that has not been directed by a doctor is another form of drug abuse.
2. Drug abuse affects all sides of a person's health triangle.
  - a. **Physical Health effects** can be sleeplessness or irritability. Drugs can damage organs or even result in **overdose**, which is taking a fatal amount of the drug.

## Class NOTES

- b. Drug abuse also affects a person's **Mental/Emotional health**. They may be unable to think clearly. Sometimes teens who abuse drugs become depressed.
  - c. **Social Health** is also affected by drug abuse. Teens who abuse drugs may no longer care about family, friends, or school.
3. There is help for people who are addicted to drugs, however. **Recovery** means to overcome an addiction and return to a mostly normal life.
4. **Drug addiction** is a disease, and sometimes drug rehabilitation is necessary. This is a process in which a person relearns how to live without the abused drug.

**Lesson 5 Avoiding Alcohol and Drugs**

1. Saying no to substance abuse is a positive health behavior. **Substance abuse** is using illegal or harmful drugs, including any use of alcohol while under the legal drinking age.
2. Being substance-free shows that you are in charge of your life.
3. Many factors can influence teens to use alcohol or drugs.
  - a. The **media** may be an influence.
  - b. **Peers** may pressure you to use alcohol or illegal substances.
4. Using **refusal skills** is the best way to avoid being pressured.
  - a. State your decision clearly.
  - b. Let people know you are serious by your tone.
  - c. If the pressure continues, walk away.
  - d. If it still continues, ask a trusted adult for help.
5. It is always best to avoid situations where drugs or alcohol will be present. When someone offers you drugs or alcohol, it is a good idea to **suggest an alternative**, or **another way of thinking or acting**. There are community support groups for help in dealing with drug abuse.