

Class NOTES

8th Grade ATOD

Chapter 12 Summary

Alcohol

Lesson 1 Why Alcohol Is Harmful

1. **Alcohol** is a drug that is produced by a chemical in fruits, vegetables, and grains.
 - a. It is a **depressant**, a drug that slows down the body's functions and reactions.
 - b. Can affect the way you feel, think, and act.
2. Drinking alcohol can interfere with long and short-term growth.
3. Reason why teens drink alcohol:
 - a. Peer Pressure
 - b. It provides relief from stress
 - c. Curiosity
 - d. A desire to feel or look older
4. Reasons not to drink
 - a. Choosing not to use alcohol is a healthy choice
 - b. Positive alternatives to drinking. **Alternatives** are other ways of thinking or acting.
 - c. Playing sports
 - d. Learning new skills
 - e. Discovering a new talent

Lesson 2 Short-Term Effects of Alcohol Use

1. Your body responds quickly to alcohol.
2. If your stomach is empty, alcohol can reach your brain in less than a minute and slow your **reaction time**. This is the body's ability to respond quickly and appropriately to situations.
3. Your liver breaks down alcohol once it enters the bloodstream, but can only process it in small amounts. Alcohol that is not processed by the liver causes **intoxication**, which means a person's mental and physical abilities have been impaired by alcohol.
4. **Blood alcohol content (BAC)** is a measure of the amount of alcohol in a person's blood.
5. **Alcohol poisoning** is a dangerous condition that results when a person drinks excessive amounts of alcohol over a short time period.
6. The effects of alcohol vary, depending on:
 - a. A person's gender
 - b. A person's body size
 - c. General health
 - d. Whether there is food in the stomach
 - e. How much and how fast they drink
 - f. If there are other drugs in their system
7. Alcohol can also cause some people to have violent behavior.

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- Alcohol can also lead to malnutrition, a condition in which the body does not get the nutrients it needs to grow and function properly.

Lesson 3 Long-Term Effects of Alcohol Use

- Alcohol is absorbed by tissues lining the mouth and stomach, and goes directly into the bloodstream.
- People who drink excessive amounts of alcohol are at much greater risk for developing mouth and throat cancer.
- Alcohol can also cause fatty liver, a condition in which fats build up in the liver and cannot be broken down.
- A life-threatening problem also associated with heavy alcohol use is cirrhosis, which is a disease characterized by scarring and eventual destruction of the liver.
- Damage can also occur to the brain and central nervous system, resulting in memory, movement, vision, and hearing problems.
- Driving while intoxicated (DWI) means that you are driving with a BAC of 0.08% or more.
- Some teens experiment with binge drinking, the consumption of a large quantity of alcohol in a very short period of time. The dangers of binge drinking:
 - Death
 - Drowning
 - Drunk driving
 - Alcohol poisoning
 - Pregnancy
 - Being a victim of violence
- Alcohol lowers a person's inhibition, or, a conscious or unconscious restraint on his or her behaviors or actions. The dangers of lowered inhibitions:
 - Can lead to sexual activity
 - Can lead to an unplanned pregnancy
- Females that continue to drink alcohol during pregnancy are putting their child at risk for fetal alcohol syndrome (FAS), a group of alcohol-related birth defects that include both physical and mental problems.

Lesson 4 Alcoholism and Alcohol Abuse

- Alcoholism, a progressive, chronic disease involving a mental and physical need for alcohol, affects all aspects of the health triangle.
- Alcoholics usually show five major symptoms:
 - Denial
 - Craving
 - Loss of control
 - Tolerance
 - Physical dependence
- Tolerance is a process in which your body needs more and more of a drug to get the same effect.
- Physical dependence is a type of addiction in which the body itself feels a direct need for a drug.

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5. Some people exhibit **alcohol abuse**, a pattern of drinking that results in one or more well-defined behaviors within a twelve-month period. These people are not physically dependent on the drug.
6. There are four stages of alcoholism.
 - a. **In stage one**, the person drinks for relief from stress or fatigue, and experiences an increase in tolerance.
 - b. **In stage two**, the person may experience short-term memory loss, blackouts, or feelings of guilt.
 - c. **In stage three**, the alcoholic loses control and cannot predict what will happen. The person may fail to keep promises and may lose interest in anything except alcohol.
 - d. **In the final stage**, the alcoholic may be intoxicated for long periods of time
 - i. Have strange fears and faulty thinking
 - ii. Be malnourished
 - iii. Have hallucinations
7. Sometimes family members become **enablers**, or persons who create an atmosphere in which the alcoholic can comfortably continue his or her unacceptable behavior.

Lesson 5 Getting Help for Alcohol Abuse

1. Sometimes an **intervention**, or a gathering in which family and friends get the problem drinker to agree to seek help, is used.
2. An alcoholic's first step to **recovery**, or the process of learning to live an alcohol-free life, is understanding that he or she has a problem and can never drink again.
3. A **relapse** is a return to the use of a drug after attempting to stop.
4. Many alcoholics will experience **withdrawal symptoms**:
 - a. Headaches
 - b. Tiredness
 - c. Mood Swings
 - d. Nausea
5. **Withdrawal** is the physical and psychological reactions that occur when someone stops using an addictive substance.
6. To fully **recover**, an alcoholic must follow a number of steps:
 - a. Admission
 - b. Counseling
 - c. Detoxification
 - d. Resolution
7. **Detoxification** is the physical process of freeing the body of an addictive substance.
8. Alcoholics can find support from groups such as **Alcoholics Anonymous (AA)**.
9. Family members are encouraged to seek counseling as well.

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Chapter 13 Summary

Tobacco

Lesson 1 Facts About Tobacco

1. **Nicotine** is an addictive drug found in tobacco leaves and in all tobacco products.
 - a. Nicotine changes the chemistry of the brain
 - b. Nicotine is **addictive**, capable of causing a user to develop intense cravings.
2. **Tar** is a thick, oily, dark liquid that forms when tobacco burns.
 - a. When smokers inhale, tar deposits form on the **bronchi**, which are passages through which air enters and spreads through the lungs.
 - b. If tar builds up in the lungs, it can cause serious diseases.
3. **Carbon monoxide** is a poisonous, colorless, odorless gas. It is released when tobacco is burned.
4. There are many different tobacco products on the market.
 - a. **Cigarettes** are the most common tobacco product.
 - b. **Cigars and pipes** are examples of other tobacco products, and they are just as addictive and harmful as cigarettes.
 - c. **Smokeless tobacco** is ground tobacco that is chewed or inhaled through the nose.

Smokeless tobacco contains more nicotine than cigarettes

These products can lead to serious health problems

Lesson 2 Health Risks of Tobacco Use

1. **Tobacco use** is hazardous to your health.
2. **Short-term** physical effects of tobacco use:
 - a. Changes take place in brain chemistry
 - b. User has shortness of breath
 - c. Reduced energy
 - d. Coughing
 - e. More phlegm
 - f. Upset stomach
 - g. Dulled taste buds
 - h. Increased heart rate
 - i. Tooth decay
3. **Long-term** physical effects of tobacco use:
 - a. Increased risk of stroke
 - b. Risk of lung cancer
 - c. Risk of emphysema
 - d. Weakened and narrowed blood vessels
 - e. Risk of throat, gum, and tooth disease
 - f. **Chronic Obstructive Pulmonary Disease (COPD)** a condition in which passages in the lungs become swollen and irritated, eventually losing their elasticity.
 - g. **Cardiovascular Disease**, which is a disease of the heart and blood vessels.

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Lesson 3 Tobacco Addiction

1. **Nicotine** is a powerful drug. Once addicted, it becomes very difficult to quit smoking. The body develops a **tolerance** to nicotine. This is a process in which the body needs more of a drug to get the same effect.
2. Tobacco users develop a **physical dependence**. This is a type of addiction in which the *body itself* feels a direct need for the drug. If nicotine levels drop, the body begins to crave it.
3. Tobacco users also develop a **psychological dependence**. This is an addiction in which the *mind* sends the body a message that it needs more of a drug.
4. Certain habits or situations can make a smoker feel the need to smoke.
5. Help to quit tobacco use:
 - a. Prepare to stop
 - b. Get support and encouragement
 - c. Find out about health services
 - d. Change your daily routine
 - e. Follow a healthy lifestyle
6. When a person stops using tobacco, he or she may go through **withdrawal**. Withdrawal symptoms are physical and psychological reactions that occur when someone stops using an addictive substance.
 - a. Headaches
 - b. Fatigue
 - c. Hunger
 - d. Restlessness
 - e. Irritability
7. Many people who decide to quit tobacco suffer a **relapse**, the use of a drug after attempting to stop. Most people attempt to quit several times before they succeed.

Lesson 4 Tobacco's Costs to Society

1. There are many costs related to tobacco use.
 - a. Smokers spend around \$5.50 per pack of cigarettes, which adds up to a lot of money each month.
 - b. Smokers pay higher health insurance rates because they suffer more health problems.
 - c. Nonsmokers can suffer health issues from breathing in smoke, too.
2. **Secondhand smoke**, or environmental smoke, is a mixture of two forms of smoke from burning tobacco products.
 - a. **Side stream smoke**, which is smoke that comes directly from a burning cigarette, pipe, or cigar.
 - b. **Mainstream smoke**, which is smoke that is exhaled by a smoker.
3. A **passive smoker** is a nonsmoker who breathes in secondhand smoke. Passive smokers can develop the same health issues as smokers.
4. Secondhand smoke can be particularly harmful for small children.
5. Smoking during pregnancy:
 - a. Can increase risks of premature birth
 - b. Low birth weight
 - c. Developmental problems for the baby

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Lesson 5 Choosing to Be Tobacco Free

1. Despite all the information on the health problems related to tobacco use, many teens still try tobacco.
2. Reason why teens try tobacco:
 - a. **Negative peer pressure**, which is the pressure you feel to go along with harmful behaviors or beliefs of others your age.
 - b. They see family members using tobacco
 - c. Tempted by images in the media
 - d. **Point-of sale promotions**, advertising campaigns in which a product is promoted at a store's checkout counter, can tempt a teen
3. Teens can stay tobacco-free by avoiding situations where tobacco products will be used.
4. Teens can respond to negative peer pressure by practicing their **refusal skills**, such as using the S.T.O.P. strategy.

Chapter 14 Summary

Drugs

Lesson 1 Drug Misuse and Abuse

1. A **drug** is a substance other than food that changes the structure or function of the body or mind.
2. **Medicines** are drugs that are used to prevent or treat illnesses and disease. Medicines are categorized into two general types.
 - a. **Prescription medicines** can be sold only with a written order from a physician
 - b. **Over-the-counter medicines, or OTC**, are safe enough to be taken without a written order from a physician.
3. Both types of medicines can be misused. **Drug misuse** is taking or using medicine in a way that is not intended.
4. Sometimes medicines have **side effects**, any effect of a medicine other than the one intended.
5. **Drug tolerance** may develop if a medicine must be taken for a long period of time. **Tolerance** is a condition in which a person's body becomes used to the effect of a medicine and needs greater and greater amounts of it in order for it to be effective.
6. **Drug abuse** is intentionally using drugs in a way that is unhealthy or illegal.
7. People who abuse drugs are at risk of developing an **addiction**, which is a physical or psychological need for a drug.

Lesson 2 Marijuana and Other Illegal Drugs

1. **Marijuana** is dried leaves and flowers of the hemp plant, called **cannabis sativa**. It is commonly called pot or weed.
2. **THC** is the main chemical in marijuana, which alters the way the brain processes information.
3. **Short-term effects** of marijuana:
 - a. A reduction in reaction time and coordination

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4. **Long-term effects** of marijuana:
 - a. Lung cancer among other serious problems
5. **Club drugs** are often used in dance clubs or raves. Club drugs effects:
 - a. Hallucinations
 - b. Paranoia
 - c. **Amnesia**, which is partial or total loss of memory
6. **Anabolic steroids** are synthetic substances related to the male sex hormones. These drugs are abused by people to enhance their athletic abilities by *adding muscle mass* and increasing their *strength and endurance*. Using steroids can put a person's health at risk. Steroid use can cause a **hormone imbalance**, which can result in problems in male and female development.

Lesson 3 Narcotics, Stimulants, and Depressants

1. **Narcotics** are specific drugs that are obtainable only by prescription and are used to relieve pain.
2. **Opium** is a liquid from the poppy plant that contains substances that numb the body, and historically narcotics were made from opium.
3. Narcotics are highly addictive drugs that produce **euphoria**, a feeling of well-being or elation.
4. People who abuse narcotics risk serious health problems.
5. Once a person begins using narcotics, the body is accustomed to having the drug. When the drug is taken away, the user experiences **withdrawal symptoms**, which are symptoms that occur after chronic use of a drug is reduced or stopped.
6. Narcotics include:
 - a. Heroin
 - b. Codeine
 - c. Vicodin
 - d. Morphine
 - e. OxyContin
7. **Stimulants** are drugs that speed up activity in the human brain and spinal cord.
8. **CNS depressants**, also known as **sedatives or tranquilizers**, are substances that slow down normal brain function. These drugs are sometimes prescribed by physicians for sleeplessness, anxiety, or tension. Sometimes, however, these drugs are abused, and when used over long periods of time, they can result in **tolerance** or **addiction**.

Lesson 4 Hallucinogens and Inhalants

1. **Hallucinogens** are drugs that distort moods, thoughts, and senses. The most widely abused and strongest hallucinogen is LSD.
 - a. **LSD**, a drug made from lysergic acid. A tiny amount of this drug produces a strong effect, and the user may experience hallucinations.
 - b. **PCP** is a drug that is commonly grouped in the category of hallucinogens because the effects of the drug are similar to those of LSD.
2. **Inhalants** is any substance whose fumes are sniffed and inhaled to produce mind-altering sensations.

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- a. Household products
 - i. Paint
 - ii. Cooking sprays
 - iii. Lighter fluid can be abused as inhalants
- b. Toxic inhalants can cause serious harm and even death. Symptoms of inhalant abuse:
 - i. Eyes that are red or runny
 - ii. Sores or spots near the mouth
 - iii. Breath that smells like chemicals
 - iv. Holding a pen or marker near the nose

Lesson 5 Getting Help

1. The *first step* in getting help for drug abuse is for the user *to recognize that he or she has a problem*.
2. Symptoms of drug abuse:
 - a. Tolerance
 - b. Craving
 - c. Loss of control
 - d. Physical dependence
 - e. Withdrawal symptoms
3. Although some of the harmful effects of drug abuse can be permanent, drug addiction is a treatable disease.
Treatment options for people struggling with drug addiction:
 - a. Inpatient or outpatient settings
 - b. Programs have detoxification units for people going through withdrawal
 - c. **Detoxification** is the physical process of freeing the body of an addictive substance
 - d. Counseling
 - e. Support groups

Lesson 6 Staying Drug Free

1. **Drug free** is a characteristic of a person not taking illegal drugs or of a place where no illegal drugs are used.
2. Refusing drugs is very important way of staying healthy.
3. If you feel pressure to experiment with drugs, remember the **S.T.O.P. strategy**.
4. Benefits of staying drug free:
 - a. Protecting your body against the harmful effects of drugs
 - b. Being able to concentrate better and do better in school
 - c. Being able to enjoy other interests with family and friends
5. Positive alternatives to drug use:
 - a. Begin a regular physical activity
 - b. Volunteer to help someone in your community
 - c. Join a school club
 - d. Organize a new club
 - e. Take part in a drug-free event
 - f. Balance enough physical activity with enough rest
 - g. Form friendships with people who are drug free