Chapter 8 Summary

Tobacco

Lesson 1 How Tobacco Affects the Body
1. Among the harmful substances found in tobacco is nicotine, an addictive, or habit-forming, drug found in tobacco.
2. Once people are addicted to nicotine, their bodies have a strong need, or craving, for it.
3. When tobacco burns, it produces tar, a thick dark liquid that coats the airways and the linings of the lungs of smokers.
4. Among the dangerous substances contained in tobacco smoke is carbon monoxide, a colorless, odorless, poisonous gas produced when tobacco burns.
   a. Carbon monoxide damages the brain and heart.
   b. Too much of it can kill a person.
   c. Tobacco smoke also damages tiny air sacs in the lungs called alveoli. Damage to the alveoli can cause emphysema, a disease that destroys the alveoli in the lungs and can be fatal.
   d. Smoking tobacco affects a person’s entire body. When people breathe in smoke, all five of their body systems are affected.

Lesson 2 The Respiratory System
1. The oxygen that you breathe in gets to your cells by traveling through your respiratory system. Your respiratory system includes organs that supply your blood with oxygen.
2. Blood carries the oxygen to your whole body.
3. The passageway in your throat that takes air into and out of your lungs is the trachea.
4. The epiglottis is a flap of tissue in the back of your mouth that keeps food out of your trachea. It covers the trachea when you eat and uncovers it when you breathe.
5. Two passageways called bronchi branch from the trachea, one to each lung.
6. Your lungs are two large organs that exchange oxygen and carbon dioxide.
7. Below the lungs is a large, dome-shaped muscle called the diaphragm; its job is to enable breathing by expanding and compressing the lungs.
8. Tobacco use can cause and aggravate problems affecting the respiratory system.
9. Smoking also can cause cancer.
10. A person who quits smoking can reduce the risk of developing cancer. Your whole body depends on a healthy respiratory system.

Lesson 3 Tobacco Use and Teens
1. Tobacco contains nicotine, a drug that causes addiction.
2. An addiction is a mental or physical need for a drug or other substance.
3. Anyone who stops using nicotine goes through withdrawal, the experience of unpleasant symptoms that occurs when he or she stops using an addictive substance.

4. Tobacco users first become psychologically dependent on tobacco. Psychological dependence is a person’s belief that he or she needs a drug to feel good or function normally.

5. Tobacco users also have a physical dependence on nicotine. This happens when the body develops a chemical need for the drug.
   a. Teens can develop a physical dependence very easily.
   b. The body’s tolerance for nicotine increases over time. Tolerance is the body’s need for larger and larger amounts of a drug to produce the same effect.

6. Tobacco companies have found that teens are a good target audience: a group of people for whom a product is intended.
   a. Tobacco ads are designed to appeal to young people. That is why teens need media literacy, the ability to understand the goals of advertising and the media.
   b. Teens need to be savvy about how tobacco companies make use of product placement. Product placement is a paid arrangement by a company to show its products in media such as television or film.

Lesson 4 Tobacco Use and Society

1. Even nonsmokers may have their health compromised by tobacco. When people smoke near you, you breathe their secondhand smoke, air that has been contaminated by tobacco smoke.

2. When nonsmokers breathe in secondhand smoke, they are known as passive smokers.

3. Secondhand smoke comes in two forms.
   a. One is mainstream smoke, the smoke that is inhaled and then exhaled by a smoker.
   b. The other is side stream smoke, smoke that comes from the burning end of a cigarette, pipe, or cigar.
      i. Side stream smoke, containing twice as much tar and nicotine as mainstream smoke, is especially dangerous.

4. Nonsmokers have rights. They have the right to breathe air that is free of tobacco smoke and protect themselves from secondhand smoke. There are more smoke-free places than ever before. There also are more laws against secondhand smoke. Laws now control how tobacco companies package and sell cigarettes.

Lesson 5 Saying No to Tobacco Use

1. The healthiest choice anyone can make is to stay tobacco free and spend time with others who are tobacco free.

2. Practicing your refusal skills will help you to stay tobacco free.

3. Being tobacco free has lots of benefits
   a. Staying healthy
   b. Having clearer skin and fresher breath
4. People who smoke can and do quit the habit. Some tips to help someone quit smoking are:
   a. List reasons for quitting
   b. Set small goals
   c. Choose tobacco-free places to spend time
   d. Change tobacco-related habits
   e. Be physically active
   f. Keep trying
   g. Some people use resources such as support groups and doctors; others go it alone.
   h. Some people choose to quit gradually; others go cold turkey. This means they stop all use of tobacco products immediately. In a week or two, their bodies will be free of nicotine. However, withdrawal symptoms may last longer than that.

**Chapter 9 Summary**

**Alcohol**

**Lesson 1 Alcohol Use and Abuse**

1. **Alcohol** is a drug created by a chemical reaction in some foods. It is an addictive *depressant*, affecting a person physically, mentally, and socially by slowing down the activity of the brain and nervous system.
2. When a person feels the effects of drinking alcohol, he or she is *intoxicated*. The more alcohol that is put into the body, the greater the *blood-alcohol concentration, or BAC*. This is the amount of alcohol in the blood.
3. Alcohol has both short-and long-term effects of the body:
   a. Some short-term effects of alcohol affect the brain, the heart, and the liver and kidneys.
   b. Long-term use of alcohol can lead to major health problems. For instance, it can cause *cirrhosis*, which is scarring and destruction of liver tissue, as well as *ulcers*, which are open sores in the stomach lining.
4. It is one of the most widely used and abused drugs in the United States. **Alcohol abuse** is using alcohol in ways that are unhealthy or illegal, and it can lead to **alcoholism**, a disease in which a person has a physical and psychological need for alcohol.

**Lesson 2 The Nervous System**

1. The **nervous system**, which is your body’s control center, is made up of cells called *neurons*, or nerve cells that send and receive messages to and from the brain.
2. The nervous system can be divided into two parts:
   a. The brain and spinal cord comprise the central nervous system (CNS); and the nerves that connect the central nervous system to all parts of the body comprise the peripheral nervous system (PNS).
b. The peripheral nervous system (PNS) is the command center, or coordinator of the nervous system, is the brain, which receives information and sends messages to the other parts of the body.

3. The brain communicates directly with the spinal cord, a long bundle of neurons that sends messages to and from the brain and all other parts of the body.

4. The nervous system can become injured or it may be affected by diseases and disorders. Some medical disorders that can harm the nervous system:
   a. Multiple Sclerosis, or MS
   b. Cerebral Palsy
   c. Epilepsy

5. Alcohol can also affect the brain, destroying millions of brain cells.

6. Three ways to take care of your nervous system:
   a. Lead a healthy lifestyle
   b. Abstain from alcohol and drugs
   c. Follow basic safety rules.

Lesson 3 Alcohol Use and Teens

1. Main reasons that teens use alcohol
   a. Peer pressure
   b. Feel some relief from confusing or painful emotions that they do not know how to handle.
   c. Using alcohol in the media is often made to look fun and exciting. The companies that make alcohol do not want people to think about or see the negative effects of their product. However, there are many negative effects, especially for teens whose bodies are still growing and whose brains are still developing. Many teens do not realize that drinking alcohol can kill them.
   d. Sometimes teens dare each other to drink a lot of alcohol as quickly as possible, a dangerous practice known as binge drinking. In addition to being harmful, alcohol is illegal for minors. A minor is a person under the age of adult rights and responsibilities.

Lesson 4 Alcohol Use and Society

1. Alcohol is damaging not only to an individual’s body. It can also harm your schoolwork, your decision-making abilities, and your relationships.

2. One of the most dangerous problems with alcohol is drunk driving, which too often results in injury or death.

3. Teens who use alcohol:
   a. Damage family relationships and lose their friends
   b. Can end up very lonely
   c. Interest in alcohol causes them to lose interest in sports and activities
   d. When a person uses alcohol to deal with emotions, he or she may suffer from mood swings. Often, these lead to violence, an act of physical force resulting in injury or abuse.
   e. People who become violent when they are using alcohol often are covering up difficult emotions, such as anger or sadness.

4. A health care professional or a support group is the healthful way of dealing with feelings without using alcohol.
Lesson 5 Saying No to Alcohol Use

1. Reasons to refuse alcohol:
   a. Choose to respect yourself
   b. Lead a healthy lifestyle
   c. Care about your relationships
2. Refusal skills are strategies that help you say no effectively.
3. To say no to alcohol, use the S.T.O.P strategy:
   a. Saying no firmly
   b. Tell why not
   c. Offer another idea
   d. Promptly leave
4. There are ways to get help for alcohol abuse.
5. Alcoholism is a difficult disease to overcome, but it can be done. Many alcoholics deny that they have a problem with drinking. Others are afraid of going through withdrawal, a series of painful physical and mental symptoms associated with recovery from a drug.
6. Speak with a trusted adult if you or anyone you know has an alcohol problem.

Chapter 10 Summary

Drugs

Lesson 1 Drug Use and Abuse

1. A drug is a substance other than food that changes the structure or function of the body or mind.
2. Most medicine is made from drugs. Some medicines are available over-the-counter (OTC), which means they are found on the shelves of local pharmacies or grocery stores.
3. Any kind of drug can be misused or abused. Drug misuse means taking or using medicine in a way that is not intended. Misuse of medicine can lead to drug abuse.
4. Drug abuse is intentionally using drugs in a way that is unhealthful or illegal.
5. When people take illegal drugs, they are abusing drugs. When they intentionally use legal drugs for nonmedical purposes, they are also abusing drugs.
6. Consequences of drug misuse or abuse:
   a. Serious illness and death
   b. Damage to your mental/emotional and social health

Lesson 2 Types of Drugs and Their Effects

1. Some drugs are more harmful than others. When a person uses a drug over time, he or she can develop a tolerance, which is the need for more of a substance to get the same effect.
2. A person can also overdose, which is taking more of a drug than the body can tolerate.
3. Other drugs, known as depressants, slow down the body’s functions and reactions.
4. Some drugs, known as stimulants, speed up the body’s functions.
   a. Amphetamines
   b. Methamphetamines
Cocaine are strong stimulants that speed up the nervous system.

5. Another category of illegal drugs is the **club drug**. Often used to make people feel relaxed, **club drugs** are found mostly in nightclubs or at all-night dance parties called raves.

6. Drugs that get rid of pain and dull the senses are called **narcotics**.

7. **Hallucinogens** are drugs that distort moods, thoughts, and senses.

8. **Inhalants**, the vapors of chemicals that are sniffed to get a “high,” are often the drug of choice by preteens and young teens.

### Lesson 3 Drug Risks and Teens

1. Drugs are especially harmful to teens because their bodies and brains are still developing.

2. Drugs can affect the long-term development of many body systems. Because of the very real dangers of drugs, most schools have made themselves **drug-free zones**. A drug-free zone is a 1,000-yard distance around a school where anyone caught with drugs can be arrested.

3. **Drug possession** occurs when a person has or keeps illegal drugs.

4. Students caught using drugs or being under the influence of any drugs:
   a. Can be suspended and even expelled from school
   b. Can be arrested or spend time in a detention center and they, as well as their parents, may be fined
   c. Can get a criminal record for drug possession
   d. Some teens are sentenced to **probation**, a set period of time during which a person who has been arrested must check in regularly with a court officer.

### Lesson 4 Staying Drug Free

1. Choosing to avoid illegal drugs and the improper use of legal drugs is one of the most important and healthful decisions you will ever make in life. When you avoid drugs, you are respecting yourself and the law. You are also thinking of your future by staying in control and acting responsibly.

2. If your aim is to have a good time, there are many alternatives to using drugs. An **alternative** is another way of thinking or acting.

3. When you are having a hard time dealing with people or feelings, it is especially important to remember there always are alternatives to drugs.
   a. Deal with problems and issues rather than covering them up with drug use.
   b. To avoid drugs, it is often not enough just to say no.
   c. You need to communicate the message with your **body language** and attitude by being assertive, by standing up for yourself in a firm but positive way.