

# ESSENTIAL STANDARD



6.ATOD.1 Analyze influences that the use alcohol, tobacco, and other drugs.

# Clarifying Objective

- 6.ATOD.1.2 - Illustrate the effects of alcohol and other drugs on behavior, judgment, family relationships, and long-term success.
- 6.ATOD.3.2 - Summarize the short-term and long-term benefits of resistance to drug abuse.

# Statement of Objectives:

Today we are going to examine the ways in which drugs can interfere with our future goals and priorities and summarize the benefits of resisting substance abuse. By the end of today's lesson, you will be able to identify both the short-term and long-term advantages of not using alcohol or other drugs.

# Effects of Drugs

# Alcohol

- Alcohol is a depressant that decreases the function of the Central Nervous System.
- Alcohol can impair coordination, memory, judgment, and decision making
- Alcohol is both physically and psychologically addictive.



# Risks and Effects

## Short-Term

- Reduced tension
- Poor concentration
- Reduced coordination
- Slurred speech
- Altered emotions
- Vomiting
- Possible death

## Long-Term

- Disrupts brain development
- Liver damage
- Risk of heart disease
- Brain cells die
- Unintentional injuries
- Family problems

# Marijuana



- Marijuana consists of dried and shredded leaves, seeds, stems and flowers from the plant *cannabis sativa*.
- Marijuana is mainly regarded as a hallucinogenic drug.
- Marijuana is a highly psychologically addictive drug.

# Risks and Effects

## Short-Term

- Distorted perception
- Loss of coordination
- Trouble with thinking and problem solving
- Paranoia and anxiety
- Short-term memory loss

## Long-Term

- Damage to lungs
- Fatal accidents
- Depression
- Anxiety

# Methamphetamine



- Meth is a highly addictive stimulant that releases the brain chemical dopamine.
- Meth is a very dangerous drug to make, as it contains many chemicals that are harmful to the body.
- Meth can be snorted, smoked, or injected into the bloodstream.

# Risks and Effects

## Short-Term

- Increased wakefulness
- Decreased appetite
- Irregular heartbeat
- Increased blood pressure

## Long-Term

- Anxious and violent behavior
- Tremors
- Scabs and open sores
- Loss of weight
- Prolonged insomnia

# Meth: Not Even Once

- <http://www.youtube.com/watch?v=LkLiwPhdUJU>

**METH**

**NOT even ONCE.**

# Notes

- All drugs have addictive qualities.
- Physically addicting drugs contain substances that humans develop a tolerance to.
- **Tolerance** means a person's body or brain gets used to the drug.
- That usually leads to the user needing more and more of the drug to feel the effects or the "high" they want.
  - Alcohol, and even caffeine, are examples.
  - When an individual has become addicted to a drug, he or she begins to depend on that drug in order to function.
  - If the individual were to stop taking the drug, then he/she would show signs and symptoms of **withdrawal**.
  - **Common signs and symptoms of withdrawal** are headaches, shaking, mood swings, and insomnia.

# United Streaming

- Alcohol: Think, Don't Drink

# Worksheet on web

- Alcohol and your body

# Online game

- Sara's Quest
- Dr. NIDA's Challenge
- Space Wrangler

# Closure:

Today we discussed the benefits, both long-term and short-term of not using drugs. You are now able to see how your future goals and accomplishments can be affected by substance abuse. Focusing on the present with your future goals in mind will help you resist the pressure to use drugs and the associated risks.