

**7th Grade Alcohol, Tobacco and Other Drugs (ATOD)**

**7.ATOD.1.1 - Explain the common sequence of substance abuse that leads to serious health risks.**

**I. Pre-test**

- A. What are the 4 stages of the addiction process?**
- B. What are negative consequences of using drugs?**
- C. What stage of addiction is the most harmful? Why?**

**II. Notes**

**A. What are the Stages of Addiction?**

- 1. Stage 1: Experimental Use:** \_\_\_\_\_
  - a) \_\_\_\_\_ (3) \_\_\_\_\_
  - b) \_\_\_\_\_ (4) \_\_\_\_\_
- 2. Stage 2: Regular Use:** \_\_\_\_\_
  - a) \_\_\_\_\_ (3) \_\_\_\_\_
  - b) \_\_\_\_\_
- 3. Stage 3: Harmful Dependence:** \_\_\_\_\_
  - a) \_\_\_\_\_ (3) \_\_\_\_\_
  - b) \_\_\_\_\_ (4) \_\_\_\_\_
- 4. Stage 4: Dependency:** \_\_\_\_\_
  - (1) \_\_\_\_\_ (3) \_\_\_\_\_
  - (2) \_\_\_\_\_ (4) \_\_\_\_\_

***Explain health risks resulting from injection drug use.***

**I. Pre-Test**

- A. What are the health risks associated with injection drug use?**
- B. What drug are most commonly injected?**

**II. Notes:**

**A. What drugs are most commonly injected?**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

**B. What 3 ways can drugs be injected into the body?**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**C. What are the health risks associated with injected drugs?**

- 1. \_\_\_\_\_
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
- 2. \_\_\_\_\_
  - a) \_\_\_\_\_
- 3. \_\_\_\_\_
  - a) \_\_\_\_\_
- 4. \_\_\_\_\_

a) \_\_\_\_\_

b) \_\_\_\_\_

D. Where should you discard used needles? \_\_\_\_\_

E. What are some physical risks of injection drug use?

1. \_\_\_\_\_ (c) \_\_\_\_\_

2. \_\_\_\_\_ (d) \_\_\_\_\_

***Over-the-counter medicines from information provided by the manufacturers of these*****I. Pre-Test**

A. What is an over the counter medication?

B. Why do prescription drug labels have less information on them?

C. List 5 things that you should do to make sure you are taking your medications correctly.

**II. Notes**

A. What on an OTC label?

1. Active Ingredient - amount of active ingredient per unit

2. Uses - Symptoms or diseases the product will treat or prevent.

3. Warnings - When not to use the product; conditions that may require advice from a doctor

4. before taking the product; possible interactions or side effects; when to stop taking the product and when to contact a doctor; if you are pregnant or breastfeeding, seek guidance from a healthcare professional; keep product out of children's reach.

5. Inactive Ingredients - Substances such as colors or flavors

6. Purpose - Product action or category (such as antihistamine, antacid, or cough suppressant.)

7. Directions - Specific age categories, how to take, how much, how often, and how long

8. Other Information - How to store the product properly, and required information about certain

9. ingredients (such as the amount of calcium, potassium, or sodium the product contains)

10. The expiration date - (date after which you should not use the product).

11. Lot or batch code - (manufacturer information to help identify the product). Name and address of manufacturer, packer, or distributor.

12. Net quantity of contents - (how much of the product is in each package).

13. What to do if an overdose occurs

B. How to take medication safely

1. If you feel worse after taking a medicine, tell your doctor right away.

2. Double-check that you have the right medicine.

a) If you get the same prescription filled more than once, check that it's the same shape, size, and color as the last time. If not, be sure to ask the pharmacist about it.

3. Read the label and follow directions. Ask if you have questions.

4. Take medicines exactly as prescribed.

5. Ask if the medicine is likely to affect everyday tasks such as driving or concentrating in school.

6. Don't take more medication than is recommended.

7. Always follow your doctor's or pharmacist's instructions.

a) For instance, he or she may tell you to take a medicine with food to help lessen the stomach upset it can cause or instead to take the medicine on an empty stomach so as not to interfere with the medicine's absorption into your body.

8. Never share prescription medicine with anyone else, even if that person has the same thing as you do.

9. If you're already taking a medication but also want to take something you can buy over-the-counter, ask the

pharmacist.

10. Remember that drinking alcohol can dramatically worsen the side effects of many medications.
11. Be sure to tell your doctor if you are pregnant or might be pregnant.
12. Always tell your doctor and pharmacist if you're taking any other medicines or any herbal supplements so that he or she can check for any interactions between the medications.
13. Even if you get sick with what you think is the same old thing, don't decide on your own that you know what's wrong and take some leftover medicine.
14. Take antibiotics for the full length of the time prescribed, even if you start to feel better, so that all the germs are killed and the infection doesn't bounce back.
15. Keep medicines in their original labeled containers, if possible.
16. Don't use medicine that has expired, especially prescription medicine.
17. Medicines should not be stored in your bathroom because heat and humidity can affect the potency of the drug.
18. Make sure all medicines are stored safely and out of the reach of younger brothers or sisters and pets.
19. If you have any allergies, tell your doctor and pharmacist before they start you on a new medicine.
20. If you get a rash, start itching, vomiting, or have trouble breathing after starting a medication, tell your parents immediately.
  - a) Breathing difficulty, breaking out in hives, or suddenly developing swelling of the tongue, lips, face, or other body parts may be signs of a severe allergic reaction — get emergency medical care right away.

### I. Pre-Test

- A. How can drugs affect your goals?
- B. What is a SMART goal?
- C. List 4 tips to goal setting.

### II. Notes

- A. Is continued drug abuse a voluntary behavior?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
- B. Drug addiction is considered a \_\_\_\_\_ because drugs change the brain in structure and in function.
- C. Drug Dependence and Addiction (Myth or Fact)
  1. Drug addiction is a voluntary behavior. \_\_\_\_\_
  2. Weak people are the ones who become addicted to drugs. \_\_\_\_\_
  3. It's too late for me to quit smoking. The damage is done. \_\_\_\_\_
  4. You have to want drug treatment for it to be effective. \_\_\_\_\_
  5. People addicted to one drug are addicted to all drugs. \_\_\_\_\_
  6. Treatment for drug addiction is multi-faceted. \_\_\_\_\_
  7. Relapse can happen without warning. \_\_\_\_\_
- D. What is a SMART goal? \_\_\_\_\_
  1. S: \_\_\_\_\_
  2. M: \_\_\_\_\_
  3. A: \_\_\_\_\_
  4. R: \_\_\_\_\_
  5. T: \_\_\_\_\_
- E. Tips that can help you set effective goals:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_

**F. Pre-Test**

1. List 5 ways to respond to peer pressure.

**G. Notes**

1. What is important when communicating "no" to peer pressure?

- |          |           |
|----------|-----------|
| a) _____ | (d) _____ |
| b) _____ | (e) _____ |
| c) _____ |           |

2. Ten ways you can reply to peer pressure

- |          |           |
|----------|-----------|
| a) _____ | (f) _____ |
| b) _____ | (g) _____ |
| c) _____ | (h) _____ |
| d) _____ | (i) _____ |
| e) _____ | (j) _____ |

**III.****A. Pre-Test**

1. Where can you go to get help to quit drug, alcohol or tobacco products?
2. What are some resources for getting help with quitting drugs, alcohol and tobacco?

**B. Notes**

1. People who regularly use tobacco products develop a \_\_\_\_\_ to nicotine and may use more to feel the intended effects creating nicotine addiction.

2. What to do to QUIT...

- a) Tobacco users addicted to the nicotine must go through \_\_\_\_\_ in order to quit using tobacco.
- b) The body begins to immediately \_\_\_\_\_ itself once a person stops using tobacco however, quitting takes planning and effort.
- c) There are many resources that can be accessed when quitting tobacco.
- d) Physicians and their medical providers can help develop a plan for quitting, provide \_\_\_\_\_, and may prescribe a low-dose nicotine patch or gum ( \_\_\_\_\_ ) to help people cope with cravings for nicotine as they withdraw from the drug
- e) Users will gradually eliminate the need for nicotine and all tobacco products.
- f) Tobacco cessation programs can help people stop using tobacco and stay quit.
- g) Tobacco use is the single most \_\_\_\_\_ cause of death in our country today with approximately 440,000 deaths per year attributed to the use of tobacco.
- h) This is more deaths than alcohol, cocaine, heroin, homicide, suicide, car accidents, fire and AIDS combined.
- i) Each day over 2000 young people begin using tobacco and it is predicted that about 500 of them will die as adults from tobacco-related diseases including cardiovascular disease, cancers and lung diseases.
- j) The best advice for prevention is to never start.