**SUBSTANCE USE/ABUSE**

**DRUG –** ANY SUBSTANCE OTHER THAN FOOD THAT CHANGES HOW THE MIND/BODY WORKS

EXAMPLES (BRAINSTORM): TYLENOL, CLARITIN, MARIJUANA, TOBACCO, ALCOHOL, COCAINE, METH, CAFFEINE

**DANGERS OF ABUSING PRESCRIPTION DRUGS:**

-TEENS SEEM TO VIEW ABUSING RX DRUGS SAFER THAN OTHER DRUGS (4:10 TEENS REPORT THIS)

-COMMONLY ABUSED DRUGS ARE SEDATIVES, AND PAIN RELIEVERS

-OVERDOSE

-DANGEROUS DRUG INTERACTIONS (MORE THAN ONE DRUG AT A TIME)

-ALLERGIC REACTIONS

-SALE OR UNAUTHORIZED POSSESSION OF RX DRUGS IS ILLEGAL

**EFFECTS OF DRUGS**:

**A. TOLERANCE** – BUILDING UP AN “IMMUNITY” TO A DRUG- NEEDING MORE TO GET A DESIRED EFFECT

**B. DUPLICATION EFFECT (SYNERGISTIC)** – TAKING 2 OR MORE DRUGS AT THE SAME TIME INTENSIFIES THE EFFECTS OF THE DRUGS; CAN PRODUCE DANGEROUS RESULTS ON BODY

Example: ALCOHOL & SEDATIVES – BOTH ARE DEPRESSANTS AND CAN DEPRESS CENTRAL   
 NERVOUS SYSTEM AND CARDIOVASCULAR SYSTEM TO POINT OF COMA OR DEATH

**C. OPPOSITION EFFECT** – TWO DRUGS WITH OPPOSING EFFECTS CAUSE ONE OR BOTH TO NOT WORK

Example: ANTIBIOTICS & BIRTH CONTROL PILLS (SOME ANTIBIOTICS GREATLY REDUCE   
 EFFECTIVENESS OF BIRTH CONTROL PILL WHEN TAKEN AT THE SAME TIME)

**CLASSIFICATION OF DRUGS:**

**A. STIMULANTS** – EXCITE, AROUSAL, INCREASE ALERTNESS, ELEVATE MOOD. SPEEDS UP CENTRAL NERVOUS SYSTEM AND CARDIOVASCULAR SYSTEM. SPEEDS UP SIGNALS SENT TO THE BRAIN

EXAMPLES: AMPHETAMINES, CAFFEINE, NICOTINE (TOBACCO), COCAINE

**B. DEPRESSANTS** – SLOW DOWN THE CENTRAL NERVOUS SYSTEM AND CARDIOVASCULAR SYSTEM

EXAMPLES: ANALGESICS – PAIN RELIEVERS (NARCOTICS: OPIATES {HEROIN, MORPHINE})   
 SEDATIVE HYPNOTICS: RELAX, INDUCE SLEEP (ALCOHOL, ANTI-ANXIETY, TRANQUILIZERS)

**C. ANTIPSYCHOTICS/ANTIDEPRESSANTS** – PROZAC, LITHIUM

**D. HALLUCINOGENS** – MIND-ALTERING DRUGS THAT CAN CAUSE DISTORTED PERCEPTIONS OF TIME, SPACE, AND MAY CAUSE PARANOIA OR HALLUCINATIONS, AND FLASHBACKS  
- CAN COME FROM PLANTS OR BE CHEMICALLY MANUFACTURED

EXAMPLES: MARIJUANA, ROHYPNOL (ROOFIES), ECSTASY, MESCALINE AND PSYLOCYBIN   
 (CACTUS & MUSHROOMS), LSD (ACID)