What is a drug?
What is a drug?

A substance (other than food) which causes a change in the body.
Drugs can be used for medicine or recreation.
What are the most commonly used recreational drugs?
Around the World:
1. Alcohol
2. Tobacco
3. Cannabis (Marijuana)
4. Caffeine
5. MDMA (Ecstasy)
6. Cocaine
7. E-Cigarettes
8. Amphetamines
9. Mushrooms
Types of Drugs

- Depressant
- Stimulant
- Hallucinogen
- Opioids
Tell your partner how each type of drug affects body.
Depressants

Substances that can slow brain activity.

Some examples:

Medical  Recreational
Xanax    Alcohol
Valium   Marijuana
# Effects of Depressants

## Short-Term Effects:
- Slowed thinking
- Poor concentration
- Confusion
- Fatigue
- Slurred Speech
- Visual Disturbances
- Lack of Coordination

## Long-Term Effects:
- Tolerance, Dependency & Addiction
- Depression
- Chronic Fatigue
- Sleep Problems
- Certain Diseases (depends on drug)
- Coma or Death
Materials:
Pen(cil)
Notes from yesterday

Absent?
Take blue note packet from front table and copy neighbor’s notes

Warm-Up:
Without looking at your notes, what is a “drug”?

___
Stimulants

Increases activity in the brain and body.

Some examples:

Medical
- Adderall
- Ritalin

Recreational
- Caffeine
- Nicotine
- Cocaine
Effects of Stimulants

**Short-Term Effects:**
- Increased alertness, attention
- Elevated heart rate, blood pressure
- “Down” following the “up”
- Exhaustion
- Depression
- Racing pulse
- Shaking

**Long-Term Effects:**
- Addiction
- Hostility
- Paranoia
- Irregular Heartbeat
- Sleep Problems
- Seizures
- Heart Failure
Hallucinogens

Distorts thought, perception, and mood.

Some examples:

- LSD
- PCP
- “Magic” Mushrooms

Hallucinations: Sensations or images that seem real although they are not.
Hallucinogens

**Short-Term Effects:**
- Increased heart rate
- Intensified feelings
- Changes in sense of time
- Sleep problems
- Uncoordinated movement
- Panic, paranoia

**Long-Term Effects:**
- Tolerance
- Possible mood disorders
- Many long-term effects are not yet understood
Opioids

Alter the brain’s perception of pain.

Some examples:

Vicodin
Hydrocodone
Codeine
Heroin
Opioids can also be dangerous if you take them with alcohol, or with certain other drugs such as antidepressants, antihistamines, sleeping pills.
Overdose

Use of a drug in greater than recommended or safe amounts.

This can result in coma or death.

If enough of one chemical enters the body, it can be toxic.

● Heroin
● Vicodin, other Rx painkillers
● Methamphetamine
● Cocaine
● Alcohol
● Mixing drugs together
Addiction: A physical or psychological need for a drug.