Drug Awareness Presentation

San Felipe Del Rio Consolidated ISD

What are Drugs?

Drugs are chemicals and substances that affect both your mind and your body. The prolonged use of drugs may lead to **physical** and/or **psychological** dependence. An overdose of any drug may lead to **death**.

Why do teens try drugs?

To Feel Older

TO FEEL COOL

To Feel Different

Peer Pressure

Media

Friends/Family

To relieve stress/relax

Boredom

Celebrations

Past Emotional/PhysicalTraumas

RISK FACTORS

- FRIENDS WHO USE DRUGS
- ABSENCE OF HEALTHY RECREATIONAL OR LEISURE INTERESTS
- EARLY ANTISOCIAL BEHAVIOR (E.G., AGGRESSION, HYPERACTIVITY, DEFIANCE)
- PARENTAL DRUG USE
- ACADEMIC FAILURE, LITTLE COMMITMENT TO SCHOOL
- FAVORABLE ATTITUDE TOWARDS DRUGS
- PRENATAL EXPOSURE TO ALCOHOL (FAS/E)
- FAMILY MANAGEMENT PROBLEMS
  - POORLY DEFINED RULES
  - LACK OF MONITORING
  - EXCESSIVE DISCIPLINE
  - NEGATIVE COMMUNICATION PATTERNS
  - POOR ANGER MANAGEMENT

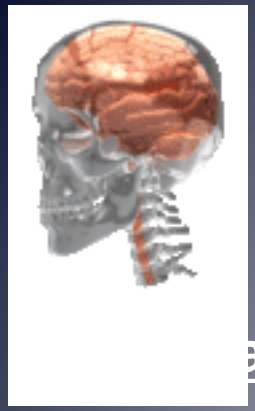
Types of Drugs

Stimulants (Uppers)	Depressants (Downers)	Hallucinogens
What do they do? Speed up the brain and central nervous system.	**What do they do?** Slow down the brain and central nervous system.	**What do they do?** These drugs alter the user's state of consciousness. (Distort auditory and visual sensations)
Examples: - Caffeine (coffee, energy drinks, tea) - Nicotine (cigarettes) - Amphetamines (meth, ecstasy) - Speed - "Bath salts" - Cocaine and Crack Cocaine - Diet Pills	**Examples:** - Alcohol (beer, wine, vodka, tequila, gin, etc.) - Heroin - Tranquilizers - Sleeping Pills - Marijuana	**Examples:** - LSD - Ecstasy - Magic mushrooms - Peyote - PCP

Alcohol

Alcohol is a central nervous system depressant. Alcohol goes directly from your digestive system into your blood stream and within minutes it spreads to the entire body. The brain gets the highest concentration because it gets more blood than any other part of the body.

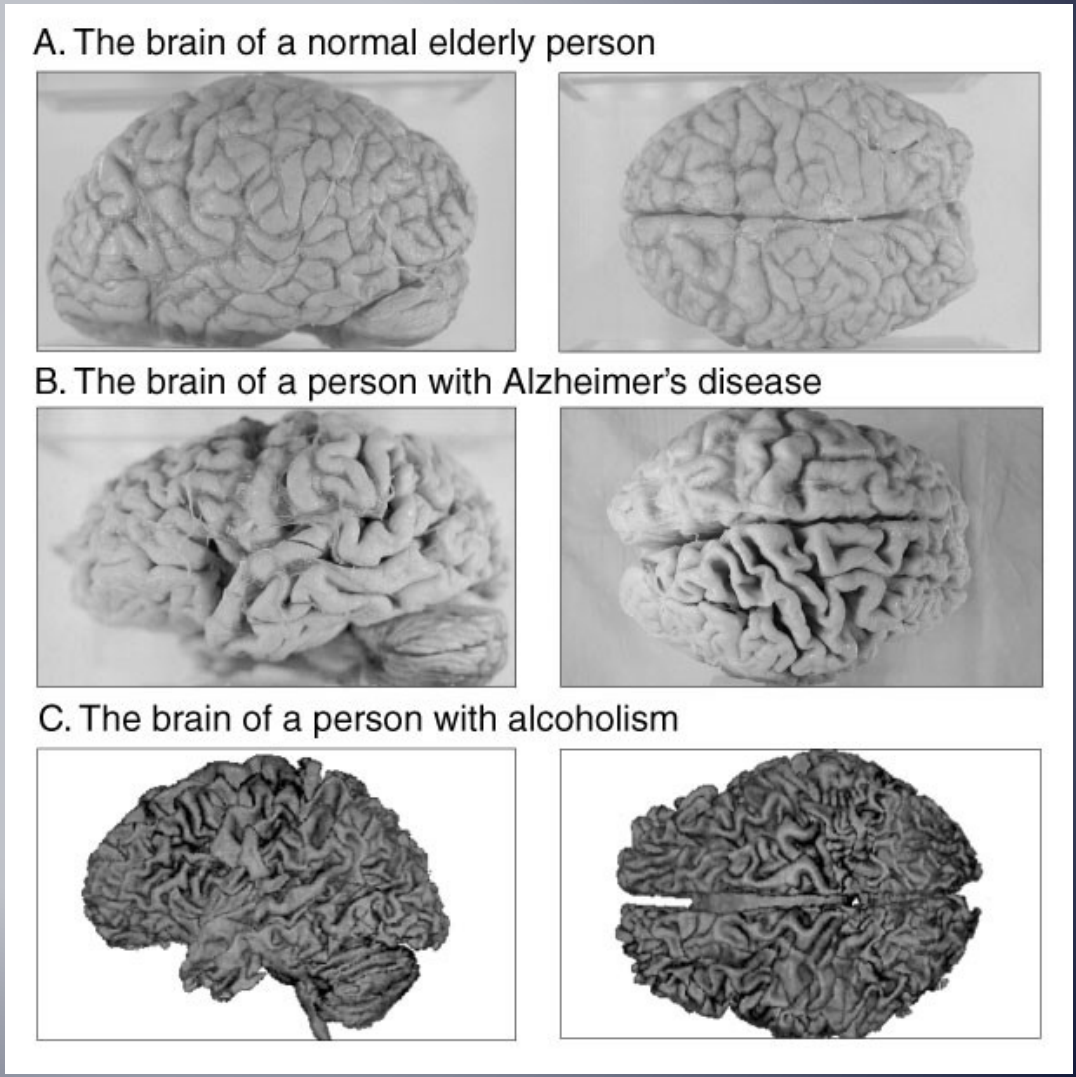
In low doses causes:	In medium doses causes:	In high doses causes:
- A relaxing effect - Reduced tension - Lower inhibitions - Impaired concentration - Slower reflexes - Impaired reaction time - Reduced coordination	- Slurred speech - Drowsiness - Altered emotions	- Vomiting - Breathing difficulties - Unconsciousness - Coma - **DEATH!**



Alcohol's Effects on the Body

<u>al Nervous System</u>

- Altered Speech
- Hazy thinking
- Slowed reaction time
- Dulled hearing
- Impaired vision
- Weakened muscles
- Foggy memory



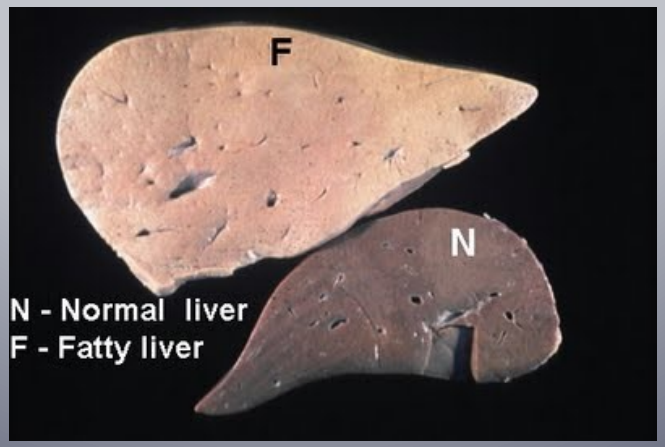
Alcohol's Effects on the Body

Liver

Long-term excessive drinking can cause:

- **Fatty liver Disease: the earliest state of alcohol-related liver disease. It is the build up of extra fat in liver cells. Almost all heavy drinkers have fatty liver disease. However, if they stop drinking, fatty liver disease will usually go away.**

  Symptoms (if any) include: fatigue, weakness and weight loss.



Alcohol's Effects on the Body

Liver

Long-term excessive drinking can cause:

- **Alcoholic Hepatitis: Causes the liver to swell and become damaged. Up to 35% of heavy drinkers develop alcoholic hepatitis. Alcoholic Hepatitis can be mild or severe. If it is mild, liver damage may be reversed. If it is severe, it may occur suddenly and quickly lead to serious complications including liver failure and death.**

  Symptoms include: loss of appetite, nausea, vomiting, abdominal pain, fever and jaundice.

Alcohol's Effects on the Body

Liver

Long-term excessive drinking can cause:

- **Alcoholic cirrhosis: Alcoholic cirrhosis is the scarring of the liver – hard scar tissue replaces soft and healthy tissue. It is the most serious type of alcohol related liver disease. Between 10 and 20 percent of heavy drinkers develop cirrhosis. The damage from cirrhosis cannot be reversed and can cause liver failure. Not drinking alcohol can help prevent further damage.**

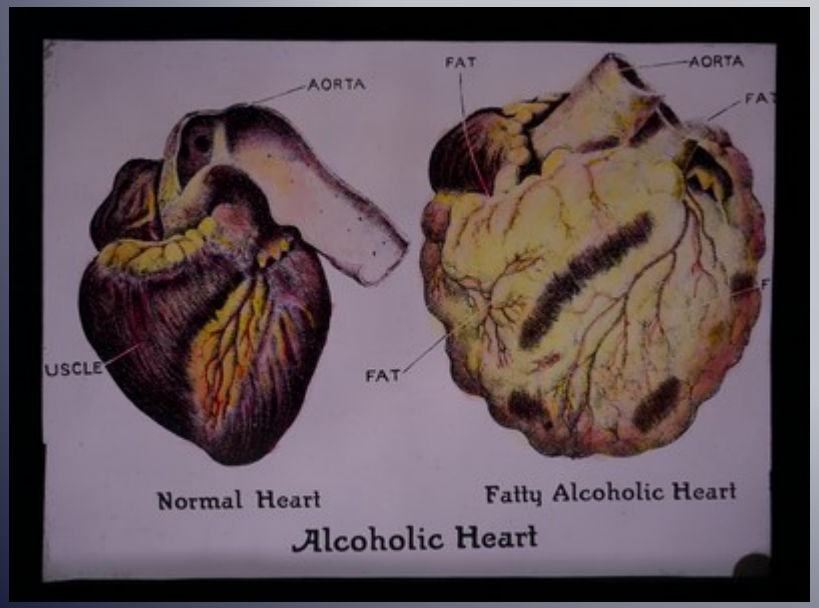
Alcohol's Effects on the Body

Kidneys

- Impairs their ability to regulate the volume and composition of fluid and electrolytes in the body

Heart

- Chronic, heavy alcohol use increases the risk of heart disease.
- Alcohol can also worsen high blood pressure and diabetes, two risk factors for heart disease.



Alcohol Kidney Damage

Alcohol: Drinking and Driving

Not only does Alcohol damage your body, it can cause you to murder or seriously hurt someone with a vehicle.

FACT: An estimated 32% of fatal car crashes involve an intoxicated driver or pedestrian. Drinking alcohol and driving simply do not go together.

Driving While Intoxicated (DWI) is a Crime!

If you are intoxicated, you will face a substantial fine, a mandatory surcharge, license revocation, higher insurance premiums, and possible incarceration. You also won't be eligible to receive Federal Student Aid (FAFSA) for college.

NICOTINE AND TOBACCO

tine can be addictive like alcohol, cocaine and morphine.

Causes: Tobacco is a plant grown for its leaves, which are smoked, chewed, or sniffed for a variety of effects.

- Tobacco contains a chemical called nicotine. Nicotine is an addictive substance.
- Tobacco also contains more than 19 known chemicals that can cause cancer. As a group, these are called “tar.” More than 4,000 other chemicals can be found in tobacco.

Why is early smoking so harmful?

People who start smoking as young teens are more likely to:

- Get addicted to nicotine.
- Become lifetime smokers.
- Get diseases caused by tobacco use.
- Die from a disease caused by tobacco use.

Photo courtesy of New York City Department of Health and Mental Hygiene

NICOTINE AND TOBACCO- Medical Consequences

Smoking causes disease and death

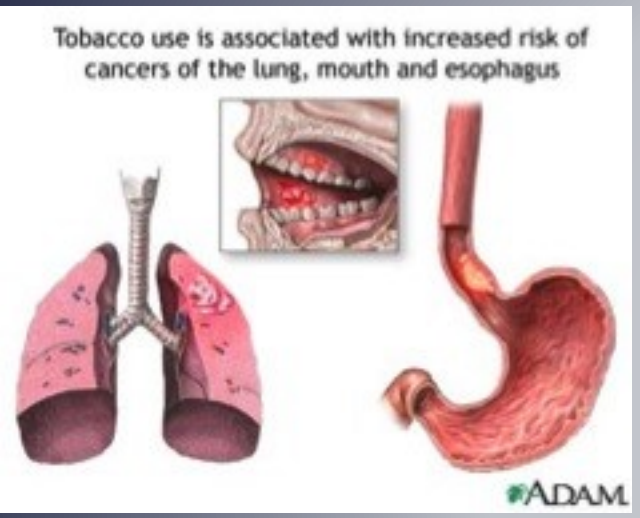
People who smoke don't have to wait for tobacco use to damage their health. There are more than 7,000 chemicals and chemical compounds in cigarette smoke, many of which are toxic. These chemicals can cause immediate damage to the human body. Even young adults under age 30 who started smoking in their teens and early twenties can develop smoking-related health problems, such as:

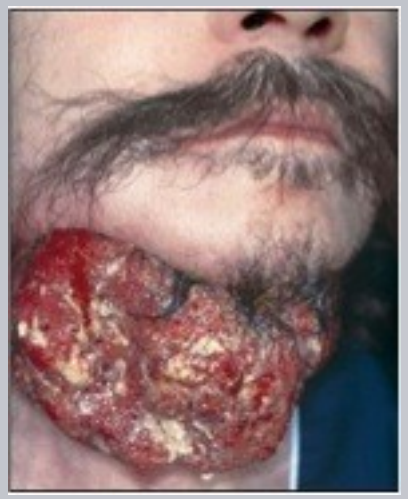
- Early cardiovascular disease.
- Smaller lungs that don't function normally.
- Wheezing that can lead to a diagnosis of asthma.
- DNA damage that can cause cancer almost anywhere in the body.

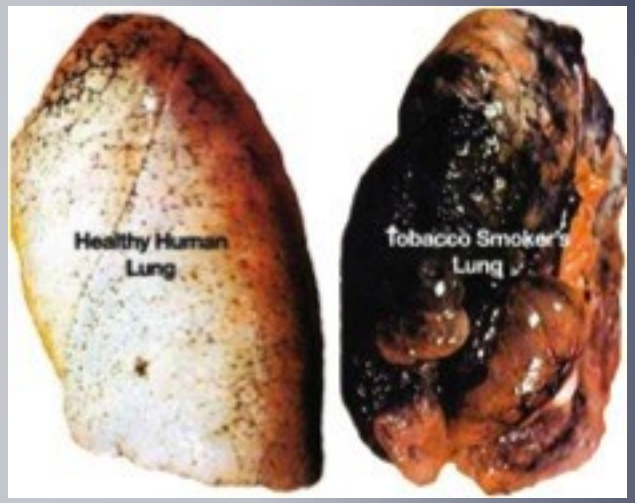
On average, lifelong smokers get sicker and die younger than nonsmokers. These smokers die an average of 13 years sooner.

Information taken from www.cdc.gov

NICOTINE AND TOBACCO- Medical Consequences







NICOTINE AND TOBACCO- Quitting

Why Is It So Hard to Quit?

Tobacco users often get hooked on nicotine—the drug in cigarettes, cigars,and smokeless tobacco (snuff and chewing tobacco). Many teens and young adults plan to quit using tobacco after a few years but find out too late how powerfully addictive nicotine can be. Like heroin and cocaine, nicotine acts on the brain and creates feelings of pleasure or satisfaction. Young brains are still developing. That may be one reason many teens feel dependent on tobacco after using it for only a short time.

Quitting isn't easy, but it can be done. Better yet—don't start!

MARIJUANA

Marijuana is a brown mix of dried flowers, stems, seeds and leaves from the hemp plant Cannabis sativa. The main active chemical is THC (tetrahydrocannabinol), which moves quickly through the bloodstream to the brain and other organs throughout the body.

AKA: Blunt, dope, ganja, grass, joint, bud, Mary Jane, pot, reefer, green, skunk, weed, hash, tea, chronic, loud

Short Term Effects	Long Term Effects
- Poor memory and ability to learn - Difficulty in thinking and solving problems - Poor muscle coordination & judgment - Short attention span - Dangerous driving behavior - Altered sense of time and space - Food cravings - Poor memory - Anxiety or feelings of paranoia	- Breathing problems - Immune system. The THC in marijuana can damage the cells and tissues in the body that help protect against disease. - Memory, learning, and energy are impaired. - Birth defects in unborn children - May cause cancer with heavy use.

The Bottom Line: Marijuana has the potential to cause problems in your daily life, or make existing problems worse. It limits your brain's effectiveness, slows down thinking, and impairs coordination and judgment. *While you're young and still maturing, marijuana can have a long-lasting, negative impact on your developing brain.* **Being caught in possession or under the influence of marijuana could result in criminal charges (and substantial legal fees) that can also affect your eligibility for Financial Aid for College.**

BATH SALTS

"Bath Salts" is a synthetic stimulant, typically in the form of a white or brown crystalline powder, that contains one or more chemicals that are physically similar to amphetamines and MDMA (Ecstasy), but whose effects on the human brain are not fully known yet. Because the drug is new and some of the contents unknown, using Bath Salts in any way is highly dangerous.

AKA: Blizzard, Blue Silk, Charge+, Ivory Snow, Ivory Wave, Ocean Burst, Vanilla Sky

The Risks
- Extreme Agitation - Hallucinations & Delusions - Chest Pain - Suicidal Thoughts - High Blood Pressure - Acute Toxicity - Hyperthermia - Delirium - Violent Behavior - Foaming at the mouth - Extreme Paranoia - Parkinson-Type Limb Twitching - Severe Insomnia

The Bottom Line: Since it contains amphetamine-like chemicals, bath salts are likely to carry the risk of stroke, heart attack and sudden death.

METH

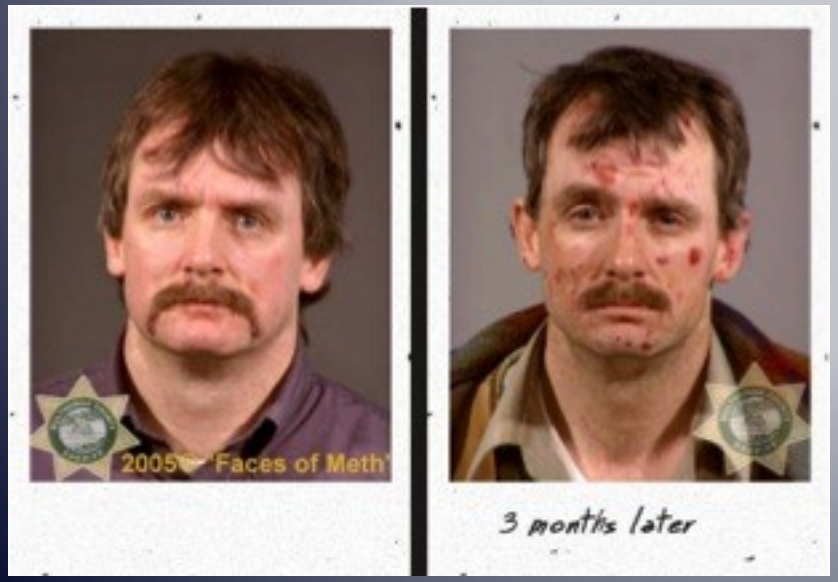
Meth, or methamphetamine, is a powerfully addictive stimulant that is both long-lasting and toxic to the brain. Its chemistry is similar to speed, but meth has far more dangerous effects on the body's central nervous system. Meth has a high potential for abuse and may lead to severe psychological or physical dependence.

AKA: Ice, crank, chalk, crystal, fire, glass, go fast, speed, Tina, T

Short Term Effects	Long Term Effects
- Rapid/Irregular heartbeat - Increased blood pressure - Elevated body temperatures - Reduced motor skills - Impaired verbal skills - Hallucinations - Convulsions and seizures - Panic and psychosis - Death from a stroke, heart attack or organ failure due to overheating.	- Extreme weight-loss - Dental problems - Sores and scabs on your skin and face - Anxiety and violence - Paranoia, hallucinations and delusions - Sensation of insects crawling under the skin - Extreme tooth decay - Depression - Damage to the brain similar to Alzheimer's disease - Stroke and spilepsy

<u>The Bottom Line:</u> Meth is powerfully addictive and damaging to your body and brain.

Faces of Meth



HEROIN

Heroin is a highly addictive drug. Overdose is a real, and deadly risk. Heroin is an opiate, a class of drugs that are either naturally derived from the flowers of the poppy plant, or synthetic substitutes. In the case of heroin, it's produced from morphine, a naturally occurring substance that comes from the seedpod of poppy plants. It carries a strong risk of addiction and physical dependence. Heroin is abused by injecting, snorting or smoking it, and all three can cause the same level of addiction, as well as serious health problems. Targets and stimulates brain's natural reward system.

AKA: Smack, horse, brown sugar, dope, H, junk, skag, skunk, white horse, China white, Mexican black

Short Term Effects	Long Term Effects
- Suppressed breathing - Nausea and vomiting - Blood clots can form and travel to the lungs, liver, heart or brain, which is instantly fatal. - Addiction and physical dependency in a short amount of time	- Infection of the heart lining and valves - Liver disease - Lung disease - Hepatitis and HIV/AIDS from needle use

<u>The Bottom Line:</u> It's a fast high, but just as quickly, it can take over your life and be fatal. Heroin and other opiate addictions are treatable, but the path to recovery requires a commitment that can often last years or even decades

COCAINE

Cocaine is a highly addictive drug that can be risky even the first time you use it. It is a hydrochloride salt derived from processed extracts of the leaves of the coca plant. Overstimulates the brain's natural reward system, causing it to be a highly addictive drug.

AKA: Blow, bump, C, candy, Charlie, coke, snow

Short Term Effects	Long Term Effects
- Increased heart rate - Increased blood pressure - Increased body temperature - Seizures - Cardiac arrest - Death	- Irritability and anxiety - Paranoid psychosis - Scabs to form on your mucus membranes - Damage to nasal septum - Eventually make your nose collapse - Depression - Agitation and mania

<u>The Bottom Line:</u> Using cocaine even once is dangerous, and the more you use it, the worse the effects are on your brain and heart. Cocaine-related deaths are often caused by cardiac arrest or seizures, followed by respiratory failure.

CRACK-COCAINE

Crack-cocaine is the crystal form of cocaine, which normally comes in powder form. It comes in solid blocks or crystals varying in color from yellow to pale rose or white. Crack is heated and smoked, which allows it to reach the brain more quickly and brings an immediate and intense – but short lived- high. Addiction can develop even more rapidly if the substance is smoked. An abuser can become addicted after his or her first time trying crack.

AKA: Crumbs, hard rock, rock, crack, apple jacks, tornado, snow coke, sugar block, ice cube

Short Term Effects	Long Term Effects
- Loss of appetite - Increased heart rate, blood pressure, body temperature - Contracted blood vessels - Increased rate of breathing - Dilated pupils - Disturbed sleep patterns - Nausea - Bizarre, erratic, sometimes violent behavior - Hallucinations - Anxiety and paranoia - Depression - Panic and psychosis - Convulsions, seizures and sudden death from high doses(even one time)	- High blood pressure, leading to heart attacks, strokes and death. - Liver, kidney and lung damage - Severe chest pains - Respiratory failure - Infectious diseases and abscesses if injected - Malnutrition, weight loss - Severe tooth decay - Auditory and tactile hallucinations - Irritability and mood disturbances - Increased frequency of risky behavior - Delirium and psychosis - Severe depression - Tolerance and addiction (even after just one use)

ECSTASY

- Was developed by Merck Pharmaceutical Company in 1912. It was known as "MDMA". It was used in 1953 by the US Army in psychological warfare tests. Later in the 1960s it resurfaced as a psychotherapy medication to "lower inhibitions". In the 1970s it started being used as a party drug. In 1985 the drug was banned due to safety concerns.
- Ecstasy today can contain a wide mixture of substances – from LSD, cocaine, heroin, amphetamine and methamphetamine, to rat poison, caffeine, dog deworming substances, etc.
- Most often comes in a pill form, but can be injected and taken in other ways. Liquid Ecstasy is actually GHB, a nervous system depressant – a substance that can be also found in drain cleaner, flood stripper and degreasing solvents.

Short Term Effects	Long Term Effects
- Impaired judgment - False sense of affection - Confusion - Depression - Sleep problems - Severe anxiety and paranoia - Faintness and chills or swelling - Blurred vision - Involuntary teeth clenching - Nausea	- Long lasting brain damage affecting thought and memory - Damage to portions of the brain that regulate critical functions such as learning, sleep and emotion. - Degenerate nerve branches and nerve endings - Depression, anxiety, memory loss - Kidney failure - Hemorrhaging - Psychosis - Convulsions - Death

LSD

- **LSD is one of the most potent, mood-changing chemicals. It is manufactured from lysergic acid, which is found in the ergot fungus that grows on rye and other grains.**
- **AKA "acid", sold on the street in small tablets, capsules, or gelatin squares.**
- **LSD causes a serious disconnection from reality. LSD users calls an LSD experience a "trip" typically lasting twelve hours or so.**
- **An intense, altered state transforms into disassociation and despair.**

Physical Effects	Mental Effects
- Dilated pupils - Higher or lower body temperature - Sweating or chills - Loss of appetite - Sleeplessness - Dry mouth - Tremors	- Delusions - Visual hallucinations - An artificial sense of euphoria or certainty - Distortion of one's sense of time and identity - Impaired depth perception - Impaired time perception - Severe, terrifying thoughts and feelings - Fear of losing control - Panic attacks - Flashbacks, or a recurrence of the LSD trip, often without warning long after taking LSD - Severe depression or psychosis

PRESCRIPTION DRUGS

- Recreational use of prescription drugs is a serious problem with teens and young adults. Many teens think prescription drugs are safe because they are prescribed by a doctor, but taking them for nonmedical use to get high or "self medicate" can be just as dangerous and addictive as taking illegal street drugs.
- There are very serious health risks in taking prescription drugs. This is why they are taken only under the care of a doctor, and even then, they have to be closely monitored to avoid addiction or other problems.
- Many pills look the same. It is extremely dangerous to take any pill that you are uncertain about. People can also have different reactions to drugs due to the differences in each person's body chemistry. A drug that was ok for one person could be very risky, even fatal, for someone else.

PRESCRIPTION DRUGS

Types of Abused Prescription Drugs

Types	Description	Examples	Effects
Depressants **AKA: Downers, Sleeping Pills**	These drugs slow brain function. They include sedatives (used to make a person calm and drowsy) and tranquilizers (intended to reduce tension or anxiety)	Xanax, Klonopin, Halcion, Librium, Amytal, Seconal, Zyprexa, Valium	Short Term: Slow brain function, pulse and breathing; lowered blood pressure; poor concentration; dizziness; depression; addiction Long Term: Overdose; depression; chronic fatigue; breathing difficulties; cravings; anxiety; panic; insomnia
Opioids and morphine derivatives	Generally referred to as painkillers, these drugs contain opium or opium-like substances and are used to relieve pain.	Florional with Codeine, Robitussin A-C, Roxanol, Demerol, Duramorph	Short Term: Drowsiness; slowed breathing; constipation; unconsciousness; nausea; coma Long Term: physical dependence and addiction; overdose. Withdrawal symptoms: restlessness; muscle and bone pain; insomnia; vomiting; diarrhea
Stimulants **AKA: Uppers, Speed**	A class of drugs intended to increase energy and alertness but which also increase blood pressure, heart rate and breathing.	Ritalin, Concerta, Biphetamine, Dexedrine	Short Term: exhaustion; apathy and depression Long Term: Addiction; hostility; paranoia; dangerously high body temperatures and an irregular heartbeat
Antidepressants	Psychiatric drugs that are supposed to handle depression	Zoloft, Prozac, Paxil, Celexa, Effexor, Remeron	Insomnia; irritability; nervousness and anxiety; violent thoughts and actions; agitation; suicidal thoughts or suicide; tremors; hostility; aggression; criminal behavior; paranoia; hallucinations; psychosis

ANABOLIC STEROIDS

Anabolic steroids can be legally prescribed to treat conditions resulting from steroid hormone deficiency, such as delayed puberty, as well as diseases that result in loss of lean muscle mass, such as cancer and AIDS, but some athletes, bodybuilders, and others abuse these drugs in an attempt to enhance performance and/or improve their physical appearance.

Abuse of anabolic steroids may lead to:

Aggression, paranoia, jealousy, delusions, impaired judgments stemming from feelings of invincibility and other psychiatric problems. Extreme mood swings (including manic-like symptoms and anger known as "roid rage") that can lead to violence are can also occur.

Other health effects:

Males	Females	Adolescents	Both
- Shrinkage of the testicles - Reduced sperm count or infertility - Baldness - Development of breasts - Increased risk for prostate cancer	- Growth of facial hair - Male-pattern baldness - Changes in or cessation of the menstrual cycle - Deepened voice	- Stunted growth due to premature skeletal maturation and accelerated puberty changes - Risk of not reaching expected height if steroid use precedes the typical adolescent growth spurt	Kidney impairment or failure; damage to the liver; cardiovascular problems including enlargement of the heart, high blood pressure, and changes in blood cholesterol leading to an increased risk of stroke and heart attack (even in young people) - Risk of spreading HIV/AIDS or hepatitis

Celebrity Deaths Caused by Drugs

Cory Monteith
Actor (Glee)
Cause of Death:
Toxic mix of heroin & alcohol (2013, Age 31)

Phillip Seymour Hoffman
Actor
Cause of Death: Heroin overdose (2014, Age 46)

Whitney Houston
Singer & Actress
Cause of Death: Complications of cocaine and heart disease (2012, Age 48)

Amy Winehouse
Singer
Cause of Death: Fatal alcohol poisoning; alcoholism (2011, Age 27)

Michael Jackson
Pop Singer and Icon
Cause of Death: Cardiac arrest, acute propofol intoxication, various prescription drugs (2009, Age 50)

Heath Ledger
Actor
Cause of Death: Combined drug toxicity due to oxycodone, hydrocodone, alprazolam, diazepam, temazepan, doxylamine (2008, Age 28)

CONSEQUENCES OF DRUG USE- ON CHILDREN

- MISCARRIAGES
- PREMATURE BIRTH
- LOW BIRTH WEIGHT
- BIRTH DEFECTS
- DEVELOPMENTAL PROBLEMS

- Illegal drugs such as marijuana, cocaine, and methamphetamine aren't the only drugs that are harmful to fetal development; Commonly used over-the-counter medicines, along with substances such as caffeine and alcohol, can have lasting effects on an unborn child

CONSEQUENCES OF DRUG USE- SOCIETY

CRIMES SUCH AS:

- DRUG POSSESSION
- DRUG USE
- DRUG TRAFFICKING
- DRUG MANUFACTURING
- THEFT
- BREAK AND ENTER
- ROBBERY
- MOTOR VEHICLE THEFT
- MURDER

RESULT IN:

- JAIL TIME
- MASSIVE LEGAL FINES
- NOT ELIGIBLE FOR FEDERAL STUDENT LOAN AID FOR COLLEGE
- TROUBLE BECOMING EMPLOYED
- HOMELESSNESS
- FAILED RELATIONSHIPS WITH FAMILY AND FRIENDS
- ADDICTION/DEPENDENCY ON DRUGS LEADING TO MORE CRIME
- DEATH 

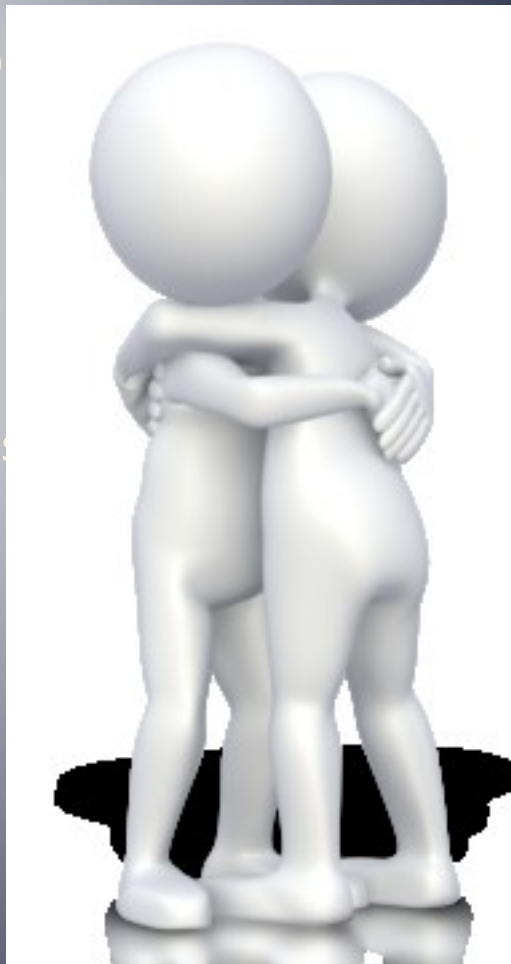
DRUG ABUSE IS PREVENTABLE & DRUG ADDICTION IS A TREATABLE DISEASE

Drug abuse and addiction affect every segment of society. That's all of us. Not one person is immune from the disease of addiction.

Prevent drug abuse by :

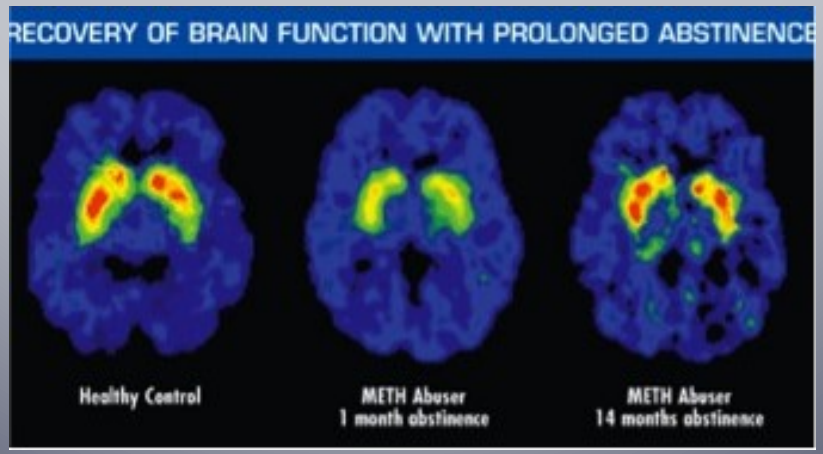
- Being informed of the risks associated with substance ab
- Involvement in alternative activities
- Build self-confidence
- Make positive future plans
- Be brave enough to say "NO!"
- Surround yourself with friends who disapprove of drug u
- Solve underlying issues that might lead to future

drug abuse with a professional such as a school counselor.



DRUG ABUSE IS PREVENTABLE & DRUG ADDICTION IS A TREATABLE DISEASE

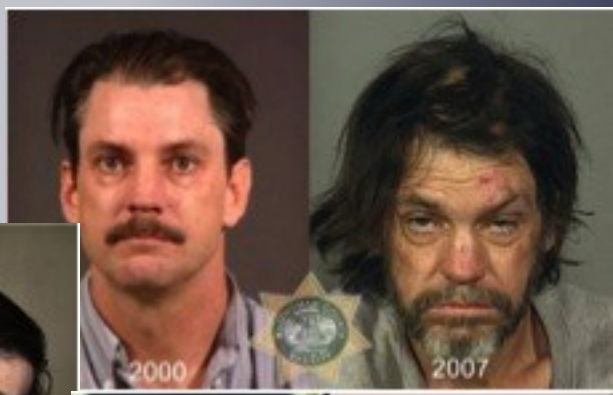
Brains from addicts are different from the brains of people who are not addicted. It is difficult, in some cases impossible, to return the brain to normal. Because drug abuse and addiction have so many dimensions and disrupt so many aspects of an individual's life, treatment is not simple. Effective treatment programs typically incorporate many components, each directed to a particular aspect of the illness and its consequences. Addiction treatment must help the individual stop using drugs, maintain a drug-free lifestyle, and achieve productive functioning in the family, at work, and in society. Because addiction is typically a chronic disease, people cannot simply stop using drugs for a few days and be cured. Most patients require long-term or repeated episodes of care to achieve the ultimate goal of sustained abstinence and recovery of their lives.



IS IT WORTH THE RISK?

TRYING A DRUG MIGHT COST YOU MUCH MORE THAN YOU BARGAINED FOR. IS IT WORTH THE RISK?

DO YOU WANT TO DO THIS TO YOURSELF?



SOURCES

www.drugabuse.gov
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