



Chapter Preview

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▲ Working with the Photo

Spreading the word about the dangers of drug use helps others avoid drugs. **What are some ways to spread the word about the dangers of drug use?**

Start-Up Activities

Before You Read

Do you know the risks associated with using illegal drugs? Answer the Health eSpotlight question below and then watch the online video. Keep a record of your answer.



Health eSpotlight



Choosing to Be Drug Free

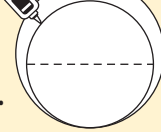
Club drugs are a dangerous group of street drugs that can cause blackouts, memory loss, and even death. If you were offered a club drug at a dance, with the promise that it will make you “feel great,” how would you respond?

Go to glencoe.com and watch the health video for Chapter 10. Then complete the activity provided with the online video.

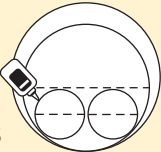
FOLDABLES® Study Organizer

As You Read

Make this Foldable® to help you organize the main ideas on drug use and abuse in Lesson 2. Begin with four circles of paper: one large (8" across), one medium (7" across), and two small (each 2½" across).

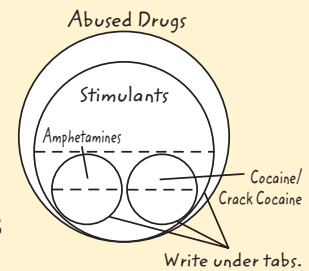
- 

1 Fold the medium circle in half. Glue the top half onto the large circle, making sure that the bottoms of the two circles are aligned. This will create a tab from the unglued part of the medium circle.

- 

2 Fold the two small circles in half. Glue the top half of each circle onto the bottom half of the medium circle. This will create two more tabs.

- 3** Label as shown.



Under the appropriate tab, define key terms and record information on abused drugs.



Visit glencoe.com and complete the Health Inventory for Chapter 10.

Lesson 1

Drug Use and Abuse

Guide to Reading

Building Vocabulary

List each term below in your notebook. As you come across it in your reading, write the definition.

- drug (p. 298)
- over-the-counter (p. 299)
- drug misuse (p. 300)
- drug abuse (p. 300)

Focusing on the Main Ideas

In this lesson, you will be able to

- **define** *drug*.
- **describe** drug abuse.
- **identify** risks associated with drug use.
- **apply** the decision-making steps to make a healthful choice about taking medicine.

Reading Strategy

Make an Outline Using the main heads in this lesson, make an outline of the lesson. As you read, fill in your outline with details.

Quick Write

List two illegal drugs. Then list two drugs that are legal.

What Is a Drug?

You've heard the word *drug* many times before. You may also have been offered drugs by a peer. So what is a drug? A **drug** is a *substance other than food that changes the structure or function of the body or mind*. Some drugs can be very harmful to your health. Other drugs can save your life or the life of someone you love. It is important to know the difference between a helpful drug and a harmful drug.



- ▶ When you avoid drugs, you can apply your talents and skills in many ways. **Give an example of a talent or skill you can develop because you avoid drugs.**



Health Skills Activity

Decision Making

Taking Medicine

Katie runs track. Because of all the training she does, Katie often has sore muscles. She takes an over-the-counter pain reliever for her sore muscles, but lately it hasn't been helping. What should Katie do?

What Would You Do?

Use the six steps of the decision-making process to determine what you would do if you were in Katie's position.

1. State the situation.
2. List the options.
3. Weigh the possible outcomes.
4. Consider your values.
5. Make a decision and act on it.
6. Evaluate the decision.

Drugs as Medicine

Medicines are drugs. Medicines prevent or cure illnesses or treat their symptoms. Some medicines are available **“over-the-counter”** (OTC), which means that they are *found on the shelves of local pharmacy or grocery stores*. Anyone can buy them there. Then there are prescription medicines. These can be legally obtained only with a doctor's written permission. You will learn more about the proper use of OTC and prescription medicines in Chapter 11.

Drug Use

You need to be careful about using *all* drugs, including the ones prescribed by your doctor. Even helpful medicines and pain relievers found at your local drugstore can be harmful if they are used incorrectly. Some people combine drugs. That is, they use several different drugs at once. Doing this without a doctor's permission can be very dangerous. Drugs can interact with each other and cause harmful reactions inside the body. No drugs or medicines should ever be taken by anyone other than the person for whom they were prescribed.



Drug Misuse and Abuse

When you hear the term *drug abuse*, you may think only of the use of illegal drugs. Many drugs are illegal for a good reason: they can be extremely harmful or addictive. However, any kind of drug can be misused or abused. **Drug misuse** means *taking or using medicine in a way that is not intended*. Misuse of a drug may involve taking too much of the drug or taking a medication prescribed for someone else. For example, Brian has allergies. To relieve his symptoms, he takes medicine prescribed for a friend. This is drug misuse. It can be very harmful to misuse drugs. Misuse of medicine can lead to drug abuse.

Drug abuse is *intentionally using drugs in a way that is unhealthful or illegal*. When people take illegal drugs, such as marijuana or heroin, they are abusing drugs. When people intentionally use **legal** drugs for nonmedical purposes, they are also engaging in drug abuse.

Recent studies show that fewer people nowadays are using illegal drugs, but more are misusing prescription drugs. However, even prescription medicines, such as those used to treat problems like attention-deficit/hyperactivity disorder (ADHD), are dangerous if taken by someone other than the person they were prescribed for. You put your health at great risk if you take medicine that is not prescribed for you by a doctor. Misusing or abusing any type of drug can damage your body and lead to allergic reactions, illness, or even death.

Academic Vocabulary

legal (LEE guhl) (*adj*)

allowed by the law.

When your city sets a curfew for minors, it means that it is not legal for you to be outside of your house past a certain time.



Reading Check

Explain What is drug abuse?

- ▶ Drug addiction is a very serious problem that can cause many health risks. It can require medical intervention. **Name two places in your area where people can get information and help for avoiding drugs.**



Recognizing the Risks

Serious illness and death are just two of the possible consequences of drug misuse or abuse. Others include damage to your mental/emotional and social health. Misusing or abusing drugs can negatively affect all parts of the health triangle.

Risks to Physical Health

Drugs can do a lot of harm to the body. Drugs are especially dangerous for teens because their bodies are still growing and developing. The brain and nervous system don't work properly under the influence of drugs. Drugs may make a person feel nauseated or confused. They may make a person lose control of his or her ability to walk or talk. They can also cause memory loss, seizures, coma, or even death. If a drug user drives while taking drugs, he or she is putting other people at risk, too.

Drug Addiction

Many drug users feel like they can't stop taking drugs. A drug addiction is a dependency on a chemical substance that is very difficult and painful to quit. A person who becomes addicted to drugs often has a hard time stopping his or her drug use. These people may need help from others. Addiction is considered a disease. Anyone affected by it should seek help from a health professional.

Risks to Mental/Emotional Health

The consequences of drug abuse are very serious. Some people may use drugs to cope with uncomfortable feelings. This kind of drug use puts their mental/emotional health at risk. Drug abuse weakens a person's ability to think and learn, even though the person may not realize it at the time. Drug users often have low self-esteem and have trouble relating to others. They often experience depression, anxiety, and confusion.

Drug abusers may feel that by using drugs, they will be able to solve their problems, but drugs only cover up the problems. Drug abuse can even cause new problems. It is important to find a healthful way of dealing with problems rather than using drugs.



DEVELOPING Good Character

Citizenship

Part of being a good citizen is helping to protect the health of others. There are organizations that help teens play an active role against drug use. Research some of these organizations, such as Partnership for a Drug Free America or the National Institute on Drug Abuse (NIDA).

Find out how you can get involved. Present what you find to your class and encourage your peers to get involved, too.



What Teens THINK

How can a teen avoid being pressured to use drugs?

One effective way would be to choose your friends wisely. It would be better to hang out with people who don't do drugs instead of being around people who do because there's always a chance you can be asked to join in, especially if you are easily influenced.

Alexis H.
Atlantic City, NJ



Risks to Social Health

Are you interested in keeping your relationships with your friends and family strong? Then stay away from drugs. Drug use can harm your relationships. Drug users often have a difficult time dealing with others, even those closest to them.

Drug abuse can change a person's personality. It can cause mood swings and sometimes even lead to violence. Drug abusers often lose touch with what they are really feeling. Someone addicted to drugs will start to think only of his or her need for the drug. Teens who abuse drugs may lose touch with their families. They often don't respect or care for their families. A drug abuser's actions affect the whole family.

Teens who abuse drugs can also lose their friends. Some may end their friendships and lie to friends to cover up their addictions. In time, having the drug becomes more important than having strong relationships. Stay friends with people who are drug free. This is a good way to build strong friendships.



Visit glencoe.com and complete the Interactive Study Guide for Lesson 1.



Reading Check

Explain Why do people who abuse drugs risk straining their relationships?



Lesson 1 Review



After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** Define *drug misuse*.
2. **Explain** How can medicines be harmful?
3. **Identify** Name three ways drug abuse affects mental/emotional health.
4. **List** Name three effects drugs can have on a person's physical health.
5. **Describe** How could using illegal drugs negatively affect your social health?

Thinking Critically

6. **Evaluate** What is the difference between using drugs as medicine and abusing drugs?
7. **Analyze** How might pain relievers be misused or abused?

Applying Health Skills

8. **Accessing Information** Use the Internet to research one common OTC drug. Describe its purpose, its possible side effects, and any possible dangerous combinations with other medicines. Share your findings with the class.

Lesson 2

Types of Drugs and Their Effects

Guide to Reading

Building Vocabulary

Write a sentence that describes the meaning of each new term in your own words.

- tolerance (p. 303)
- overdose (p. 303)
- stimulant (p. 304)
- amphetamines (p. 304)
- depressants (p. 305)
- club drugs (p. 306)
- narcotics (p. 307)
- hallucinogens (p. 307)
- inhalants (p. 308)

Focusing on the Main Ideas

In this lesson, you will be able to

- **explain** how different drugs affect the body.
- **identify** the dangers of different drugs.
- **describe** the effects of drugs on an unborn baby.
- **access** reliable information on drug use and pregnancy.

Reading Strategy

Predicting Look over the headings in this lesson. Write a question that you think the lesson will answer. After reading, check to see if your question was answered.

FOLDABLES Study Organizer Use the Foldable® on p. 297 as you read this lesson.

Quick Write

List two illegal drugs you know about. Then briefly describe how these two drugs are harmful to health.

Drug Use and the Body

Jaron and Mei-Ling have colds. They are taking the same cold medicine. When Mei-Ling takes it, her stuffy nose goes away and she feels much better. Jaron, though, can't sleep because of the medicine. All drugs affect the body in some way, but the same drug can affect people differently.

Some drugs are more harmful than others. When a person uses a drug over time, he or she can develop a tolerance to the drug. **Tolerance** is the body's need for larger and larger amounts of a drug to produce the same effect. People can also overdose on a drug. **Overdose** is taking more of a drug than the body can tolerate.

Types of Drugs

There are many different types of drugs, including stimulants, depressants, club drugs, narcotics, and hallucinogens. All of them can be harmful to your physical, mental/emotional, and social health. Reduce your risks and avoid health problems by avoiding these harmful substances.



Stimulants

Have you ever had a soda near bedtime and then couldn't fall asleep? Chances are you drank a soda that had caffeine in it. Caffeine is found in coffee and some soft drinks and energy drinks. Caffeine is a **stimulant**, a drug that speeds up the body's functions. For example, stimulants speed up heart and breathing rates and raise blood pressure. In addition to these physical effects, stimulants affect a person's mental/emotional health by giving a false sense of energy, well-being, confidence, and power. In time, these effects wear off, and the user often feels exhausted and irritable.

Jeff Greenberg/AGE Fotostock

▲ Using drugs can harm the body and weaken athletic skills. **How do you think drug use might affect a teen's ability to run?**



Amphetamines (am·FEH·tuh·meenz) are strong stimulant drugs that speed up the nervous system. Amphetamines are sometimes prescribed to treat certain medical conditions, such as attention deficit disorder (ADD) or attention-deficit-hyperactivity disorder (ADHD). These drugs are often called "speed." They come in different forms that may be swallowed, inhaled, smoked, or injected. You may have heard of the drug "crystal meth." This is the street name for methamphetamine (meth·am·FEH·tuh·meen), an extremely addictive drug that can cause a person's heart to suddenly stop working. The misuse or abuse of any amphetamine can lead to serious health effects, including death.

Cocaine is an illegal stimulant made from the coca plant. Cocaine is inhaled through the nose, smoked, or injected into the veins. It is also known as "blow," "snow," or "coke." On first use, it produces a brief feeling of well-being and even confidence. The feeling soon wears off, and the user may feel anxious. Crack is a concentrated form of cocaine that is smoked. After smoking it, a user may feel more alert and even energetic. As with cocaine, the stimulant effect of crack soon wears off.

Figure 10.1 describes what happens when someone first takes a stimulant and how the drug may make him or her feel. It also explains what happens when the drug wears off.

Now think about this frightening fact: a person can become addicted to a drug like cocaine or crack after using it *just a few times*. Once addicted, the person can no longer function without the drug. He or she needs more and more of the drug to feel better. These drugs can eventually lead to heart attack and death.



Connect To... Science



Caffeine

Caffeine is a stimulant found in foods and drinks such as chocolate, coffee, tea, and some soft drinks.

Research how caffeine affects the human body. Is caffeine addictive? Describe your findings in a paragraph.



Reading Check

Define What is a stimulant?



▼ FIGURE 10.1

EFFECTS OF STIMULANTS AND DEPRESSANTS

Stimulants and depressants have serious physical and mental/emotional effects. **How is a depressant different from a stimulant?**

Effects/Possibility of Addiction	Stimulants	Depressants
Physical effects	Speed up body functions, such as heart rate, breathing rate, and blood pressure	Slow down body functions, such as coordination
Mental/emotional effects	False sense of energy, well-being, confidence, and power	False sense of well-being through reduced anxiety and relaxation
Effects when the drugs wear off	Exhaustion and mental imbalance	Depression, mood swings
Addictive?	Yes	Yes

Depressants

While stimulants speed up body processes, **depressants** (di-PREH-suhntz) are *drugs that slow down the body's functions and reactions, including heart and breathing rates*. Depressants work by slowing down a person's motor skills and coordination. They can **affect** a person mentally and emotionally by giving a false sense of well-being through reduced anxiety and relaxation. When they wear off, the user may experience mood swings and depression.

Most depressants come in tablet or capsule form. Depressants are legal when prescribed by a doctor to treat certain conditions. For example, doctors sometimes prescribe tranquilizers (TRANG-kwuh-ly-zurz) and barbiturates (bar-BIH-chuh-ruhtz) to treat people who suffer from anxiety. Alcohol is also a depressant. It is legal for people who are 21 or older to purchase it. Misuse and abuse of depressants can lead to coma or even death. If a person has both depressants and alcohol in his or her body at the same time, it can also lead to coma and death. Figure 10.1 above describes the physical and mental/emotional effects of depressants. It also explains the effects when these drugs wear off.

Academic Vocabulary

affect (uh FEKT) (*verb*) causes change or influences. *Julio was deeply affected by the music his son played at the school recital.*

Reading Check

Describe What are some dangers of using depressants?

Marijuana

You may have heard about “pot” or “weed.” These are some names for marijuana (mar-uh-WAHN-uh), a drug made from the dried leaves and flowers of the hemp plant, *Cannabis sativa*. This drug is usually smoked.



David Young-Wolff/PhotoEdit

▲ Think of all the ways you can have fun without using drugs. **What are some drug-free activities that you and your friends enjoy?**

Marijuana affects people differently. It acts as a depressant for some people. For others, it acts as a stimulant. Some people may see or hear things that are not really there. They may feel relaxed or talkative. Some people affected by marijuana may giggle a lot. They may experience memory loss, forgetting what was just said or done. Their eyes may become bloodshot, and they may feel confused, shaky, or fearful.

Marijuana harms the body. If used over a long period of time, it causes many of the same problems that smoking tobacco causes, such as lung damage. It can lower testosterone levels in males and reduce the number of sperm the body makes. It may cause females to have irregular periods.



Reading Check

Explain How does marijuana affect males and females differently?



Club Drugs

Another type of drug is the club drug. **Club drugs** are *illegal drugs that are found mostly in nightclubs or at all-night dance parties called raves*. These drugs are often used to make people feel more relaxed. Some club drugs include Ecstasy, or X; rohypnol; and ketamine. Rohypnol is known as the date-rape drug, or “roofies,” and ketamine is also known as “special K.” These drugs often are made in home laboratories and mixed with other harmful chemicals. This means that a person who uses club drugs never knows what exactly is in them.

Dangers of Club Drugs

Just taking a club drug one time can damage the body. A person using Ecstasy may experience tingly skin or clenched jaws. The drug increases the heart rate and body temperature, which can damage a person’s organs. Also, Ecstasy can make a person feel anxious and paranoid. These feelings may last long after the drug wears off.



Royalty-free/veer

Rohypnol makes a person's blood pressure drop. The user feels dizzy and very sleepy. It also causes blackouts and memory loss. When slipped into the drink of an unsuspecting person, it can cause a loss of consciousness. The person won't remember what happened. This is why rohypnol is often used to commit date rape. It is a serious crime to use such drugs to commit rape.

Ketamine, an anesthetic, can be deadly if abused. It causes hallucinations, and people who use it often have memory loss. An overdose of ketamine can cause a person to stop breathing. Many teens have died this way.



Reading Check

Explain Why is rohypnol often used as a date-rape drug?



Narcotics and Hallucinogens

Narcotics are highly addictive drugs. **Narcotics** are *drugs that get rid of pain and dull the senses*. Morphine and codeine, which are both used as medicine, are narcotics. Like all narcotics, they are very addictive.

Heroin is a narcotic that is usually injected, giving users an instant "high," or a feeling of happiness. This feeling does not last, however. As it wears off, the user experiences nausea, stomach cramps, and vomiting. Heroin is highly addictive, and the withdrawal symptoms are very painful. It is easy for people to soon need larger amounts of the drug to feel its effects. It's also very easy to overdose on heroin. Many users die this way. Another risk of injecting heroin is contracting HIV, the virus that causes AIDS. Some heroin users share needles, which means they can expose each other to HIV and other serious blood-borne viruses.

Hallucinogens are *drugs that distort moods, thoughts, and senses*. These drugs may create imaginary images in the user's mind. People who use hallucinogens may become disoriented or confused and less sensitive to pain. They may also become violent.



Connect To... Language Arts

Drug Use and Depression

Drug users may suffer from *depression*, a state of being sad or having feelings of hopelessness. This term comes from the Latin word *deprimere*, which means "to press down."

How does the meaning of the Latin word *deprimere* relate to the definition of *depression*? How do you think the meaning of the word *depression* relates to drug use? Write a paragraph describing your ideas.

- ◀ Drug abuse often leads to overdose, and overdose can cause death. **Why do you think a person might overdose on a drug?**



Go Online

Visit glencoe.com and complete the Interactive Study Guide for Lesson 2.

Inhalants

Some preteens and younger teens use **inhalants**, *the vapors of chemicals that are sniffed or inhaled to get a “high.”* Where do they get these chemicals? Most come from household products that are not meant to be taken into the body. Many inhalants have dangerous poisons. Breathing inhalants can cause nausea, dizziness, mental confusion, and loss of motor skills. When the drug is inhaled, the poisons go straight to the brain, where they can cause permanent damage or even death. You should never inhale anything that is not meant to be inhaled.

Steroids

You may have heard about athletes using drugs to try to play better. They might try *steroids*, drugs that are either human hormones or similar to hormones found in the human body. The steroids naturally found in the body help it grow and develop. The steroids that people take usually contain artificial male hormones. This makes muscles grow faster and larger.

Steroid use is dangerous and causes serious health problems. People who use steroids may have a problem controlling their anger. This is often called “roid rage.” In males, steroids may cause the testicles to shrink and stunt the body’s overall growth. In females, steroids can affect the production of estrogen, an important female hormone. This can result in a deeper voice, excess facial hair, and a masculine-looking body. In both males and females, steroid use can increase the risk of heart disease, high blood pressure, strokes, cancer, sterility, hair loss, and severe acne. The drugs may also cause depression, as well as liver and kidney damage.

- ▼ Babies can be seriously harmed by their mother’s drug use. **Why do you think a mother’s drug use could put an unborn baby at risk of low birth weight and other disabilities?**

The Effects of Drugs on Unborn Babies

Babies don’t take drugs, or do they? If a pregnant female takes drugs, the drugs can hurt her unborn baby. Pregnant females who use drugs, alcohol, or tobacco often give birth to low-weight babies. These babies may also have brain problems, because the drugs interfered with the baby’s development. Also, pregnant females who inject drugs and become infected with HIV from a shared needle can pass the virus on to their unborn babies.

 Reading Check

Explain How can an unborn baby contract HIV?





Health Skills Activity

Accessing Information

Drug Use and Pregnancy

Pregnant females who use drugs can seriously harm their unborn babies. Use home, school, and community resources to find out more about how pregnant females who use drugs can get help.

- Research drug or substance abuse. Find specific information about help for pregnant females who suffer from substance abuse.
- Contact the Substance Abuse and Mental Health Services Administration (SAMHSA) or the National Institute on Drug Abuse (NIDA) and learn about how they can help with substance abuse.

On Your Own

Find out if your community has a local organization that helps people, including pregnant females, who have substance abuse problems. Report your findings to the class.

Lesson 2 Review



After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** Define *tolerance*.
2. **Describe** How does using marijuana affect the body?
3. **Explain** What can using rohypnol do to a person's memory?
4. **Describe** What kinds of effects can drugs have on an unborn baby?

Thinking Critically

5. **Analyze** How might hallucinogens cause a person to act violently?

6. **Synthesize** Heroin is extremely addictive. How does this make overdosing on heroin more likely?

Applying Health Skills

7. **Refusal Skills** Research how marijuana affects a person's ability to drive a car. Use this information to write a short skit about a teen who refuses to ride in a car driven by someone who is using marijuana.

Lesson 3

Drug Risks and Teens

Guide to Reading

Building Vocabulary

Before you read this lesson, make a flash card for each new term and its definition.

- drug-free zone (p. 314)
- drug possession (p. 315)
- probation (p. 315)

Focusing on the Main Ideas

In this lesson, you will be able to

- **describe** reasons drug use is harmful to teens.
- **explain** how drug use may lead to crime.
- **advocate** for drug-free schools.

Reading Strategy

Finding the Main Idea Copy each main heading in the lesson. For each heading, write one sentence that states the main idea.

Quick Write

Write a short paragraph describing why you think drug use may be harmful for teens.

Why Do Some Teens Use Drugs?

Megan wants to be cool like her older sister. She smokes pot. Blake says that he wants to feel accepted by his peers. He drinks alcohol. Wendy wants to escape her emotional problems. She uses Ecstasy. Teens may start using drugs for many reasons.

- ▶ If you suffer from depression, there are healthy ways to get help rather than using drugs. **Why might some teens choose to use drugs if they feel depressed?**





Jeff Greenberg/PhotoEdit

Peer Pressure

When his friends offered Jim marijuana, he knew he didn't want to smoke it. Yet he found it hard to say no to his friends. Saying no to drugs is easier, however, once you're aware of the dangers of drug use. You can pass up the drugs that may be offered to you when you remember the harmful effects that they have on the body and mind. Instead of using drugs, you can resist peer pressure and engage in healthful activities. These positive health behaviors show that you respect yourself. You will learn more about resisting peer pressure on page 317.

Drug Use in the Media

The handsome man snorts cocaine and smiles. Later in the movie, he drives a fast sports car. The movie never shows, however, all the problems he has to deal with because of his drug use. Many TV shows and movies glamorize drug use. All of these images send teens the message that drug use is harmless. They make it look exciting and even safe. You rarely see people struggling with addiction, going to jail, dealing with withdrawal, and hurting their family relationships.

Remember, though, that the media also give solid information about drugs. Television reports and magazine articles often provide a lot of valid information about how drugs can negatively affect the brain and body. This information can help teens stay drug free.

Reading Check

Explain How does the media glamorize drug use?



- ◀ Spending time with friends or participating in community-service activities are two good ways to stay away from drugs. **Why do you think a teen might have difficulty saying no to drug use?**

ACTIVITY

MediaWatch



Antidrug Campaigns

What do you know about the antidrug programs that are available? Groups such as D.A.R.E. (Drug Abuse Resistance Education) and the Partnership for a Drug-Free America help spread the message about avoiding drug use.

Do some research to find out more about these and other antidrug campaigns. Write a brief paragraph describing your findings.



Why Are Drugs Harmful to Teens?

Drugs can be very harmful to anyone who uses them. Teens, though, are especially at risk when they choose to use drugs.

Drug Use Harms Growth and Development

So why are drugs especially harmful to teens? One reason is that teens' bodies and brains are still developing. **Figure 10.2** lists how using drugs can harm the body. Drugs can affect the long-term development of many body systems. They can reduce your motor skills, or the ability to move your muscles in normal ways. Simple tasks such as writing, speaking, or walking can be affected. What's worse, this type of damage can often be permanent. Also, drugs trick the brain into thinking that the body needs them to **function** properly. Over time, the body may need more and more of the drug to function.

Academic Vocabulary

function (FUNK shun)
(verb) to work or operate.
Eating a healthful breakfast in the morning helps your body function well for the rest of the day.

▼ **FIGURE 10.2**

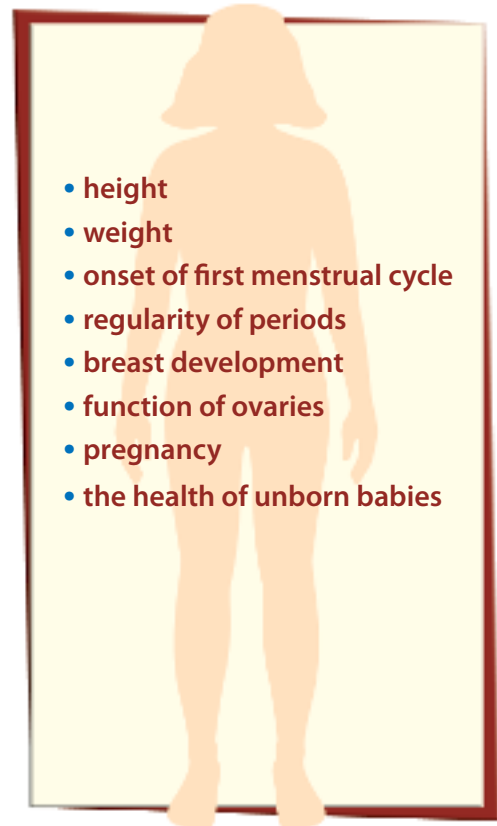
DRUG USE AFFECTS GROWING TEENS

This chart shows how drug abuse seriously affects teens. **Name two reasons why drug use is especially harmful to teens.**

In males, drug use can negatively affect:



In females, drug use can negatively affect:





Drug Use Harms Mental/Emotional Health

Gwen has been smoking marijuana lately. She finds that she can't concentrate like she used to. Also, she can't stay focused when trying to complete a task. Gwen has found out the truth about drug use: it can affect a person's ability to learn and think. She also sees that drug use could be affecting her long-term goals for success.

David was feeling a little down. He decided to take drugs to feel better. He thought that this was a good way to deal with his emotional problems. Emotional changes, though, are a part of growing up. Using drugs at this point in your life is dangerous because it keeps you from learning to handle difficult emotions in healthful ways, which will help you to mature. Using drugs affects how you handle situations. Drug use often leads to making poor decisions and using bad judgment. It can make you act violently or put yourself in danger. When you use drugs to deal with your emotions, it not only puts both you and other people at risk but also stops the emotional growth that will help you become a healthy adult.



Drugs Are Illegal

Breaking the law is a risky behavior and is not the right thing to do. Most drug use is illegal and dangerous. Federal and state laws say that dangerous and addictive drugs may not be used or sold. Some drugs, such as morphine and codeine, are illegal except in certain medical situations. Other drugs, such as heroin and crack, are always illegal, no matter how they are used. People who are caught with these drugs or selling them can be arrested and may go to jail.



Reading Check

Describe How can drug use affect a person's emotional health?



◀ Selling or just having illegal drugs can result in serious legal consequences. **What is one legal consequence of using illegal drugs?**

ACTIVITY

Careers
for the

21st
Century

Paramedic



A paramedic is a medical professional who provides emergency care to injured people at the scene of an accident. There will always be a need for paramedics because accidents and other emergencies occur every day. To prepare for a career as a paramedic you should take courses like anatomy and physiology to learn about the human body.

What skills does a paramedic need? Go to Career Corner at glencoe.com to find out.



Health Skills Activity

Advocacy

Campaign for a Drug-Free School

Find out more about your school's drug policy. Create your own drug-free campaign by distributing information about your school's rules on drugs, alcohol, and tobacco.

- Create posters and pamphlets that outline your school's drug policy.
- Provide information describing why remaining drug free is the most healthful choice for teens.
- Tell students how they can report drug use to a teacher or school counselor.

With a Group

Write a contract that encourages your fellow students to lead a drug-free lifestyle. Make several copies of the contract and hand them out to students. Ask students to voluntarily sign a contract to help promote a drug-free school.

Drug Use Creates Problems at School

Richard is in the eighth grade. He abuses drugs and has problems at school. Not only does he miss school often, he does poorly because he can't pay attention. Because he was caught with drugs, he may not participate in school activities—and he has lost his chance to learn new skills. The lesson is clear: teens who abuse drugs often hurt their chances of reaching their long-term goals.

Today, most schools have made themselves drug-free zones. A **drug-free zone** is a 1,000-yard distance around a school where anyone caught with drugs can be arrested. Anyone of any age caught with illegal drugs within the drug-free zone can be arrested and go to jail. Students caught using drugs or being under the influence of any drugs can be suspended and even expelled from school.

▼ Friends can be an important influence during the teen years.
How can friends help you stay drug free?



Reading Check Describe What are two ways that a teen may experience problems at school because he or she is abusing drugs?

Drug Use and the Law

The legal consequences of drug use are one of the many negative effects of this harmful behavior. When someone is caught using illegal drugs, the legal consequences are very serious. Teens can be arrested for possession of drugs. **Drug possession** is when a person has or keeps illegal drugs. Teens can be arrested or spend time in a detention center, and they as well as their parents may be fined. Teens can also get a criminal record.

Some teens are sentenced to **probation**, a set period of time during which a person who has been arrested must check in regularly with a court officer. A person who fails to check in with the court officer during probation may face even stronger punishment.

Drug Use and Crime

There is a connection between drug use and crime. People addicted to drugs often build up a greater tolerance to the drug. This means the person needs more of the drug to get the same feeling. Very often, the person may steal the drugs or steal money to buy the drugs. Stealing can lead to violence and accidents, and this increases the chances of being caught and put in jail.

Reading Check **Explain** How can drug abuse lead to crime?

Go Online

Visit glencoe.com and complete the Interactive Study Guide for Lesson 3.

Lesson 3 Review

After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** Define *probation*.
2. **List** What are two reasons why some teens might choose to use drugs?
3. **Explain** How can the use of drugs affect a teen's body?
4. **Describe** How can drug use affect a person's mental health?

Thinking Critically

5. **Analyze** What is the difference between using a drug such as codeine illegally and using the drug legally?

6. **Synthesize** Why do you think using drugs to deal with difficult feelings could be harmful to a teen's emotional health?

Applying Health Skills

7. **Goal Setting** Identify some short-term and long-term goals you have set for yourself, such as college or a career. In a brief paragraph, explain the effects that drug use could have on these plans for the future.

Lesson 4

Staying Drug Free

Guide to Reading

Building Vocabulary

As you read this lesson, write down each new highlighted term and its definition.

- alternative (p. 317)
- assertive (p. 318)

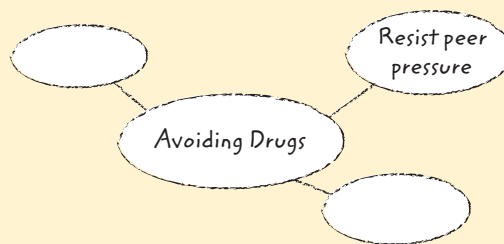
Focusing on the Main Ideas

In this lesson, you will be able to

- **describe** some reasons to be drug free.
- **identify** alternatives to drug use.
- **practice** refusal skills to stay drug free.

Reading Strategy

Mapping Concepts Using the main heads in this lesson and the partially completed concept map shown below, draw a concept map of the topics presented. As you read this lesson, complete your concept map with ways to avoid drugs.



Quick Write

Describe a situation in which you had to use refusal skills. How could you apply what you learned in that situation to refuse drugs?

Reasons to Avoid Drugs

You'll make a lot of decisions in the course of your life. Choosing to avoid illegal drugs and avoiding the improper use of legal drugs are the most healthful and important decisions you'll ever make. If you keep drug abuse out of your life, you have a much greater chance of reaching your goals. There are many good reasons to avoid drugs. Here are just a few.

- When you avoid drugs, you show respect for yourself. You show that you care for yourself and your health.
- When you avoid drugs, you plan for your future. You look ahead to a healthy and more mature future.

- ▶ Helping out in your community, perhaps by teaching others about the dangers of drugs, is one way to stay drug free. **What local groups would you like to become involved in?**





- When you avoid drugs, you stay in control. Choosing not to use drugs will help you stay in control and act more responsibly.
- When you avoid drugs, you respect the law. By avoiding drug use, you are obeying the law and being a good citizen.



Reading Check

Name What are two reasons for avoiding drugs?

Alternatives to Drug Use

You don't need to use drugs to have fun. You can choose positive behaviors as alternatives to using drugs. An **alternative** is *another way of thinking or acting*. You and your friends can participate in activities that do not involve drugs, such as sports or clubs. You can explore a new hobby, learn to play music, or be part of a play. You can paint or learn how to make sculptures and pottery. You can go to a state or national park to explore nature. You can volunteer for an organization that you are interested in. You can also choose to teach others about the dangers of drug use.

Remember that you always have alternatives to drug use. It is especially important to remember this when you are having a hard time dealing with your feelings. Deal with your problems and issues rather than covering them up with drug use. Talk with a trusted adult or a counselor about what is bothering you. This is the mature way to handle problems. Using drugs is just taking the easy way out, and the problem will return just as soon as the drug wears off.



Reading Check

Identify What are two alternatives to drug use?

How to Refuse Drugs

Sooner or later, you'll probably be pressured to try drugs. You need to be ready to handle this situation in the right way.

Resisting Peer Pressure

You no doubt hear the phrase "peer pressure" a lot. Remember, your peers are people who are your age and who are similar to you in many ways. Most important, your peers are the people most likely to pressure you to use drugs. When they pressure you, remember your reasons for choosing to be drug free.



Go Online

Topic: Speak Out About Drugs

Visit glencoe.com for Student Web Activities to learn about the dangers of drug use.

Activity: Using the information provided at the link above, create a public service announcement about the dangers of drug use and how to stay drug free.

- ▼ Resisting peer pressure involves knowing communication strategies for avoiding harmful behaviors like drug use. **What are some of your reasons for not using drugs?**





It's important to remember that you are not alone when you choose to say no to drugs. Others will be making the same wise choice. Choosing to spend time with friends who do not use drugs is one of the most important decisions you can make. When you resist peer pressure to use drugs, you are protecting your health and your future.

Refusal Skills

You've been told to resist peer pressure, but how do you do it? You use refusal skills. Refusal skills are effective **strategies** for saying no to harmful behaviors. Some strategies work better than others depending on the situation, so it is important to know the strategies that work for you. It's often not enough to just say no. You need to say it with your body language and attitude, too. Be **assertive**, or *willing to stand up for yourself in a firm but positive way*. Speak in a firm voice while you're standing up straight. This positive communication strategy will tell others that you mean what you say.

It's a good idea to practice your refusal skills. This will make you better at using them. **Figure 10.3** provides some strategies for saying no to unhealthful behaviors. You can practice using these strategies by role-playing situations with a group of friends that you trust.

Go Online
Visit glencoe.com and complete the Interactive Study Guide for Lesson 4.



Reading Check

Explain What does *assertive* mean?

FIGURE 10.3

STRATEGIES FOR STAYING DRUG FREE

Below are some effective strategies for refusing drugs to maintain your personal health.

Why is using the right body language a positive communication strategy for avoiding harmful behaviors such as drug use?

Use the S.T.O.P. formula.	<ul style="list-style-type: none"> • Say no in a firm voice. • Tell why not. • Offer other ideas. • Promptly leave.
Take your time.	<ul style="list-style-type: none"> • If you have to speak slowly or stall in order to collect your thoughts, do so. • Take all the time you need in order to be firm in what you are saying.
Be direct.	<ul style="list-style-type: none"> • State how you feel as simply as possible. • Keep your statements short and clear.
Use the right body language.	<ul style="list-style-type: none"> • Make sure your body language helps you get your point across. • Stand up straight and make eye contact.
Don't apologize.	<ul style="list-style-type: none"> • Stick up for what you believe. • You don't need to make excuses or apologize for your decisions.
Walk away.	<ul style="list-style-type: none"> • If you cannot get your point across, you still have the right to leave. • Don't be afraid to do so.



Health Skills Activity

Refusal Skills

Refusing Drugs

Tyler has noticed that his best friend, Jonathan, has become a little distant. Jonathan recently changed schools, so Tyler doesn't see him every day anymore. Tyler knows that Jonathan has met some new friends at his new school. When they get together, Tyler notices that Jonathan doesn't seem interested and has trouble following the conversation.

One day, Tyler meets up with Jonathan and some of his new friends. Jonathan's new friends suggest that everyone go back to Jonathan's house to smoke marijuana. Tyler wants to keep Jonathan as a friend, but he doesn't want to use drugs. What should Tyler do?

What Would You Do?

Apply the S.T.O.P. formula to Tyler's situation.

- Say no in a firm voice.
- Tell why not.
- Offer other ideas.
- Promptly leave.

Lesson 4 Review



After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** Define *alternative*.
2. **List** Name three reasons not to use drugs.
3. **Describe** What are two alternatives to drug use? Describe how these alternatives could make a teen less likely to use drugs.
4. **Explain** What is the S.T.O.P. formula? How can it allow you to stay drug free?

Thinking Critically

5. **Analyze** How can being prepared help you refuse drugs?
6. **Apply** What is the most important reason for you to stay drug free?

Applying Health Skills

7. **Advocacy** What advice would you give a friend who has trouble saying no to her peers when they pressure her to use drugs?

Building Health Skills

Accessing Information
Practicing Healthful Behaviors
Stress Management
Analyzing Influences
Communication Skills
Refusal Skills
Conflict Resolution
Decision Making
Goal Setting

Advocacy

What Is Advocacy?

Advocacy involves taking action in support of a cause. An advocate is someone who works to bring about change.

Ways to Take Action

- Write letters to government leaders, and magazine and newspaper editors.
- Collect signatures from people in your community.
- Organize activities in your school or neighborhood.
- Volunteer with a group that shares your feelings. If no group exists, start your own group.
- Contact local radio or television stations to see if they will give your cause airtime.

Helping Others Say No to Drugs

Follow the Model, Practice, and Apply steps to help you master this important health skill.

1 Model

Read how Carlos and his class used the skill of advocacy by contributing to the Say No to Drugs campaign at their school.

In health class, Carlos studied ways teens can say no to drugs. His teacher, Mr. Johnson, explained how to start a Say No to Drugs campaign to encourage teens in their school to be drug free. He suggested they start by thinking of themselves as advocates.

Mr. Johnson directed the class to gather information on the physical, mental/emotional, and social dangers of drug use and the benefits of being drug free. Then the class created colorful posters to display during the Say No to Drugs campaign at school.



2 Practice

Help Sarita and Delanie develop a Say No to Drugs program.

On the way home from school, Sarita thought about ways to help young people stay drug free. She asked her mom to help her think of ideas. "Why don't you create a presentation for younger kids?" her mom suggested. Sarita asked her friend Delanie to help her with the project. Answer the following questions to help Sarita and Delanie develop their program.

1. How can Sarita and Delanie make their stand on drug use clear in the program?
2. What physical, mental/emotional, and social risks should they talk about?
3. How can they persuade younger students to stay drug free?



3 Apply

Use what you have learned about advocacy skills to complete the activity below.

In small groups, use your advocacy skills to create a public service announcement (PSA) to help teens stay drug free. In your announcement, include the risks of drug use. Also include the most important reasons to stay drug free. Be as persuasive as you can to encourage fellow students to choose to be drug free.

Self-Check

- Does our PSA explain the risks of drug use?
- Does our PSA contain the most important reasons for staying drug free?
- Is our PSA persuasive?

HANDS-ON HEALTH



Good News

Newspaper stories often focus on teens who abuse drugs and alcohol. These stories emphasize negative behaviors instead of positive ones. What if newspapers did the opposite and wrote stories about all the teens who make positive choices? What if a newspaper headline stated the high percentage of young people who have never used illegal substances? What if the stories also explained why these students make good choices? Write that story!

What You Will Need

- Paper
- Pencil or pen
- A partner to work with



What You Will Do

- 1 Choose one of the following statistics from The Monitoring the Future Study conducted by the University of Michigan:
 - 60% of eighth graders have never used alcohol.
 - 80% of eighth graders report never having been drunk.
 - 98% of eighth graders have never used Ecstasy.
 - 98% of eighth graders have never used steroids.

- 2 Write a headline that shows the percentage of students who avoid these illegal activities.
- 3 Write a story that gives reasons why you think these students avoid the substance stated in your headline.

Wrapping It Up

Use the headline and story you wrote to create a newspaper-style handout, then distribute it to the rest of the class. Ask the other students to think about this: When you avoid the risky behavior of drug use, you are doing what most other teens do. Know that you have a lot of company when it comes to staying drug free.



Visit glencoe.com to download quizzes and eFlashcards for Chapter 10.

FOLDABLES® Study Organizer

Foldables® and Other Study Aids Take out the Foldable® that you created for Lesson 2 and any graphic organizers that you created for Lessons 1–5. Find a partner and quiz each other using these study aids.

Lesson 1 Drug Use and Abuse

Main Idea Drug misuse and abuse can seriously harm your health triangle.

- A drug is a substance other than food that changes the structure or function of the body or mind.
- Medicines are drugs and can either be purchased over-the-counter (at a pharmacy or grocery store) or prescribed by your doctor.
- Drug misuse is taking a drug in a way that is not intended.
- Drug addiction means that a person is dependent on a drug that is very hard to quit.

Lesson 2 Types of Drugs and Their Effects

Main Idea Drugs can harm your body in many ways.

- The same drugs can affect people differently.
- Tolerance is the body's need for larger and larger amounts of a drug to produce the same effect.
- An overdose is taking more of a drug than the body can tolerate.

- Types of drugs include stimulants, depressants, club drugs, narcotics, hallucinogens, inhalants, and steroids.
- If a pregnant woman takes drugs, the drugs can hurt her unborn child.

Lesson 3 Drug Risks and Teens

Main Idea Drugs are especially harmful to teens because their bodies are still growing.

- Media messages that glamorize drug use can encourage teens to use drugs.
- Drug use often leads to making poor decisions, bad judgment, and violence.
- Drug possession and drug use are illegal.
- A drug-free zone is a 1,000-yard distance around a school where anyone caught with drugs will be arrested.

Lesson 4 Staying Drug Free

Main Idea Avoiding drugs means that you have self-respect, want a bright future, are responsible, are in control, and are a good citizen.

- Alternatives to drug abuse include playing sports, joining after-school clubs, volunteer work, and taking music or art lessons.
- Use refusal skills to resist peer pressure to use drugs.
- Be assertive when you say no drugs.

After You Read

Health eSpotlight

VIDEO

Now that you have read the chapter, look back at your answer to the Health eSpotlight question on the chapter opener. Have your ideas changed? What would your answer be now?

Reviewing Vocabulary and Main Ideas

On a sheet of paper, write the numbers 1–6. After each number, write the term from the list that best completes each statement.

- drug
- depressant
- club drugs
- amphetamines
- tolerance
- overdose

Lesson 1 Drug Use and Abuse

1. A _____ is a drug that slows down the body's functions.
2. _____ are illegal drugs that are often used at all-night parties called raves.
3. Strong stimulant drugs that speed up the nervous system are _____.
4. A substance other than food that changes the way your body works is a _____.

Lesson 2 Types of Drugs and Their Effects

5. Taking more of a drug than your body can stand is called a(n) _____.
6. _____ is the body's need for larger and larger amounts of a drug to produce the same effect.

On a sheet of paper, write the numbers 7–10. After each number, write the letter of the answer that best completes each statement.

Lesson 3 Drug Risks and Teens

7. Because a teen's body is still developing,
 - a. drug use can interfere with brain development.
 - b. drug use can help a teen manage his or her weight.
 - c. a teen cannot develop an addiction to drugs.
 - d. None of the above
8. Misuse of drugs includes
 - a. ignoring the directions on medicine given to you by a doctor.
 - b. using someone else's prescription medicine.
 - c. using a medicine in a way that is not intended.
 - d. All of the above

Lesson 4 Staying Drug Free

9. The best way to say no to drugs is to
 - a. be unprepared to say no.
 - b. apologize for wanting to avoid drugs.
 - c. avoid people who use drugs and avoid places where drugs are available.
 - d. have friends that use drugs.
10. Participating in community activities
 - a. takes up too much time to be worth it.
 - b. is one healthy alternative to drug use.
 - c. is an unhealthy alternative to drug use.
 - d. None of the above



Applying Technology

Thinking Critically

Using complete sentences, answer the following questions on a sheet of paper.

11. **Hypothesize** Why might someone ignore the risks of drug use?
12. **Explain** How can avoiding drugs support a teen's decision to avoid sexual activity?

Write About It

13. **Narrative Writing** Write a story about a teen athlete who is considering using steroids.
14. **Expository Writing** Write a paragraph describing how a teen can use positive peer pressure to influence others to avoid using drugs.

Say No to Drugs Puppet Show

You and a partner will create and film a puppet show using iMovie® that teaches young children how to say no to drugs. Follow the steps below to complete this project.

- Create puppets out of old socks or paper bags. Use a variety of materials like markers, glitter, and buttons.
- Write a five-minute dialogue for your puppets. Make sure to include each step from the S.T.O.P. formula.
- Use a digital recorder to film the puppet show. Import your video into iMovie®.
- Edit your video. Make sure that the vocabulary you use is age-appropriate for younger students.
- Save your project.

Standardized Test Practice

Reading

Read the two paragraphs and then answer the questions.

Heroin is a narcotic, a type of drug that relieves pain and dulls the senses. Heroin is a highly addictive drug, and withdrawal from heroin is extremely painful. Heroin is usually injected, and it gives users a sense of *euphoria*. This feeling of joy is short-lived, however. Very soon, the user suffers from withdrawal.

The symptoms of heroin withdrawal are so painful that most users need professional help to quit. The user must go through a detoxification process. This process may be drug free or it may include the use of legal doses of other drugs that relieve the symptoms of withdrawal. One of the drugs used in heroin detoxification is called methadone, a *synthetic* drug not found in nature. It delays the feelings and cravings that users experience during withdrawal.

1. In the first paragraph, *euphoria* means
 - A. a feeling of sadness.
 - B. a feeling of joy.
 - C. a period of confusion.
 - D. None of the above
2. What is the main idea of the second paragraph?
 - A. Withdrawal from heroin is painful and difficult.
 - B. Heroin can be used only by injection.
 - C. Heroin is an extremely addictive narcotic.
 - D. All of the above
3. In the second paragraph, *synthetic* means
 - A. helpful.
 - B. not found in nature.
 - C. effective.
 - D. healthful.