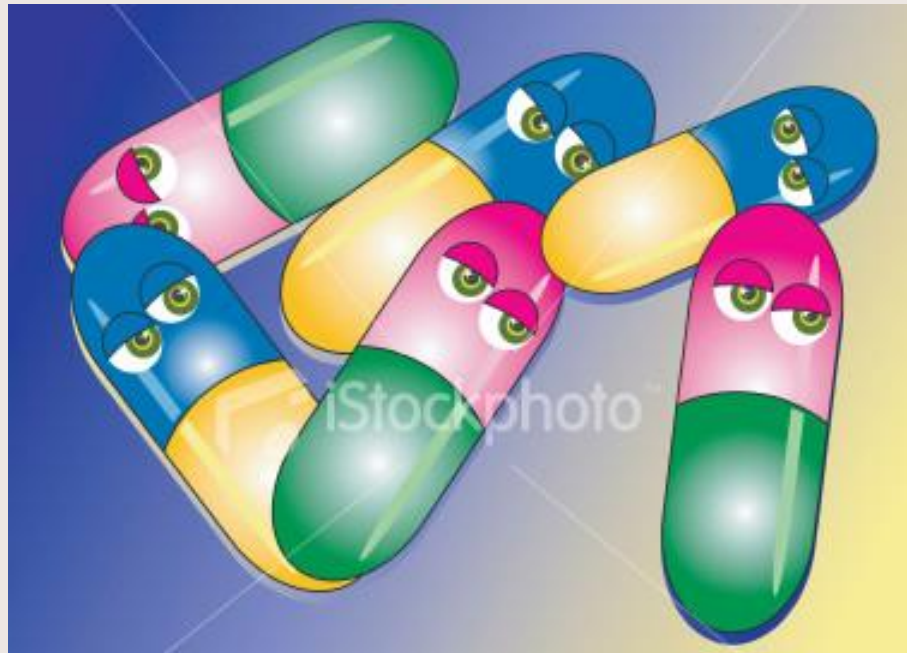


MERKEL INDEPENDENT SCHOOL DISTRICT

**EDUCATIONAL PRESENTATION
ON THE HARMFUL EFFECTS OF
DRUGS AND ALCOHOL ABUSE!**

A DRUG IS ANY SUBSTANCE OTHER THAN FOOD WHICH CHANGES THE WAY THE BODY OR MIND FUNCTIONS.





TYPES OF DRUGS



STIMULANTS (UPPERS) – Speed up the brain and central nervous system. Examples are caffeine (coffee, tea) nicotine (cigarettes), amphetamines, speed, cocaine and diet pills.



TYPES OF DRUGS



DEPRESSANTS (DOWNERS) – Slow down the brain and central nervous system. Examples are alcohol, beer, wine, vodka, gin etc heroin, tranquilizers, sleeping pills.



TYPES OF DRUGS

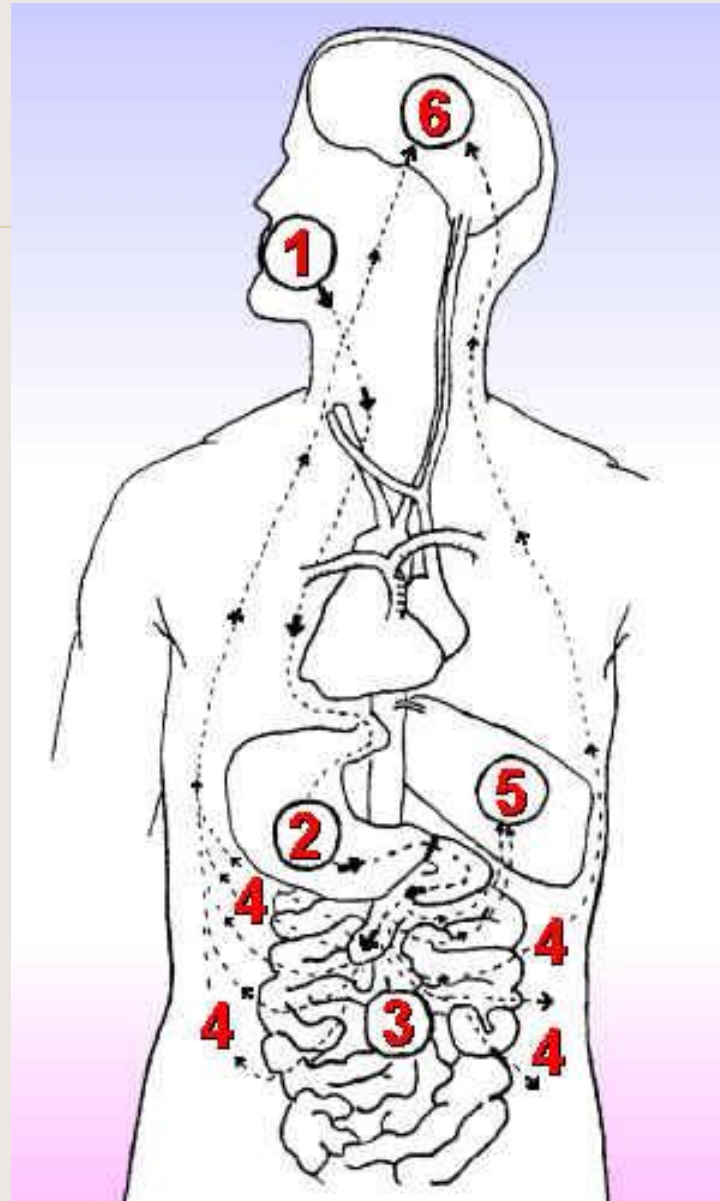
HALLUCINOGENS – These drugs alter the user's state of consciousness. (Distort auditory and visual sensations) Examples are LSD, ecstasy, magic mushrooms, marijuana.



ALCOHOL

- Alcohol goes directly from your digestive system into your blood and within minutes spreads to entire body, including brain
- It spreads evenly throughout body-except brain which gets the highest concentration because it gets more blood than any other part of body
- More blood equals more alcohol
- Intoxication (drunkenness) starts in the brain

1. Mouth
2. Stomach
3. Small Intestine
4. Bloodstream
5. Liver
6. Brain



ALCOHOL

Physical Effects

- Co-ordination is impaired, clumsiness, slower reflexes
- High blood pressure, damage to the heart
- Liver damage
- If drinking when pregnant, FASD
- Life threatening when mixed with other drugs

Mental and Emotional

- Behave in ways that you normally wouldn't
- Increase in aggressive and violent behaviour
- Problems with school and learning



ALCOHOL AND THE LIVER

- The liver removes poisons - include alcohol from the body
- People who drink regularly can have serious liver damage and may even get liver cancer
- If the liver is damaged badly enough, it can stop working, causing the person to die.



ALCOHOL



- Alcohol is the oldest and most widely used drug in the world.
- About two-thirds of Grade 6 students say they have experimented with alcohol.
- By Grade 10, over 90% of young Canadians have tried it.
- Leading cause of death for teens and young adults in Canada is motor vehicle accidents-many of which involve alcohol use.



NICOTINE

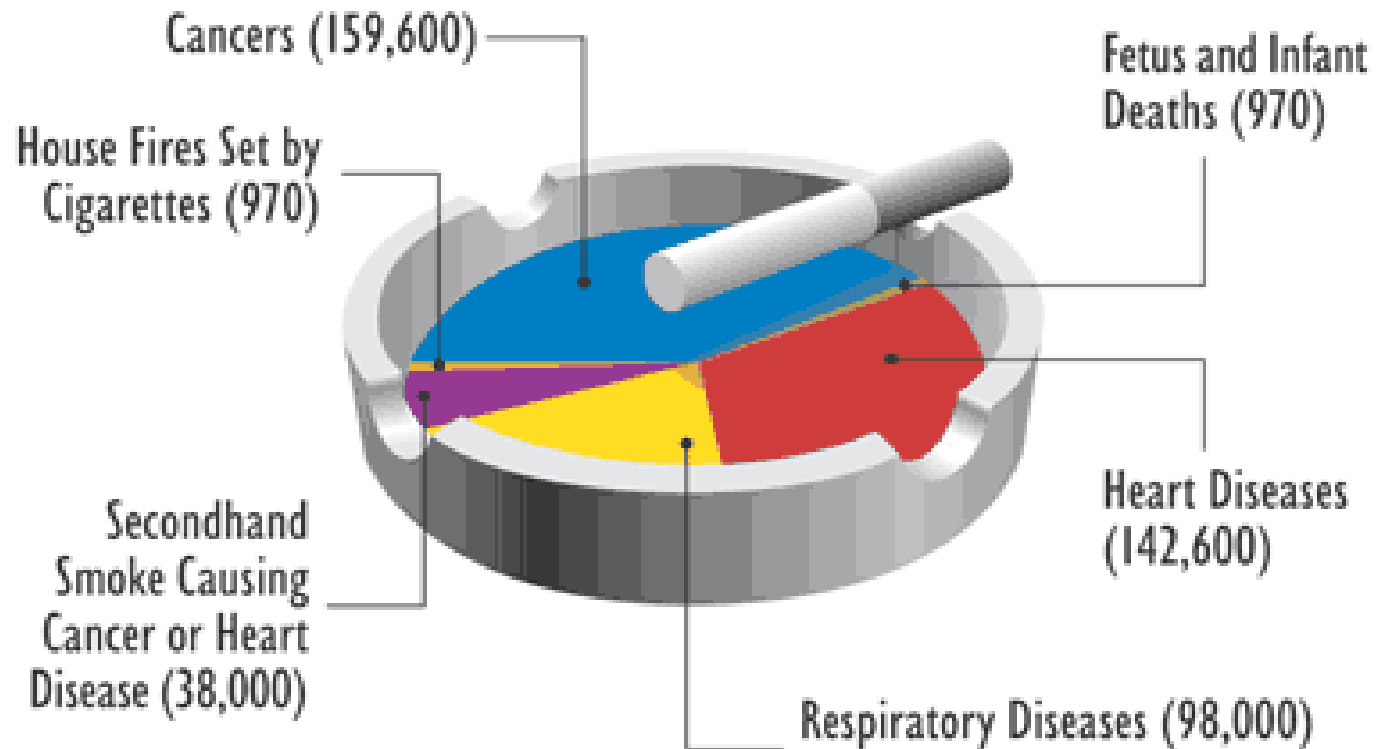
- **Most addictive drug**
- Causes more long term health problems than any other drug
- Adults are smoking less, younger people under 18 smoke more
- When someone stops smoking they have:
 - strong cravings
 - irritability (everything gets on nerves)
 - thoughts of it-can't stop thinking about it

NICOTINE

What it does to your body,
brain and behavior

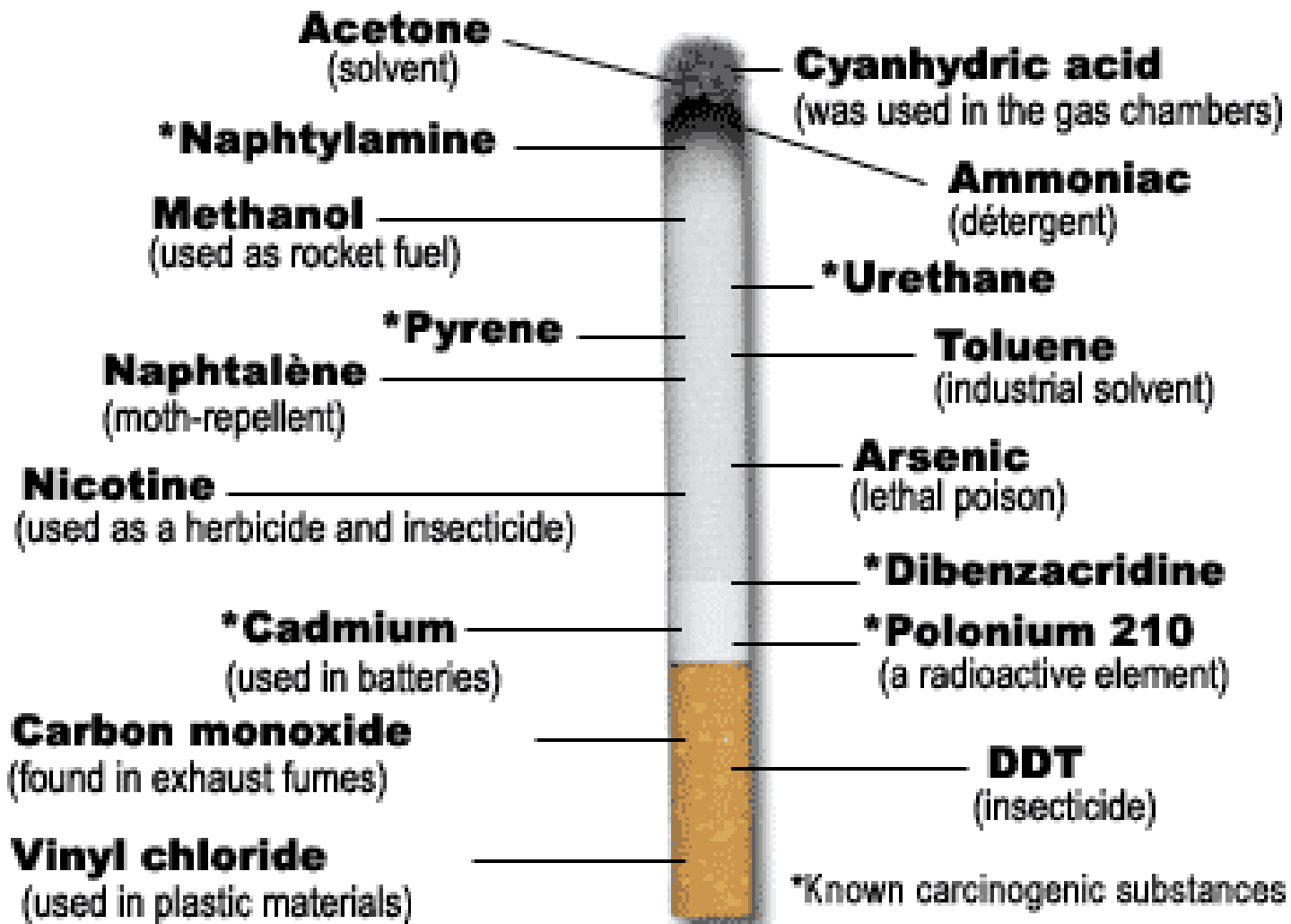
- depression
- lung cancer
- lung diseases
- heart disease
- skin becomes thinner and wrinkled

440,000 Deaths Each Year Caused by Smoking

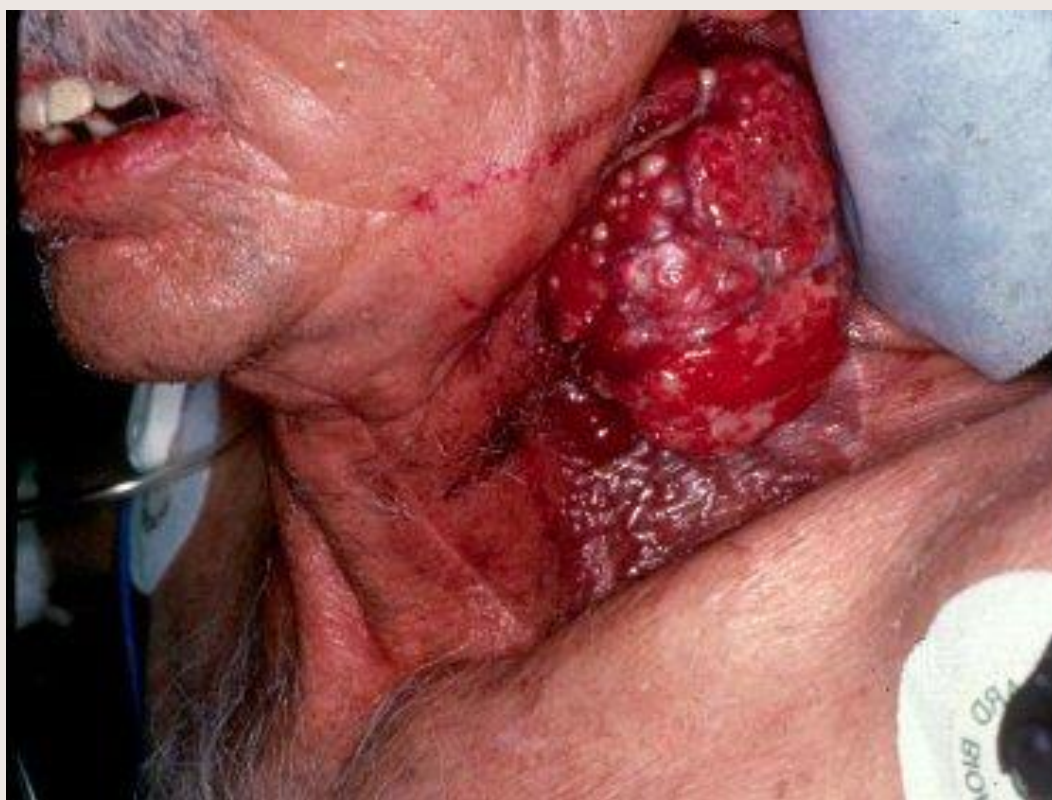


All numbers are rounded.

DANGER POISON !



STOP SMOKING!



NICOTINE



MARIJUANA

- Marijuana is the most common illegal drug around
- Comes from a plant called "cannabis"
- Some people call it pot, weed, grass, hash, smoke or ganja
- Cannabis has the chemical "tetrahydrocannabinol" or THC
- When you smoke a joint the THC goes into the lungs, then into the heart which pumps into the bloodstream which takes it directly to brain

MARIJUANA

- Only takes few minutes for THC to get to brain when you smoke marijuana
- Eating takes longer to get to brain-passes through digestive system first
- In brain, activates "receptors" gives you the feeling of being high
- Marijuana changes physical and chemical balance in your brain

MARIJUANA

- **Short Term Effects:**

Increase in heart rate,
lead to anxiety and
paranoia

Distorted concept of
time and space

Decrease in
concentration skills,
short-term memory
capacity

Feeling tired after the
"high" wears off

Increase in appetite,
weight gain

- **Long Term Effects:**

- Breathing problems
- Lung cancer
- Damage cells and tissues in the body that fight disease
- Lack of motivation
- Difficulty processing new information



MARIJUANA



- Marijuana and cigarette smoke have some of the same cancer-causing substances.
- Benzopyrene (cancer-producing agent) higher in marijuana
- 400 chemicals in marijuana smoke affect lungs, throat and esophagus



CLUB DRUGS

- **CERTAIN DRUGS HAVE BECOME POPULAR AMONG TEENS AND YOUNG ADULTS AT DANCE CLUBS AND RAVES.**

MDMA/ECSTASY

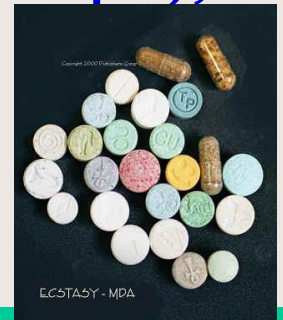
ROHYPNOL

KETAMINE

GHB

ECSTASY

- Ecstasy is a slang term for an illegal drug MDMA
- MDMA is synthetic-doesn't come from a plant but made in secret labs
- Other chemicals or substances are added to it such as caffeine, amphetamines, dextromethorphan (in some cough syrups), or cocaine.



ECSTASY

- **MIND-ALTERING DRUG**
- **HALLUCINOGEN-ACTS ON THE MIND TO CAUSE PEOPLE TO SEE OR FEEL THINGS THAT AREN'T REALLY THERE**
- **HALLUCINOGENS MIX UP PICTURES IN THE MIND AND THROW PEOPLE INTO SCARY OR SAD EXPERIENCES IN THE PAST**

ECSTASY

- “Hit” of ecstasy lasts 3-6 hrs
- Once swallowed takes 15 min to enter bloodstream and reach brain
- 45 min later user reaches peak level high
- It’s downhill from there



ECSTASY

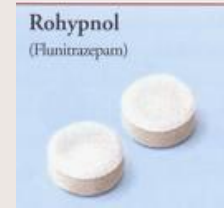
Effects

- Feeling of sadness
- Anxiety, Depression
- Memory Difficulties
- Paranoia
- Nervousness
- Insomnia
- Drug cravings
- Increased touch of sense
- Suppresses need to eat or sleep
- Moist skin or dry mouth





ROHYPNOL

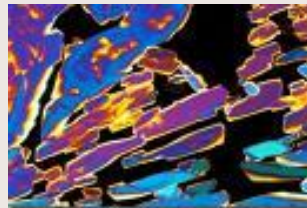


- Rohypnol can affect your brain and body
- Damages neurons in your brain, impairing your senses, memory, judgment, and coordination
- Artificial drug-created in a chem lab during medical research



ROHYPNOL

- **MAKES USER VERY RELAXED, CONFUSED, "SPACED-OUT"**
- **TAKES AWAY ALL INHIBITIONS, MAKING PEOPLE DO THINGS THEY NORMALLY WOULDN'T**



ROHYPNOL

- **CAN MAKE USER PASS OUT OR SLIP INTO COMA IF TAKEN IN LARGE DOSE OR MIXED WITH OTHER DRUGS**
- **AFFECTS YOUR SELF-CONTROL - IS USED IN "DATE RAPE" AND OTHER ASSAULTS CAN MAKE YOU UNCONSCIOUS AND IMMOBILIZES YOU**
- **CAUSES A KIND OF AMNESIA-USER DOESN'T REMEMBER WHAT THEY SAID OR DID WHILE ON THE DRUG**
- **COMES IN A FORM OF A PILL, OR SOMETIMES POWDER MIXED WITH A DRINK, OR PUT INTO SOMEONE'S DRINK**

HEROIN

- Processed from morphine - obtained from opium poppy
- "downer" affects brain's pleasure systems - interferes with brain's ability to feel pain



Heroin colors can vary from a dark brown sugar color to a whitish color appearing a lot like cocaine

HEROIN

- white to dark brown powder or tar-like substance
- is cut with other drugs or substances (sugar, starch, powdered milk)
- abusers don't know actual strength of drug or true contents = high chance of overdose or death
- sharing needles and equipment cause other diseases and problems for users



HEROIN

- leads to flushing of skin, dry mouth, collapsed veins, liver disease
- additives don't dissolve leading to clogs in blood vessels that lead to lungs, liver, kidney or brain
- tolerance develops with regular use - user needs more heroin to achieve same intensity





Roseanne

- Roseanne Holland
- Age 29
- Before her heroin habit took over her life



2 of 2

Ms Holland's habit starts to show in her face.

Studies in London suggest that there are at least 45,000 chronic crack addicts in the city.



3 of 3

- Ms Holland is American - police have pictures of British addicts but were constrained by issues of confidentiality.



- Another addict taking part in the campaign wrote: "This drug is evil...Not only the outer disfiguration is extreme, the effect it has on your insides are worse".



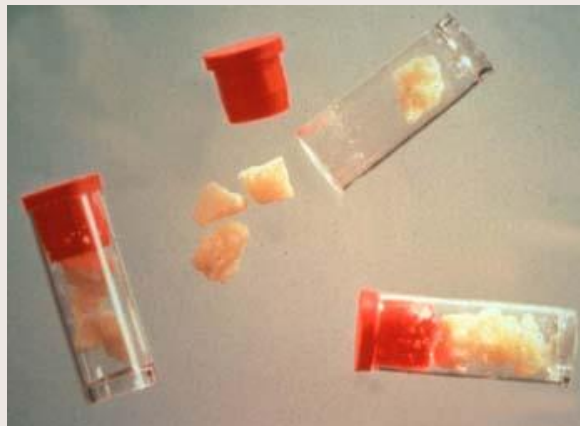
5 of 5

- At 38, Ms Holland has sunken cheeks and a skeletal face. Police do not know where she is but assume she is dead.



COCAINE + CRACK

- Cocaine is a stimulant drug-more alert and energetic
- Cocaine is a white powder comes from the leaves of coca plant
- Can be one of the hardest drugs to quit



COCAINE + CRACK

- Cocaine makes people feel energetic, talkative, alert and euphoric
- More aware of senses (increases sound, touch, sight and sexuality)
- Reduces hunger and need to sleep
- Increase in self-control and confidence
- High doses cause panic attacks, psychotic episodes (paranoia), violent behavior

COCAINE + CRACK

- Blood vessels thicken and constrict, reduce flow of oxygen to heart
- Heart muscles work harder can lead to heart attack or stroke
- Raises blood pressure, can explode weakened blood vessels in brain
- Small amount can lead to overdose
- Overdose can cause seizure or heart failure
- Snorting cocaine can cause sinus infection and loss of smell

COCAINE + CRACK



- Damage tissues in nose, cause hole in nose
- Damage lungs-severe chest pains, breathing problems, high temperatures
- Cocaine increases the same chemicals in the brain that make people feel good when they eat, drink or have sex



CRYSTAL METH

- Man-made drug
- Easy to produce (15 chemicals used)
- Main ingredient pseudo ephedrine (cold remedy), is cooked with chemicals found at hardware store-red phosphorous, iodine, ammonia, paint thinner, ether, Drano, lithium from batteries
- Investment of \$150 can yield up to \$10,000 worth of the drug
- Each kg of meth produced 5-7kg of chemical waste dumped down the drain or dumped in backyard

CRYSTAL METH

- By-product is toxic gas which causes fires or explosions
- Drug was used during Second World War to keep pilots awake on long missions
- Methamphetamine releases high levels of dopamine in the brain a neurotransmitter that is associated with pleasurable or rewarding experiences
- After it is taken user feels increased wakefulness and physical activity and decreased appetite

CRYSTAL METH

- Higher doses cause irritability, insomnia, confusion, hallucinations, anxiety, paranoia and increased aggression
- Even higher doses can cause hypothermia, convulsions and lead to death
- When body is stimulated by meth it causes irreversible damage
- Increased heart rate and blood pressure damage blood vessels in the brain, causing strokes, irregular heart beat causing a collapse or death

CRYSTAL METH

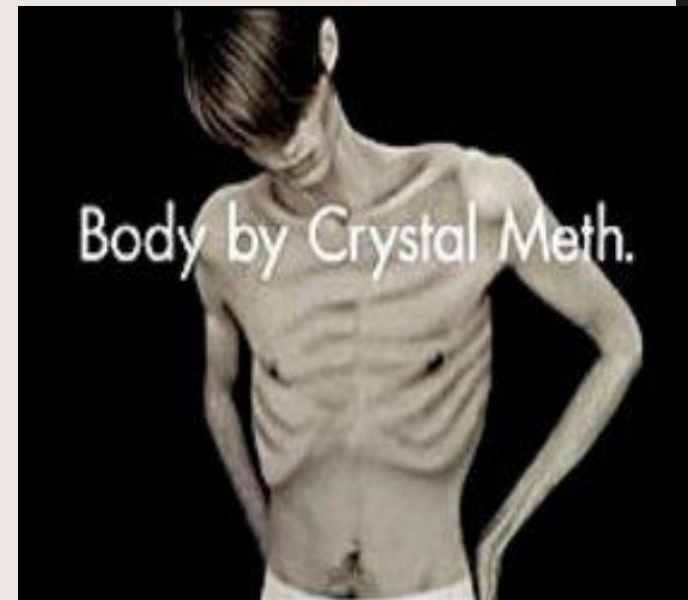
Some pictures of effects of methamphetamine



4 years, 5 months later



5 years later





11 months later



7 months later



1 year, 5 months later



2 months later



1 year later



3 months later



FERGIE

- "It was the hardest boyfriend I ever had to break up with."

"I dug deep as to why I got there. It's the drug that's addicting. But it's why you start doing it in the first place that's more interesting"

- "A lot of it was being a child actor, I learned to suppress feelings."
- "Performing, instead of taking drugs, now helps me express my emotions."



SUBSTANCE ABUSE AND SOCIETY



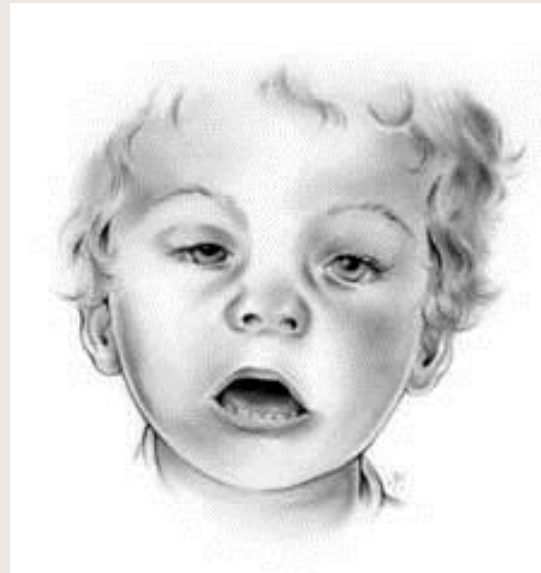
What are the effects of substance abuse on society?

- Spread of diseases such as HIV/AIDS and Hepatitis C through sharing needles, or having unprotected sex



SUBSTANCE ABUSE AND SOCIETY

Effects on unborn children or other complications from drug use



EFFECTS OF DRUG USE ON CHILD

- Miscarriages
- Premature birth
- Low birth weight
- Birth defects
- Developmental problems
- A baby's health problems, if caused by a drug will continue to grow as the child grows.



SUBSTANCE ABUSE AND SOCIETY



CRIME

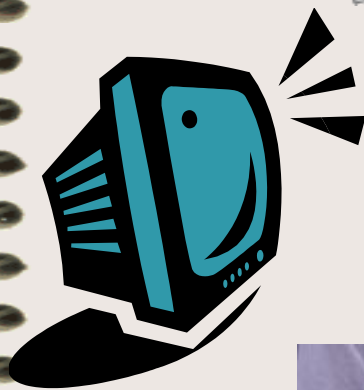
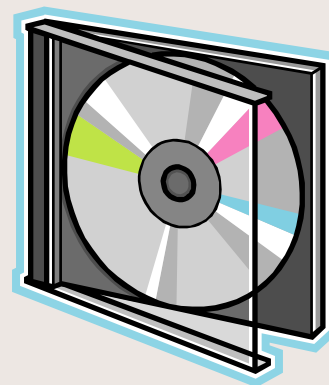
- drug possession
- drug use
- drug trafficking
- drug manufacturing
- theft
- break and enter
- robbery
- motor vehicle theft





WHY DO PEOPLE USE DRUGS?





MEDIA

POSITIVE



REINFORCEMENT



??



zzzz

BOREDOM

CURIOSITY



THE BATTLE
AGAINST BOREDOM



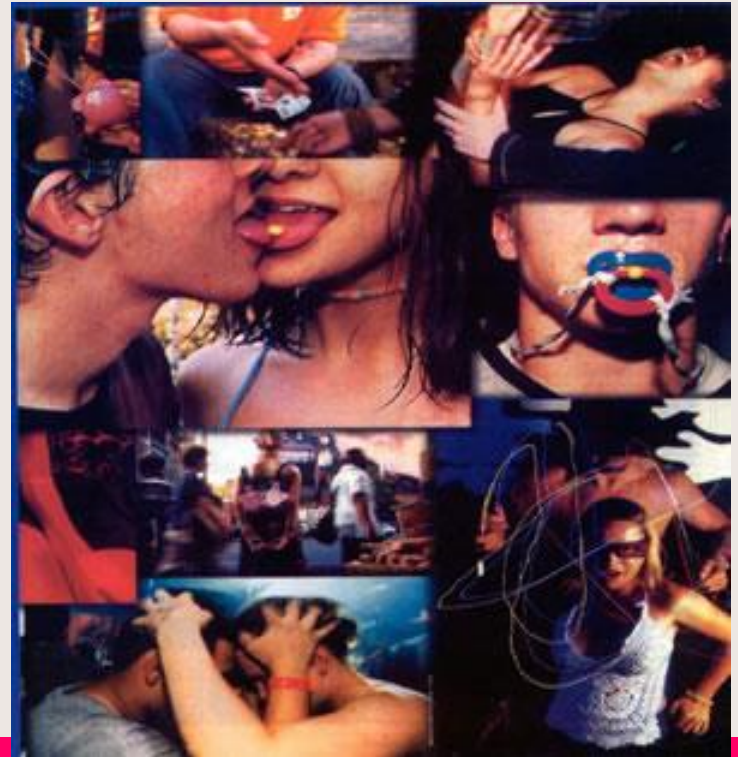
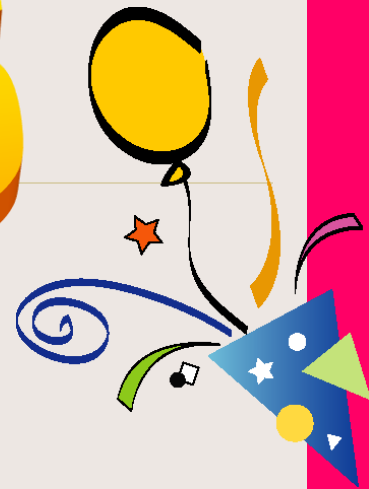
CONTINUES...

EMOTIONAL PRESSURE





CELEBRATIONS





*Peer
Pressure*



PEER PRESSURE



The Power of
Peer Pressure



Previous Drug Use





Dependence



RISK FACTORS

- **Friends who use drugs (this is the number one predictor of who will experiment with drugs/alcohol)**



RISK FACTORS

Family management problems

- poorly defined rules
- inconsistent application of rules
- lack of monitoring
- excessive discipline
- negative communication patterns
- poor anger management



RISK FACTORS

- Absence of healthy recreational or leisure interests
- Early antisocial behavior (e.g., aggression, hyperactivity, defiance)



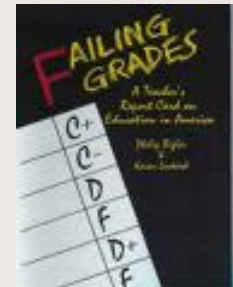
RISK FACTORS

- Parental drug use and a positive attitude toward use



RISK FACTORS

- Academic Failure (low and failing grades)
- Little commitment to school



RISK FACTORS

- Favorable attitude towards drug use
- Early first use of drugs
- Prenatal exposure to alcohol (FAS/E)



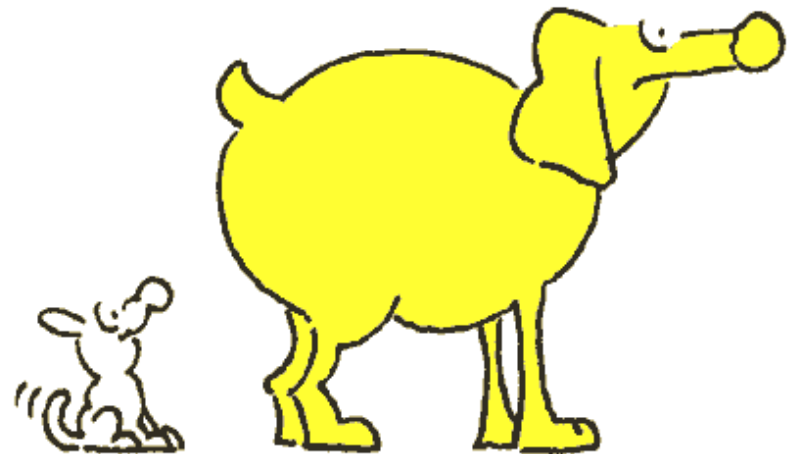
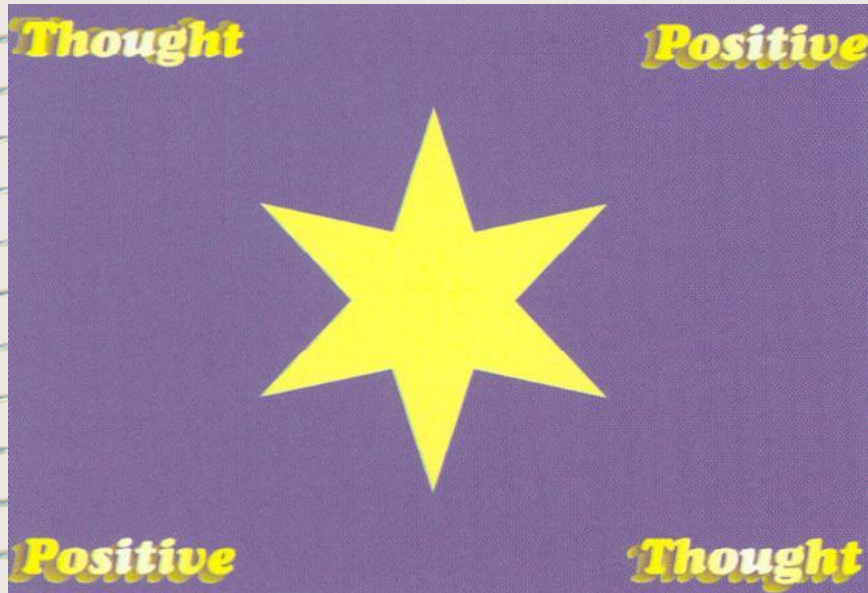
PROTECTIVE FACTORS

- Involvement in alternative activities
- Sense of well being and self-confidence



PROTECTIVE FACTORS

- Positive future plans
- Healthy coping strategies to deal with stress
- Positive attitude towards learning



THINK POSITIVE

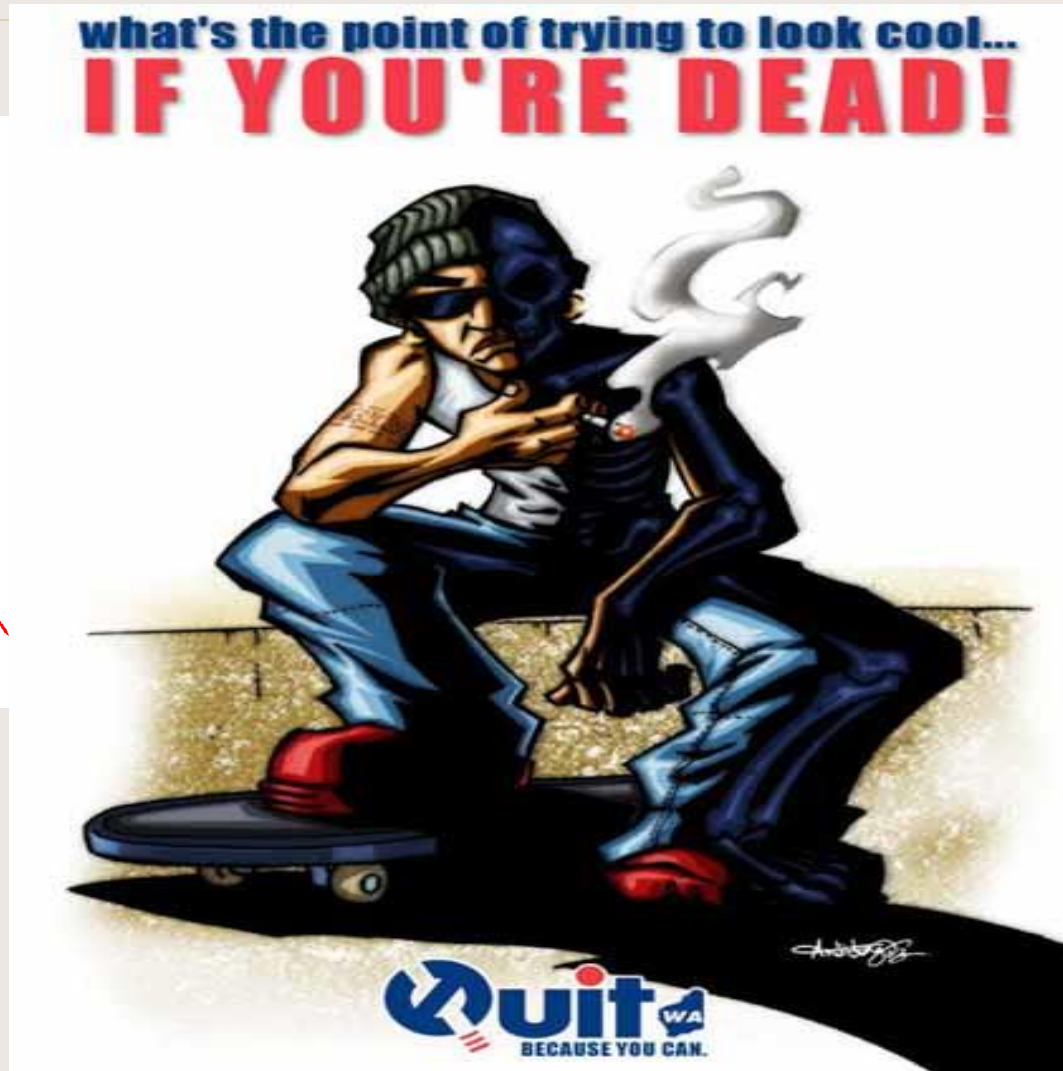
PROTECTIVE FACTORS

Knowledge about risks associated with substance use



PROTECTIVE FACTORS

Negative attitude towards substance use



PROTECTIVE FACTORS

- Positive relationships with adults



PROTECTIVE FACTORS

Friends disapprove of drugs and use

