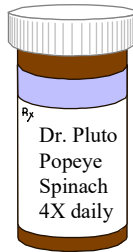




TAKING CARE OF YOURSELF



Prescription medicine is ordered by a doctor to treat a patient's specific condition. The label on the bottle or container will tell you how many times to take the medication each day. It will also have your name, your doctor's name, the date the prescription was filled as well as the expiration date, the name of the drug store and the prescription number. Other red, orange, or yellow labels may also be pasted to your prescription bottle. Read all labels carefully. The smaller labels will tell you about some possible side effects of the medication and specific directions about how to take the medicine.

Read the following medication labels. Describe in the box beneath each label where and how often you would take the medication as well as what possible side effects each medication might have or what precautions you would want to take.

	XXX Pharmacy 555 Main St Boston, Mass
Rx 000	Refills 0
Dr. XXXXXX	
John Smith 1243 North St Boston, MA	
Take 1 capsule 3Xday for 10 days.	
MedicNAME Orig. Date 6/1/95 Disc. After 6/1/95	
FINISH ALL MEDICATION	
TAKE WITH FOOD ONLY	

	XXX Pharmacy 555 Main St Boston, Mass
Rx 001	Refills 0
Dr. XXXXXX	
John Smith 1243 North St Boston MA	
Take 1 Tablet every four hours for one week.	
WARNING: MAY MAKE YOU DROWSY. DO NOT DRIVE AN AUTOMOBILE OR OPERATE HEAVY MACHINERY WHILE TAKING THIS MEDICATION.	
NOT TO BE TAKEN WITH DAIRY PRODUCTS.	

Remember to ask your doctor, nurse or pharmacist the following questions before you take any medication:

- Why do I need to take this medication?
- Are there any special instructions I should follow?
- What effects will the medication have on my body?
- Does this medication react with any other substances?
- How will I know if I am allergic to this medication? What are the symptoms of an allergic reaction?



If you think you have the symptoms of an allergic reaction, stop taking the medication immediately and call your doctor.

If there is no allergic reaction or any other complication, be sure to finish all the doses of medicine prescribed for you. Do this even if you feel better and you think you are “well” before you have completed the doses.

MINOR ILLNESSES

If you do not have any symptoms which indicate the need for medical attention, you might be able to treat minor illnesses with over-the-counter medication. However, always evaluate carefully whether or not you should see a medical professional. If any symptoms persist, you need to get medical assistance! As with all prescription drugs, you need to read the instructions and warnings carefully before using any over-the-counter medication.



ACTIVITY

Visit your local pharmacy or drug store and research products designed to treat various minor illnesses. Record your findings in the chart below.

Minor Illness	Medication	Price	Possible Side Effects/ Warning Signs
Upset stomach			
Fever			
Common cold			
Headache			
Allergies			
Heartburn			
Others:			

Taking Care of Yourself

Making the right decisions about how to respond to illnesses and health problems is very important. Read the following examples and discuss with your social worker, staff, or foster parent how you would best handle the following situations.

You wake up in the morning with an upset stomach. You feel as if you have diarrhea and might vomit. What would you do?



You wake up in the middle of the night with a pounding headache. You are dizzy and have abdominal pain. You take your temperature and see that it reads 104°. What would you do?



You are on your way home from work and feel as though you are getting a cold. Though you don't have a fever, your muscles are aching and your sinuses are congested. What would you do?



You are watching TV in the early evening when, all of a sudden, you discover that you have a rash. You have a temperature of 100°. What would you do?



Responding to medical emergencies quickly and efficiently could save your life. What kind of circumstances would lead you to immediately seek medical care at the emergency room of your local hospital?

EMERGENCY

Sometimes symptoms of illnesses might be mistakenly identified as harmless when they actually may indicate serious health problems. Therefore, it is important to always seek medical help if you have any questions. It is better to be safe than sorry.

For example, various cancers can have the following seven warning signals:

- 1) Change in bowel or bladder habits.
- 2) A sore that does not heal.
- 3) Unusual bleeding or discharge.
- 4) Thickening or lump in breast or elsewhere.
- 5) Indigestion or difficulty in swallowing.
- 6) Obvious change in a wart or mole.
- 7) Nagging cough or hoarseness.

If you have a warning signal or any medical concerns, see your doctor.



GENERAL SURVIVAL SKILLS

Emergencies can happen at any time. Knowing some basic first-aid treatment can be literally life-saving. A course on first-aid treatment can give you invaluable knowledge that may someday save a life. In the meantime, let's think about a situation that might easily occur.

You are on a date in a restaurant. Suddenly your date starts coughing and pointing to his throat. You realize this is serious and start pounding him on the back. What else could you do to help him? _____

Do you know the Heimlich Maneuver or CPR? _____

What other survival treatments could you use? _____

Do you keep a general first aid kit in your apartment or car? What should be included in the kit? _____

WHAT TO DO WHEN SOMEONE IS CHOKING

Heimlich Maneuver

Method 1: Victim standing or sitting, rescuer standing

1. The rescuer stands directly behind the victim and wraps his arms around the victim's waist.
2. *The rescuer makes a fist with one hand and places his fist against the victim's navel and rib cage, with the thumb-side inward.*
3. With one hand on top of the other, the rescuer places the heel of the bottom hand on the victim's abdomen, slightly above the navel and below the rib cage.
4. With a sharp upward thrust, the rescuer presses his hand into the victim's abdomen. Be sure to pull up, rather than towards you, to avoid damage to the victim's rib cage.
5. The rescuer should repeat the maneuver several times until the victim stops choking.

Method 2: Victim lying face up, rescuer kneeling.

1. The rescuer should position the victim on his back.
2. The rescuer kneels, facing the victim and straddling him with one knee on either side of the victim's hips.
3. With one hand on top of the other, the rescuer places the heel of the bottom hand on the victim's abdomen, slightly above the navel and below the rib cage.
4. With a sharp upward thrust, the rescuer presses his hand into the victim's abdomen.

The rescuer should repeat the maneuver several times until the victim stops choking.



ACTIVITY

*Practice the Heimlich Maneuver with another person using both Method 1 and Method 2 until it becomes easy for you to perform. Be careful! Go through the motions **only** so that you are sure you understand and can do it in an emergency.*

HEALTH INSURANCE

Taking good care of your health is very important. However, health care costs are rising steadily and the cost of medical care for a serious injury or illness can be extremely expensive if you are not covered by health insurance. Once you leave the Department's care, you will no longer be insured through Mass Health. You can reapply for coverage through your local Office of Transitional Assistance, but you have to be income eligible and certain other restrictions apply.

Most people obtain health insurance (coverage for ongoing and unexpected medical expenses) through their employers. Most often, you will be eligible for employee health insurance if you work full time.



Most employers require co-payments, depending on the type of coverage or insurance plan. In addition to those monthly co-payments, which range from \$30 to \$100, most insurance

providers require co-payments for each doctor's visit and pharmacist's prescription. These usually range from \$5 to \$10 dollars. Emergency room co-payments have an average cost of \$25.

Some employers offer dental insurance, again with co-payments required. Dental insurance often pays for 80% of needs, while you would be responsible for the remaining 20%.

Colleges will often offer basic health insurance to students, sometimes included in tuition. If you are planning to go to college, inquire about the specific details.



If you are not eligible for Mass Health, don't go to college, or don't work for full-time for one employer, private insurance is available through provider companies such as Blue Cross/Blue Shield. This might be an option for you. Private insurance costs an average of \$2500 a year, cover 80% of costs, and have deductibles (a certain amount of money you are required to pay before the insurance covers the rest).

You are aware by now that health insurance can be expensive. However, having **no** insurance is very risky and could end up being far more expensive than insurance.

If none of the options listed above are viable possibilities for you at this time, you will have to pay for doctor's visits and health care facilities from your own pocket. Thankfully, many community health programs offer medical care services on a sliding fee basis. That means that the fee for services is based on your income. Some even provide free check-ups and emergency care in certain locations. However, these services are not available in all communities.



ACTIVITY

Research lower cost or free health care options in your community and list their location and phone numbers below.

--

HEALTH RISKS

You are in control of your personal health. While exercise, proper nutrition and regular doctor's check-ups can help you to maintain good health and may prevent health problems, certain behaviors and bad habits can negatively influence your health.

What kind of behaviors/habits could be harmful to your health?

_____	_____
_____	_____
_____	_____

In the following sections we will discuss some behaviors and habits which could have a negative impact on you and impose a serious risk to your health.



SMOKING

If you are a smoker, have ever been tempted to start smoking, or know someone who smokes, the following questions and information are important to you!

Why do you think most people start to smoke? (Or why did you start to smoke?)

Does smoking make people more interesting, mature, or more attractive?

Do you think that smokers are better liked, more respected, or make more money than nonsmokers?

Look over the examples below. Do you think that any of them give valid reasons to start smoking?

- Rebecca started to smoke because the boy she really liked smoked.
- Dennis doesn't know why he started. He just thought it was a cool thing to do.
- Elisabeth started because her mother, father, and older brother smoked.
- Amy started to smoke because she wanted to be part of a group of older kids who smoked.
- Chuck started because his best friend told him he should. Otherwise, he would look like a wimp and never get a girlfriend.

The truth is that there are NO valid reasons to start smoking!

What might Rebecca, Dennis, Elizabeth, Amy, and Chuck have done to avoid starting to smoke? What would you do in their individual situation?



What are the health risks and disadvantages of smoking?



Take an inventory of your knowledge of facts and health risks related to smoking.

Multiple Choice

_____1) Cigarette smokers are more likely than non-smokers to die of cancer of the

- a) pharynx or larynx
- b) lungs
- c) esophagus
- d) lips, tongue, or mouth
- e) all of the above

_____2) What gives cigarettes their rich country flavor?

- a) propane
- b) butane
- c) formaldehyde
- d) hydrogen cyanide

_____3) How many chemicals in cigarette smoke cause cancer?

- a) none
- b) 1
- c) 10
- d) 30

True or False

_____1) Lung cancer can be cured very easily.

_____2) People who don't smoke can get lung cancer.

_____3) When a person stops smoking, lung tissues return to normal on their own.

_____4) City smog is worse for you than cigarettes.

_____5) Low-tar, low-nicotine cigarettes are safer than other kinds.

_____6) Children whose parents smoke are more likely to smoke than children of non smokers.

_____7) It doesn't matter if teenagers smoke because they can easily stop.

Multiple Choice Answers

1. e) all of the above.

2. All of the answers given, and they're all deadly.

3. d) There are 30 known carcinogens in cigarette smoke, and probably more that haven't been discovered yet.

True or False Answers

1. FALSE. Nine out of ten cases of lung cancers are incurable.
2. TRUE. Occasionally, people who don't smoke will get lung cancer. But 80% of all lung cancers are caused by smoking.
3. TRUE. Unless the lungs are already too severely diseased, they start to repair themselves almost immediately. This happens rapidly in short-term smokers.
4. FALSE. Air pollution plays no significant role in lung cancer.
5. TRUE. However, there is no completely safe cigarette.
6. TRUE. Children who have smoking parents and older siblings are more likely to start smoking themselves.
7. FALSE. Once smoking has become a habit it is very difficult to quit.

BELIEVE IT OR! NOT

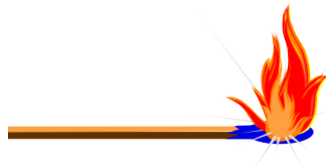


! A person who smokes one pack of cigarettes a day inhales a full cup of tar in just one year.

!! When you take one puff of a cigarette, your heart beats ten extra times per minute.

!!! There will be 93, 000 new cases of lung cancer discovered this year.

!!!! There are more than thirty million ex-smokers in the United States.



!!!!!! More than 25% of all the fires in the United States are caused by careless smokers.

Quitting:

The best way to deal with smoking is, of course, not starting. Once you get in the habit, it isn't easy to quit. Consider this example:

Barry is playing basketball on his local high school team. He is a really good player and might have a chance to get a scholarship to a local college. However, Barry has started smoking. Now, during the games, he is short of breath and doesn't seem to have as much energy as he used to. Barry does not believe that this is a result of smoking since he has only smoked for eight months. And anyway, he feels that it would be hard for him to quit, particularly because his girlfriend also smokes. *What do you think of Barry's dilemma? What advice would you give Barry?*

--

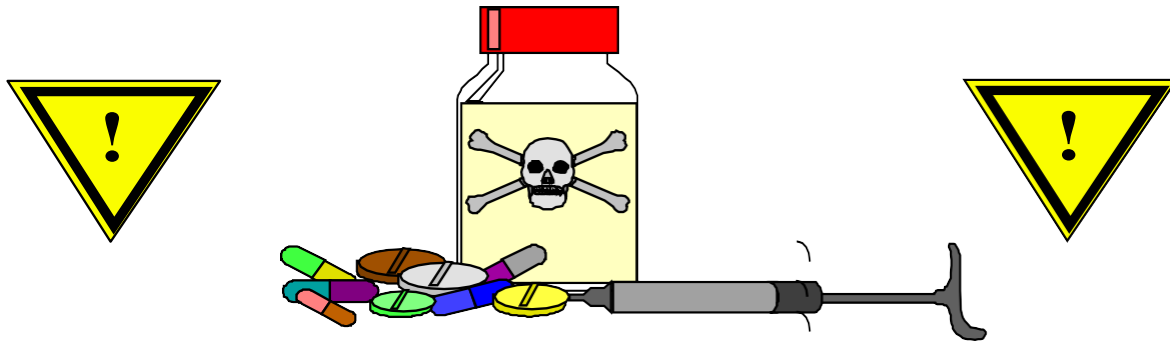
Quitting smoking takes a lot of commitment and you have got to believe that you can do it. Smokers will often think (mistakenly) that they will gain a lot of weight once they stop smoking, but studies show that the average weight gain after quitting is not more than five pounds.

If you do want to stop smoking, contact the American Lung Association in your area or speak with your primary doctor.

Summary:

My Reasons And Strategies To Not Starting Smoking Are:	or	My Reasons and Strategies To Quit Smoking Are:
--	-----------	--

DRUGS



All Drugs Are Harmful!

Experimenting With Drugs is Dangerous.

Do you think that anyone who experimented with drugs did so in order to:

- Become addicted?
- Ruin his/her health?
- Lose friends?
- Commit crimes?
- Hurt others?
- Go to jail?
- Get HIV/AIDS from sharing needles?
- Die of an overdose?

Cigarettes

Rum

Freebasing

Heroin

Newports

Crack

Ludes

Philly Blunts

MaryJanes

Xtasy

It's hard to say why some kids use while others don't. People are individuals and decide to use for all sorts of reasons. The main ones usually involve:

- **Stress:** Family problems, changing schools [or placements], pressure to do well in school.
- **Boredom:** Wanting to have fun, but with few outlets.
- **Depression:** Feeling isolated or alone, hopeless about the future and wanting to escape.
- **Curiosity:** Not everyone who takes drugs is a heavy user, and many quit after the first try. But studies show that experimenting with pot and alcohol can lead to harder drugs. For example, the Center on Addiction and Substance Abuse reports that if a person has smoked marijuana more than one hundred times, the likelihood of using cocaine goes up 70 percent.
- **Fitting in:** Being popular is a key desire for most of us. Unfortunately, some take risks against their own judgment in order to hang with the cool clique.
- **Learned Behavior:** Some young people who watch their parents dealing with their problems by taking drugs may follow their example during difficult times.
- **Lack of Self-Esteem:** People who don't feel good about themselves are more likely to do things that are harmful. Most drug users and drinkers will admit they do it to fill up an empty feeling inside or to try to appear cool.
- **Feeling Unsure about Sexuality:** Young people dealing with same-sex attractions may be drawn to drinking and drugs in order to ease fear and confusion.

(adapted from *Finding Our Way: The Teen Girls Survival Guide*. Abner and Willarosa, 1995)

Peer Pressure:

Some youth might be goaded into experimenting with drugs by their friends or peers.

Consider the following:

Alexander has had the same group of friends for several years. They used to play a lot of baseball and hockey together. Now some of his friends are getting into alcohol and drugs, smoking marijuana and drinking hard liquor. Actually, that is all they seem to talk about. Alex's friends keep pressuring him to start smoking and drinking as well. They tell him that if he wants to hang with them, he will have to use too. Alex really doesn't want to get into drugs, but neither does he want to lose his friends.

Do Alex's friends still have the same qualities they had before they started to use? How have they changed?



What would you do in Alex's situation?



PEER PRESSURE IS NOT A REASON TO BEGIN USING DRUGS!!!

Curiosity:

Another reason some people start to take drugs is to check out what it is like.

Consider:

Susan was curious to find out what it would be like to try drugs. Some of the people she knew talked about how “cool” it was. Susan thought that if you were just trying, you wouldn't become addicted and could easily stop. So Susan tried. Now six months later, Susan is hooked on crack cocaine. She dropped out of high school, lost most of her friends and is into criminal activities to support her habit.

What do you think happened?



Are you aware of the dangers of trying any drug?



Escape:

Some people start to drink and to take drugs so that they don't have to think about painful things.

Consider:

Jason has gone through some pretty tough times and experienced several painful events. He tries to avoid thinking about them by drinking alcohol whenever he can. He feels that drinking takes his mind off things and helps him to not care. However, he has to drink more and more these days to achieve that temporary effect and Jason is often depressed.

Do you think that Jason is at risk of developing a serious alcohol problem?

Do you think that Jason's problems and painful memories are still the same after the effects of alcohol have worn off?

What could Jason do to address his problems? Where could he turn for help?



Problems will not go away by drowning them in alcohol or other drugs. You will still have them when you sober up.

Remember that it is illegal for anyone under 21 to drink alcohol.

Fitting In:

Some people start to take drugs to be a part of the crowd or to boost their self-esteem.

Consider:

Emily's family moved to town two weeks ago. She is in her senior year in high school but doesn't know many people in her classes yet. She feels left out and thinks the other kids don't like her. This morning a couple of kids invited Lisa to go down to the park after school. Emily knows that these kids are doing drugs at the park. She thinks she would still like to go because maybe if she were to hang out with them and do the things that the other kids do, she might be accepted in her new school. Emily also believes that drugs might help her to be less shy and feel better about herself. But she is still scared. She knows that taking drugs is dangerous.

What do you think Emily should do?

Do you think that Emily really would be accepted by other kids in her school if she started taking drugs?

Do you think she would feel better about herself if she took drugs?

What would you do in her situation?

What could Emily do to make friends instead of using or hanging out with drug users?

TRYING DRUGS IS ALWAYS DANGEROUS!!!

- There are risks involved even in trying drugs. Even a first time experience could end with a car accident, violent behavior, damage to your health, etc.
- You can become addicted to drugs a lot quicker than you might think! Certain drugs are thought to be habit-forming from the first usage.

Possible Signs of Addiction

- ❖ You get high more than two times a week
- ❖ You do it without thinking about whether you want to do it
- ❖ You don't have any friends who don't get high
- ❖ You're using more and more drugs to get the same high
- ❖ You get high on your own
- ❖ You get high just to get high – not to socialize

Use the following quiz to test your knowledge about drugs.

True or False

- _____ 1) Alcohol is a drug.
- _____ 2) Marijuana can cause a decrease in the male hormone, testosterone, and lower sperm production.
- _____ 3) Marijuana is psychologically addictive.
- _____ 4) Black coffee will help sober up a person who is drunk.
- _____ 5) Experimenting with “coke” for the first time is not dangerous.
- _____ 6) Sniffing glue, paint thinner, or other delirants can cause serious brain damage.
- _____ 7) Frequent use of “coke” by injection can produce “coke bugs” - the sensation that insects or snakes are crawling under the skin.
- _____ 8) “Angel dust” is actually an animal tranquilizer.
- _____ 9) THC (the main chemical in marijuana) stays in the body for about one month after use.
- _____ 10) Drinking alcohol during pregnancy can cause birth defects in the unborn baby.

Answers:

- 1) TRUE
- 2) TRUE.
- 3) TRUE.
- 4) FALSE.
- 5) FALSE.
- 6) TRUE
- 7) TRUE
- 8) TRUE
- 9) TRUE
- 10) TRUE

CONCERNED?

CHOOSE TO BE A FORCE FOR CHANGE

“What can I do?”

If you or someone you care about needs help, there is a lot that you can do! There are a number of treatments to choose from. The form of treatment will be determined by the drug a person is using, what the user is willing to go through to ‘kick the habit’, and sometimes, even how much time and money a user has to devote to the treatment. Some outpatient programs are free, some group therapy sessions are offered on a daily basis. Contacting the support groups and hotlines below can be a great start for getting help.

Alateen/Alanon

Alcoholics Anonymous

Drug & Alcohol Referral Service

(800) 999-9999

Nat’l Alcohol & Drug Hotline, 24 hrs

(800) 252-6465

What’s more, you can be a force for change in your community, your school, and in your life. Agencies exist that need YOU to get the message out about the desire to feel good without drugs, alcohol, or cigarettes. Calling some of the numbers below and **getting involved** will get you on your way to becoming a powerful voice for change in your own life and the lives of others!

S.A.D.D., Students Against Drunk Driving: The only student-based activist organization dealing with underage drinking, drug abuse, and death due to drinking or drugging, and driving. Look up the SADD in your area.

Girls Incorporated. Girls Inc. offers a program called “friendly PEERsuasion” that teaches teens to educate each other about avoiding the hazards of alcohol, tobacco, and other drugs. It is the only substance abuse program that specifically targets girls. There are over 1, 000 affiliates throughout the country.

Partnership for a Drug-Free America, (212) 922-1560). A private, non-profit coalition organized to prevent drug use among kids. 405 Lexington Ave, 16th Flr. New York, NY 10174

National Cocaine Hotline, 1-800-COCAINE, or 800-262-2463. A referral service for drug treatment and prevention programs.

Drug and Alcohol Hotline, 1-800-327-5050. Provides referrals for inpatient and outpatient treatment programs.

Bridge Over Troubled Waters, 617-423-9575. Offers youth assistance with referrals, counseling, short-term housing and employment.

FACTS YOU SHOULD KNOW

ALCOHOL AND SEDATIVE/HYPNOTICS

Drug Name	Trade Name	Street Names
<i>Barbiturates</i>		
Secobarbital	Seconal	Reds, red devils, seccies
Pentobarbital	Nembutal	Yellows, yellow jackets, yellow bullets
Amobarbital	Amytal	Blue heavens, blue dolls, blues
<i>Benzodiazepines</i>		
Diazepam	Valium	Vals
Chlordiazepoxide	Librium	Libs
	Xanax	
Rohypnol	Same	Date rape drug, roofies, la rocha, forget pill, Mexican valium
<i>Non-Barbiturate Sedative-Hypnotics</i>		
Methaqualone	Quaalude, Sopor	Ludes, sopes, soapers, Qs
Ethchlovinol	Placidyl	Green Weenies
Methaprylon	Noludar	Noodlelars
Gamma Hydroxybutyrate	GHB	Liquid ecstasy, Georgia Home Boy, Grievous bodily harm, scoop,

Somatomax

(GHB is a colorless, odorless, salty-tasting liquid used frequently at Raves. Produces a psychedelic high, a sense of relaxation, and mild euphoria. Risks include: headache, muscle stiffness, seizures, respiratory failure, coma, and death. Alcohol significantly increases the risks of the drug.)

Symptoms

Acute Use:

Behavioral:

- Euphoria
- Disinhibition
- Relief of anxiety

Physiological:

- Sedation, drowsiness to comatose
- Impaired motor coordination: slurred, staggering, sluggish, sloppy

Chronic Use:

Behavioral:

- Mood swings
- Anxiety
- Aggression

Physiological:

- Impotence in males
- Malnutrition
- Tolerance
- Memory problems
- Fetal abnormalities

Alcohol exclusively: digestive ulcers, pancreatitis, gastric problems, liver and brain damage, cancer.

Withdrawal Effects

- Anxiety
- Physical/emotional tremors
- Irregular heartbeat
- Hallucinations: visual, auditory, tactile
- Convulsions
- Coma
- Death

STIMULANTS

Drug Name	Trade Name	Street Names
<i>Cocaine</i>		
Cocaine HCL (hydrochloride)	None	Coke, blow, toot, snow, girl, lady, C, candy cane, scorpion, Yeyo, paradise
Freebase Cocaine	None	Crack, rock, base, baseball, bazooko, beemers, bones, boulya, caviar, love, issues, Yale
<i>Amphetamines</i>		
d,l amphetamine	Benzedrine, Obetrol, Biphphetamine	Crosstop, black beauties, whites, bennies, cartwheels, roses, turnarounds
Methamphetamine	Methadrine	Crank, Meth, Crystal, Ice, jugs, speed
Dextroamphetamine	Dexedrine	Dexies, Christmas trees, beans, brownies

Symptoms

Acute Use:

Physiological:

- Increased heart rate and blood pressure
- Dilated pupils
- Seizures

Behavioral:

- Euphoria, hyperstimulation
- Decreased appetite, increased wakefulness
- Enhanced feelings of control and power
- Enhanced mental and physical performance
- Sexual acting out, addiction

Chronic Use:

Physiological:

- Insomnia
- Alcohol or other drug use
- Skin picking/ulcerations
- Problems with memory, concentration
- Tolerance
- Bingeing or weight loss

Behavioral:

- Emotional and physical depression
- Craving
- Jitteriness, anxiety
- Mood swings
- Paranoia, psychosis

Withdrawal Effects

Short-Term Use:

- Agitation
- Depression
- Extreme Drug Craving

Long-Term Use:

- Inability to Experience Pleasure
- Death

OPIATES AND OPIOIDS

Drug Name	Trade Name	Street Names
<i>Opiates</i>		
Opium	Pantopon	“O”, op, poppy
Codeine	Empirin	Number 4s, Number 3s, loads, sets, doors
Morphine	Varies	Murphy, morph, Miss Emma
Diacetyl Morphine	Heroin	Anti-freeze, bigH, boy, dooley, brown sugar, white boy, H, horse, juck, china white, smack, witch hazel, black tar
Oxycodone	Percodan, Tylox	Percs
<i>Opioids (Synthetic)</i>		
Methadone	Dolophine	Juice
Propoxyphene	Darvon, Darvocet	Pink lady, pumpkin seeds
Meperidine	Demerol	

Symptoms

Acute Use:

Physiological:

- Inability to feel pain
- Constricted pupils
- Nausea
- Vomiting
- Dry mouth and skin
- Decreased heart rate, blood pressure

Behavioral:

- Sleepiness
- Sedation

Chronic Use:

Physiological:

- Intolerance of physical/emotional pain
- Dryness of skin, mouth, digestive system (constipation)
- Tolerance
- HIV and hepatitis infection due to needle sharing
- Decreased appetite

Behavioral:

- Decreased sexual interest
- Emotional irritability

Withdrawal Effects

- Biologically-based pain (physical and emotional)
- Flu-like symptoms:
 - Runny nose, watery eyes
 - Goose flesh
 - Profuse perspiration
 - Dilated pupils
 - Stomach cramps/diarrhea

PSYCHEDELICS

Drug Name	Trade Name	Street Names
LSD	Lysergic acid diethylamide	Acid, gooney birds, Ozzie's stuff, blotter, trip, Lucy, ghost, sugar
Mushrooms	Psilocybin	Shrooms, magic mushrooms
Peyote cactus	Mescaline	Mesc, peyote, buttons
MDA, MDMA, MDM	Methylene-dioxyamphetamine	Love drug, XTC, ecstasy, Adam, Eve
Marijuana		Weed, reefer, doobie, herb, ganja, chiba, philly blunts, J, Maryjane, snop, boo, pot, grass, bud
PCP	Phencyclidine	Angel dust, goon, whack, crazy coke, crystal T, dust joint, zoom, special K, mint leaf, killer weed, ketamine
Dimethyltryptamine	DMT	Yopa, cohoba
(Has similar effects/risks as LSD, but wears off in less than an hour and carries an increased risk of anxiety attacks)		

Symptoms

Physiological:

Drooling
 Chills
 Sweating
 Headaches
 Nausea
 Vomiting
 Flashbacks with chronic use

Behavioral:

Yawning
Laughter, euphoria
Distortion of sensory perception (time, space, light,
sound, color, body feeling)
Feeling of mind expansion, heightened awareness
Rapidly changing emotional states
Pseudohallucination
Hallucination
Panic

INHALANTS

Volatile Solvents

- gasoline, kerosene
- alcohol
- lighter fluid
- correction fluid
- nail polish remover
- airplane glue
- cleaning fluids
- antifreeze

Aerosol Sprays

- metallic spray paints
- freon
- hairspray
- fluoride-based sprays
- vegetable oil

Organic Nitrates

- amyl nitrate (Locker Room)
- butyl nitrate (Rush)

Street Names

Ames, boppers, pearls
Poppers, snappers, climax

Anesthetics

- nitrous oxide (“laughing gas”)
- whipped cream containers
- dry cleaning fluid

Laughing gas, buzz, bomb, whippets

- Distorted/disturbed vision
- Lack of muscle and reflex control

Acute use:

- Numbness or “blankness”
- Chemical odor on clothes or breath
- Dried glue or ring around nose or mouth
- Runny nose, red or watery eyes
- Dilated pupils
- Dizziness, stupor
- Slobbering
- Inability to think or act clearly

Symptoms

- *Chronic Use:*
- Drastic weight loss
- Loss of memory
- Central nervous system damage
- Possibly permanent damage to liver, kidneys, blood, bone marrow, eyes, mucous membranes, and lungs
- Death (“Sudden sniffing death” from heartfailure)

Withdrawal

- Not physically addictive
- Psychological dependence very common
- In treatment, inhalant abusers have lowest rate of recovery

HERBAL DRUGS

(These drugs are unregulated by the Food and Drug Administration and their effects and proper dosages are unknown.)

Drug Name	Trade Name	Key ingredient in products found on the market:
Ma Huang	Ephedrine/ Ephedra	Cloud 9, Herbal Ecstasy, Ultimate Xphoria

Marketed as a natural energy booster. Also found in decongestants, asthma medications, herbal formulas and teas, and dietary supplements. High doses have serious side effects, including death. Combining Ephedra with decongestants or MAO inhibitor antidepressants can be fatal. Even combining it with caffeine puts a lot of strain on the heart.

Corynanthe Yohimbe Yohimbe

Found in health stores as a “natural” drug marketed to boost energy and sexual performance. Its major ingredient can cause fatigue, liver damage, and skin rashes. When mixed with over-the-counter drugs containing phenylpropanolamine, such as decongestants and diet aids, it can lead to seizures and death.

“DATE RAPE DRUGS”

Two types of drugs are currently in wide circulation and worthy of further mention in this section. They are referred to as “date-rape-drugs” because they are frequently the drugs of choice for people at raves or clubs who are trying to take advantage of unsuspecting partygoers.

GHB (a.k.a. liquid ecstasy, grievous bodily harm, georgia home boy) can come in powder, tablet, capsule, and clear liquid forms. When it is slipped into an alcoholic drink, it can become even more toxic. GHB is increasingly involved in poisonings, overdoses, date rapes, and fatalities.

Rohypnol (a.k.a. roofies, La Rocha, Mexican valium, rope, forget pill) is a tranquilizer like Valium, but it is 10 times more potent. It produces amnesia, muscle relaxation, and slowing of movement. These effects can last up to 8 hours. It has been slipped into drinks at raves and nightclubs to cause a sedative effect, earning its reputation as a date rape drug. Withdrawal

symptoms range from headaches, muscle pain, and confusion, to hallucinations and convulsions. Seizures can occur a week or more after one has stopped using the drug.

BOTTOM LINE: Be extra alert when drinking anything, even soda, with people you don't know very well, and watch for strange effects such as dizziness and confusion after a drink. And never, ever, ever, leave your glass unattended

Alcohol

Alcohol (beer, wine and liquor) is the most commonly abused drug in the United States. Over a billion dollars are spent every year to address the ill effects of the abuse of this particular drug.

Studies show that more than half of all 8th graders and 8 out of 10 12th graders report having tried alcohol. Many teenagers also report binge drinking (defined as 5 or more drinks in a sitting). In 1998, 30% of 12th graders surveyed reported having been drunk in the past. (Source: Monitoring the Future, 1998).




The short-term effects of alcohol use can be dizziness, talkativeness, giddiness, slurred speech, hangovers, disturbed sleep, nausea, and vomiting. Long-term effects include permanent damage to vital organs such as the brain and liver. Excessive alcohol use in a single drinking episode can even cause death due to alcohol poisoning.

While alcohol may make you feel “buzzed”, more relaxed and confident, in reality it is connected to several very disturbing statistics. More Americans are addicted to alcohol than all other drugs combined. In the 15-24 year age, 50% of deaths (from accidents, homicides, and suicides) involve alcohol or drug abuse. Also, children and siblings of alcoholics are *seven* times more likely to suffer from alcoholism than the children and siblings of non-alcoholics. So if you have a close relative who is an alcoholic, it is even more important that you make smart decisions about drinking.

In many states, drinking is illegal for anyone under the age of 21, yet a large percentage of youth experiment with alcohol every year. The risks are very real. With alcohol and all other drugs, know the facts and make a wise choice for your life.

As you have seen clearly in the previous pages, all drugs are harmful and often have deadly consequences. Unfortunately, drugs are available in too many places. Some people might try to pressure you to take drugs, or circumstances in your own life might make you more vulnerable to the temptation of drugs. Therefore, it is incredibly important for you to think about how you would resist and avoid drugs.

Fill out the chart below:

I would say <u>no</u> to drugs by:   
My strategies to avoid drugs are: 