

## 6<sup>th</sup> Grade Gateway Drug Study Guide

### Tobacco

There are two forms of tobacco: Smoking and Chewing/Spit tobacco.

#### THE "BIG" THREE:

1) **Nicotine** is a stimulant drug that speeds up the body's functions, and causes addiction.

2) **Tar** is a thick, dark liquid formed when tobacco burns.

3) **Carbon Monoxide** is a poisonous gas produced when tobacco burns.

Emphysema is a serious lung disease where the air sacs (alveoli) are damaged and destroyed.

- Study your tobacco worksheet. (Effects on the body/mind.)

### Alcohol

Alcohol is a **depressant** drug created by a chemical reaction in certain foods.

Depressant means it slows down the central nervous system.

Central Nervous System is made up of the: 1) Brain 2) Spinal Cord

Cirrhosis is the scarring and destruction of the liver tissue that can result in death.

BAL- Blood Alcohol Level or BAC- Blood Alcohol Content

- Study your alcohol information chart.

### Marijuana

Marijuana is a drug that comes from the hemp plant.

THC is the main mind-altering chemical in marijuana.

- **Short-term effects:** *Can have a stimulant, or depressant type reaction, lack of concentration, loss of short-term memory, confusion, loss of coordination, slowed reactions, and poor judgment/decision-making.*
- **Long-term effects:** *Interferes with normal body development, feelings of anxiety or panic, mental addiction/dependence, brain cell damage, **lack of motivation/ambition,** and **lack of energy or interest in activities.***

### Refusal Skills – Becoming Pressure Proof

Refusal Skills are skills or strategies that can be used to say NO effectively. (Refusal skill chart.)