

8th Grade Substance Abuse Study Guide

Tobacco

Key Concepts/Terms:

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

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

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

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.

Withdrawal is unpleasant symptoms that occur when someone stops using an addictive substance.

Physiological dependence (Physical): type of addiction when the BODY feels a direct need for a drug.

Psychological dependence (Mental): type of addiction when the MIND sends a message that it needs more of a drug.

- Study your notes/worksheets on tobacco

Alcohol

Key Concepts/Terms:

Alcohol is a depressant drug that slows down the functioning of the central nervous system.

Three main types: Beer, Wine, and Liquor

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

Binge Drinking is when you drink a large amount of alcohol in a short period of time.

Alcoholism is an illness caused by a physical and mental need for alcohol

BAL- Blood Alcohol Level or BAC- Blood Alcohol Content

The following factors will impact a person's BAL/BAC.

Factors that Influence Alcohol's Effects:

Size and gender

Food in the stomach

How fast and how much a person drinks

Other substances in the body

Drug Classifications

Marijuana: a mood-altering drug made from the leaves, stems, and flowering tops of the hemp plant.

- *Short-term effects:* Lack of concentration, loss of short-term memory, loss of coordination, slowed reactions, and poor judgment.
- *Long-term effects:* Interferes with normal body development, feelings of anxiety or panic, psychological dependence, brain cell damage, lack of motivation/ambition, and lack of energy or interest in activities.

Stimulants: Drugs that speed up the body's functions.

Depressants: Drugs that slow down the body's functions.

Narcotics: A group of drugs prescribed to relieve pain.

Hallucinogens: drugs that distort moods, thoughts, and senses.

Inhalants: Substances whose fumes are breathed in to produce mind-altering sensations.

Examples: glue, gasoline, and spray paint

- Study your drug classification packet
- Be sure to have a clear understanding of the benefits being drug free has on all three sides of the health triangle.