

Unit 5: Drug Use and Abuse

Chapter 13
Types of Drugs and
Their Effects

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Key Terms

- drugs
- psychoactive drugs
- marijuana (cannabis)
- hallucinogens
- depressants
- stimulants
- anabolic steroids
- continuum of drug use
- bingeing
- physical dependence
- psychological dependence
- Canada's drug policy

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Chapter 13-2
Types of Drugs and Their Effects

What Are Drugs?

- Substances, other than food, that affect a person's mental, emotional, or physical state
- Making Decisions about Drugs:
 - Use the same decision-making skills you use to make other health-conscious decisions
 - Need a solid understanding of the risks and consequences
 - Good information helps make sound decisions

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Chapter 13-3
Types of Drugs and Their Effects

Types of Drugs

- Marijuana (Cannabis)
- Hallucinogens
- Depressants
- Stimulants
- Anabolic steroids

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The Continuum of Drug Use



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Where's the Harm in It?

- Safety Concerns
- Long-Term Physical Health Problems
- Mental Health Problems
- Cognitive Problems
- Violence and Crime
- No Quality Control for Illegal Drugs
- Risk of an Overdose

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Binge Use of Substances

- When you drink alcohol or use a substance past the point of intoxication:
 - Female: four or more drinks per drinking occasion
 - Male: five or more drinks per drinking occasion
- A major cause of death and injuries due to accidents or violence
 - Often a result of impaired judgement or an overdose

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Binge Use of Substances – cont'd

- Can result in fetal alcohol spectrum disorder (FASD) if binger is pregnant
- Can contribute to problems with:
 - Parents
 - Authorities
 - School performance
 - Unwanted and unprotected sexual activity
 - Increased risk of HIV infection

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How Drug Use Begins

- Culture and Media
- Curiosity
- Social Acceptance
- Lack of Knowledge about the Risks
- Celebrations and Religious Observances
- Everyday Emotional Pressures
- Mental Health Problems

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Targeting Teens

- Questioning Authority:
 - Demonstrating independence
 - Trying out new, exciting, and possibly risky experiences
 - Desire to establish your own identity
 - Tendency to act on impulse without thinking through the consequences

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Media and Popular Culture

- Media:
 - Links products such as tobacco and alcohol with a certain image or lifestyle
 - Can help shape our ideas of what is normal or desirable behaviour

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Peer Influence and Decision Making

- Situations that may make it difficult to refuse alcohol or drugs:
 - Not wanting to be a bystander during the occasion
 - Not wanting to miss bonding experiences with friends
 - Not wanting to be mocked
 - Not wanting to hurt someone's feelings
 - Not knowing how to get out of the situation

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Drug Dependence

- Physical dependence:
 - Developing an increased tolerance for a substance and need larger amounts to feel the same effect
 - Withdrawal symptoms: depression, cravings, anxiety
- Psychological dependence:
 - Feeling an overwhelming desire to repeat the effects of the drug
 - Feeling like you have no choice in taking the substance

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Gambling Addiction

- Compulsive gambling that can lead to:
 - Family and marital problems
 - Serious financial problems
 - Employment or workplace disruptions
 - Criminal activity
 - Depression
 - Suicide

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Canada's Drug Policy

- Five objectives:
 - Reduce the demand for drugs
 - Reduce drug-related deaths
 - Improve the effectiveness of, and accessibility to, substance abuse information and interventions
 - Restrict the supply of illicit drugs and reduce the profitability of illicit drug trafficking
 - Reduce the costs of substance abuse to society

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Chapter 13-15
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