



Physical Education

9-12/Health

April 07, 2020



9-12 Personal Fitness and Wellness

Lesson: [April 07, 2020]

Objective/Learning Target:

Drugs:

1. Name common types of drugs.
2. Identify side effects caused by different types of drugs.
3. Summarize the impact of drugs on the brain.
4. Describe negative consequences people who abuse drugs often experience.

Bell Work

Club drugs have no serious side effects.

MYTH

- Fact:** Depending on the drug, side effects can include memory loss, impaired attention, delirium, intense drowsiness, coma, and death.
- Fact:** These drugs can also be addictive and have unpleasant withdrawal effects.

Drugs

- Drugs are substances that cause a physical or psychological change in the body
- Most drugs are illegal and can be very dangerous

Marijuana

- Marijuana is a drug made up of dried parts of the Cannabis plant
- Marijuana is usually smoked as a cigarette or in a pipe
- A number of states allow adults with a doctor's prescription to legally buy and use marijuana

Marijuana Further Thought

What are some side effects of marijuana use?

- Distorted perceptions
- Poor coordination
- Difficulty thinking and solving problems
- Problems with learning and memory
- Cardiovascular problems
- Respiratory problems

Cocaine

- A white powder that comes from the leaves of a coca plant
- Can be snorted, injected, or smoked
- Side effects include
 - Increased heart rate
 - High blood pressure
 - Headache
 - Abdominal pain
 - Paranoia
 - Heart attack or stroke

Crystal Meth

- A manufactured form of methamphetamine
- Can be smoked, snorted, injected, or swallowed
- Side effects include
 - Erratic and violent behavior
 - Homicidal and suicidal thoughts
 - Tooth decay and cracked teeth
 - Severe anxiety and paranoia
 - *Long term:* brain damage, coma, stroke, and death

Bath salts are manufactured drugs that contain a stimulant called methylenedioxypropylamphetamine (MDPV). What are some side effects of bath salts?

–Paranoia

–Headaches

–Hallucinations

–Suicidal thoughts

–Chest pains

–Nausea

–Increased heart rate and blood pressure

–Death

Hallucinogens

- Drugs that change a person's perception of reality
 - LSD (lysergic acid diethylamide)
 - Mescaline
 - Psilocybin
 - PCP (phencyclidine)
 - MDMA (meth, "Molly" or "ecstasy")

Side Effects of Hallucinogens

Researchers believe that hallucinogens temporarily disrupt the function of a body's neurotransmitters. Side effects include

- Increased heart rate and blood pressure
- Tremors and uncoordinated movements
- Muscle weakness and numbness
- Loss of appetite, nausea, and vomiting
- Mood disturbances, increased anxiety and depression
- Panic reactions and paranoia, including severe, terrifying feelings of despair or fear of insanity and death

Heroin

- Heroin is an opiate derived from morphine—a substance found in poppy plants
- Can be injected, snorted, or smoked
- People who use heroin often develop a dependency on the drug
- Heroin can have dangerous side effects

Anabolic Steroid or PED's

- Some people use illegal performance-enhancing drugs (like anabolic steroids) to help them increase muscle mass and strength, reduce muscle fatigue, or increase energy and alertness
- Using PEDs can cause serious side effects, including stunted growth in adolescents
- The use of PEDs is banned by high schools, colleges, and professional sporting leagues

Inhalants

- Chemicals that people breathe in to experience some type of high
 - Liquids (paint thinners, glue)
 - Aerosols (spray paints, vegetable oil sprays)
 - Gases (butane lighters)
 - Nitrites (butyl and amyl nitrites)
- Can cause hypoxia and other serious side effects

The Impact of Drugs on the Brain

- Drugs contain chemicals that change the way nerve cells in the brain send, receive, and process information
- Many drugs cause the brain to release abnormally large amounts of dopamine
- Larger and larger amounts of the drug are required to achieve the same good feelings
- This contributes to drug abuse

Drug Abuse

- People who abuse drugs often experience many negative health consequences
 - Engaging in unsafe behaviors
 - Lifetime or years of addiction
 - Contracting an infectious disease
 - Being involved in an accident
 - Overdosing
 - Death

Critical Thoughts:

Think about the question and give your thoughts or important facts regarding your knowledge of drug abuse.

Drug Abuse

Besides health problems, what are some other negative consequences of drug abuse?

Use the
attached links
to learn and
practice terms

Chapter 11.2 Vocabulary

[Flashcard Vocabulary English](#)

[Flashcard Vocabulary Spanish](#)

[Chapter 11.2 Matching Terms](#)