# Lesson 13.1 Over-the-Counter and Prescription Drugs

## Vocabulary Review Worksheet

1. Medicine
2. Over-the-counter
3. Prescription drugs
4. addiction
5. FDA
6. side effects
7. Drug facts label
8. Creatine

## Note-Taking Guide

**Over-the-Counter and Prescription Drugs**

1. Medicine

2. treat

3. ease symptoms; treat multiple conditions

4. OTC drug: not; shelf; more

Prescription drug: prescribed; pharmacy; one

**Using OTC and Prescription Drugs Safely**

5. Food; Drug

6. Side

7. properly

8. acetaminophen/Tylenol and ibuprofen/Advil

suppressants

allergies

Antacids

9. prescribed

10. addiction

**Reading Drug Labels**

11. What the drug is used for

How to use it safely

12. Potential answers could include: pharmacy name and address; number used by the pharmacy to identify this drug for your refill; person’s name who the prescription is for; number of refills; pharmacy phone number; doctor’s name; prescription fill date.

13. Potential answers could include: active ingredients/purpose; use; directions

14. Answers may include: drop off at a drug take-back site; at local pharmacies; throw away by taking off the prescription label and mixing the medicine in a sealable plastic bag with dirt or coffee grounds.

**Potential Risks of Taking OTC and Prescription Drugs**

15. side effects; drug-drug interactions; drug-food interactions; allergic reactions

**Abuse of OTC and Prescription Drugs**

16. alcohol; marijuana; tobacco/vaping; prescription drugs

17. Answers may include: curiosity; feel better about themselves and their situation; decrease physical pain; decrease emotional pain; to do better in school; to do better in sports.

18.

OTC drugs:

* Cough syrup
* Cold medicine

Prescription drugs:

* Adderall and Ritalin
* Vicodin and OxyContin

**OTC Performance-Enhancing Drugs**

19. Caffeine; central; increase

20. creatine; improves; muscles

**Diet Pills**

21. increasing; metabolism

22. caffeine

# Lesson 13.2 Illicit Drugs

## Vocabulary Review Worksheet

1. Illicit
2. edible
3. hallucinogenic
4. marijuana
5. stimulant
6. Methamphetamine
7. Opioids
8. Anabolic steroids
9. MDMA
10. Depressants

## Note-Taking Guide

**Illicit Drugs and Drugs of Abuse Overview**

1. Illicit; illegal

2. stimulate; hallucinogenic

**How Illicit Drugs Are Used**

3. injected; snorted; smoked; swallowed

4. injecting; mainlining

15; snort

Smoking; high

Swallowing

**Marijuana**

5. THC

6. Two of the following for each category:

Physical effects: respiratory issues; increased heart rate; increased weight; weakened immune system; poor coordination

Children: low birth weight; attention problems; difficulty problem solving

Mental effects: altered sense of time; impaired judgment; memory problems; anxiety; paranoia

7. Answers may include: cancer, chronic pain, HIV, multiple sclerosis, seizure disorders, and glaucoma.

8. psychoactive; high

9. CBD; 0.3 percent

10. THC; CBD

**Stimulants**

11. prescription; diet; illicit

12. Answers could include: feel energetic; alert; overly sensitive to sights, sounds, and touch

13. dopamine; addictive

14. Two from each of the following:

Mind: enhanced self-esteem; improved mental performance; reduced appetite; extended sleeplessness

Body: headaches; chest pains; shaking; vomiting

**Opioids**

15. heroin; fentanyl; oxycodone; morphine

16. morphine; opium

17. 100; morphine; 50

18. psychological

**Inhalants**

19. Three of the following: felt-tip markers, spray paint, hairspray, air freshener, nail polish remover, paint thinner, gasoline, canned whipped cream, helium, canned air, rubber cement

20. Two from each of the following:

Mind: thinking, moving, vision, hearing

Body: uncoordinated movement, general muscle weakness, dizziness

**Steroids**

21. testosterone

22. Two from each of the following:

Mind: mood swings, aggression/roid rage, impaired judgement

Men: shrinking testicles, decreased sperm production, male-pattern baldness

Women: deepening of the voice, decrease in breast size, increase in facial and body hair

**Hallucinogens**

23. plants; mushrooms

**Club Drugs**

24. date rape

25. MDMA: increased; perceptions; touched; sexual; emotional

GHB: liquid; consciousness; breathing; slow

Rohypnol: drink; amnesia; judgment; inhibitions

Ketamine: powder; control; hallucinations

**Depressants**

26. anxiety; sleep

27. Ambien and Lunesta

**Why Some Teens Use Illicit Drugs**

28. acceptance, curiosity; pleasure; emotional distraction; performance enhancement; coping mechanism

**How Drug Use Affects School Performance**

29. lower; absences; rates

**How Drug Use Affects Athletic Performance**

30. reduces

31. breathing

32. motor

33. irritable; restless

**How Drug Use Affects Job Performance**

34. Three of the following:

* Being less productive
* Using more sick days
* Needlessly taking risks that cause employer financial and legal impacts
* Selling illicit drugs to coworkers
* Engaging in illicit activities at work
* Causing a decrease in employee morale

**How Illicit Drug Use Increases Risky Behaviors**

35. sex; drinking

36. least

**Warning Signs of Teen Drug Use**

37. Four of the following:

* sudden mood swings
* acting secretive
* breaking rules
* withdrawing from friends and family
* missing school
* missing extracurricular activities
* making poor decisions
* being irresponsible
* lack of interest
* change in friends
* change in eating habits
* change in sleeping patterns
* change in physical appearance
* change in academic performance

# Lesson 13.3 Influences on the Use of Drugs

## Vocabulary Review Worksheet

1. Media
2. advertisement
3. generic
4. consumer

## Note Taking Guide

**Factors That Influence the Use of Drugs**

1. Family influence: people with siblings who use drugs will be at a higher risk of using.

Peer influence: people with friends who use drugs have a higher chance of using due to peer pressure.

Stress influence: drugs may be used as a way to cope with stress.

Media influence: TV and movies often contain use or reference to drugs.

Social media influence: teens are able to purchase drugs on social media as they watch celebrities use.

You as an influence: have to decide what is best for you

Life as an influence: during life transitions you may encounter drugs

**Media and Advertisements**

2. advertisement

3. Consumer: to get them to ask their doctor about a specific drug they saw in an ad.

Doctors: to get them to prescribe the drug.

4. risks; approved; generic

**Advertising Techniques and Their Influence on Teens**

5. commercials

attention

music; product

insecurities

endorse

everyone

digital

pressure/influence

**Healthy Alternatives to Substance Use**

6. Three of the following: try a new exercise; go for a walk; have a movie marathon; make dinner; volunteer; or student appropriate answer.

# Lesson 13.4 Prevention, Treatment, and Being Drug-Free

## Vocabulary Review Worksheet

1. substance use
2. addictive potential
3. Tolerance
4. withdrawal
5. Behavioral therapy
6. relapse

## Note Taking Guide

**Substance Use Disorder**

1. condition; uncontrolled; consequences

2. danger

Personal

home; school

withdrawal

substance

larger; longer

control; quit

getting; recovering

physical; psychological

social; recreational

urges

**Addictive Potential of Drugs**

3. quickly; normal; effects

4. Tolerance: require higher doses of the drug to have the same effect

Withdrawal: group of symptoms that a person experiences when the quantity of the substance is reduced.

**Effects of Drugs on the Brain**

5. dopamine

6. drug

**Being Drug Free**

7. 21; addictive

8. Four of the following: healthier life; clean conscience; quality friendships; better educational and employment opportunities; improved mental health

**Barriers**

9. Four of the following: mentality of not needing treatment; not ready to stop using; financial problems; adverse impacts on education; concerns with reputation and friendships; lack of information

**Getting Help for a Substance Use Disorder**

10. Two of the following: lack energy; don’t want to do things you used to like to do; breaking promises about the substance you are using or how often you are using; begin having problems at school; begin having problems at home; begin having problems with other people; begin having problems with law enforcement

**Treating Substance Use Disorders**

11. behavioral

12. early intervention education; outpatient treatment; intensive outpatient treatment; residential inpatient treatment; medically managed intensive inpatient treatment

**School Policies**

14. schools; possession; sale

**Community Laws**

14. juvenile; adult

15. rehabilitating

16. alternative

**Drug-Impaired Driving**

17. illegal; prescribed; legal

# Test Your Knowledge

1. d. an approved use, generic name, risks of the drug

2. c. hallucinogen

3. d. substance use disorder

4. d. prescription

5. b. opioid

6. c. prescription drugs

7. a. illicit

8. b. opioids

9. a. stimulant

10. b. inhalants