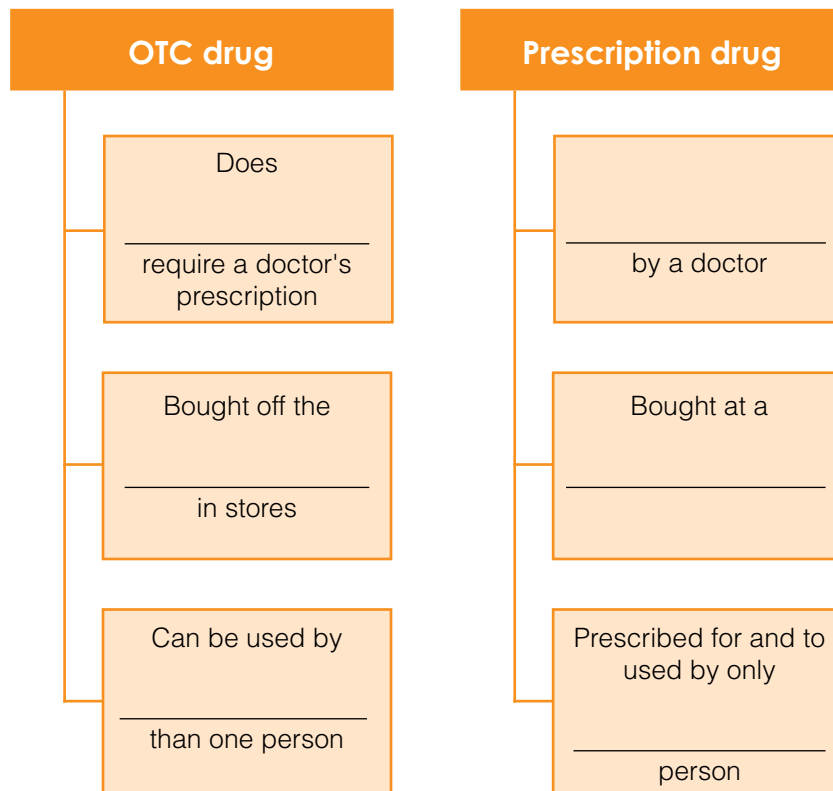


## Over-the-Counter and Prescription Drugs Note-Taking Guide

### Over-the-Counter and Prescription Drugs

1. \_\_\_\_\_ is defined as the science of diagnosing and preventing disease and maintaining health.
2. Medicine can also be defined as a drug used to maintain health or \_\_\_\_\_ a health issue.
3. What can drugs do?
  1. \_\_\_\_\_
  2. Help prevent or manage diseases
  3. Relieve pain
  4. \_\_\_\_\_
4. Drugs are divided into two categories: nonprescription, or over-the-counter (OTC) drugs, and prescription drugs. Fill in the following blanks.



## Using OTC and Prescription Drugs Safely

5. The U.S. \_\_\_\_\_ and \_\_\_\_\_ Administration (FDA) is the government agency that decides which drugs require a prescription and which may be sold over the counter.
6. \_\_\_\_\_ effects are effects drugs have on your body that don't help your symptoms.
7. To use an OTC drug safely means using the drug \_\_\_\_\_.
8. List the most common OTC medicines.

<p>Pain relievers such as _____</p> <p>and _____</p>	<p>Cough _____</p>	<p>Antihistamines for _____</p>	<p>_____ for heartburn and acid reflux</p>
--	--------------------	---------------------------------	--

9. To use prescription drugs safely, it is important you use them as they are \_\_\_\_\_ by your doctor.
10. When prescription drugs are used as prescribed there is a low risk for \_\_\_\_\_ or other side effects.

## Reading Drug Labels

11. What is the general purpose of a drug facts label?

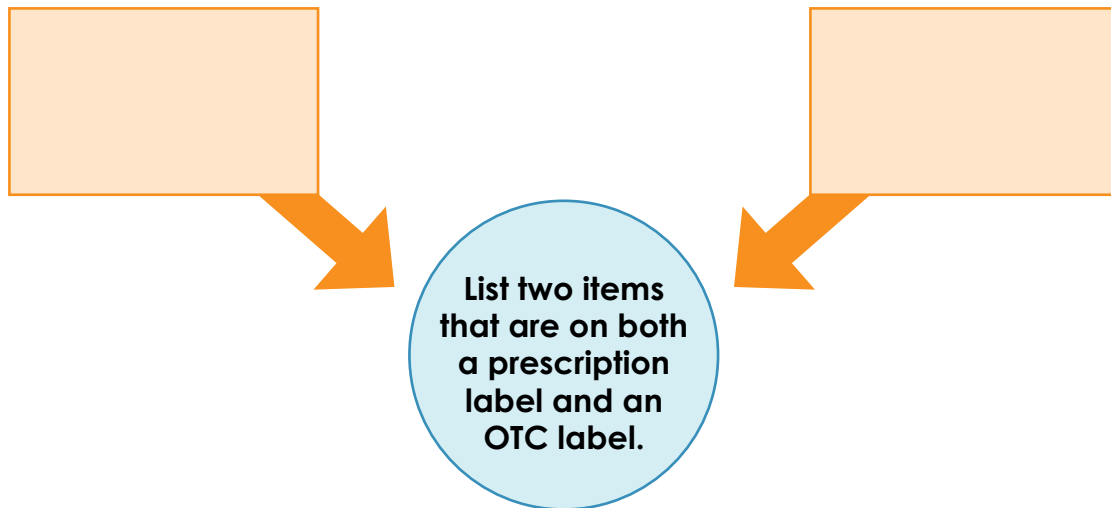
## CHAPTER 13 Legal and Illicit Drugs

### Lesson 13.1

12. Using Figure 13.1, list two items on a prescription label that are not on an OTC label.

List two items on a prescription label that are not on an OTC label.	

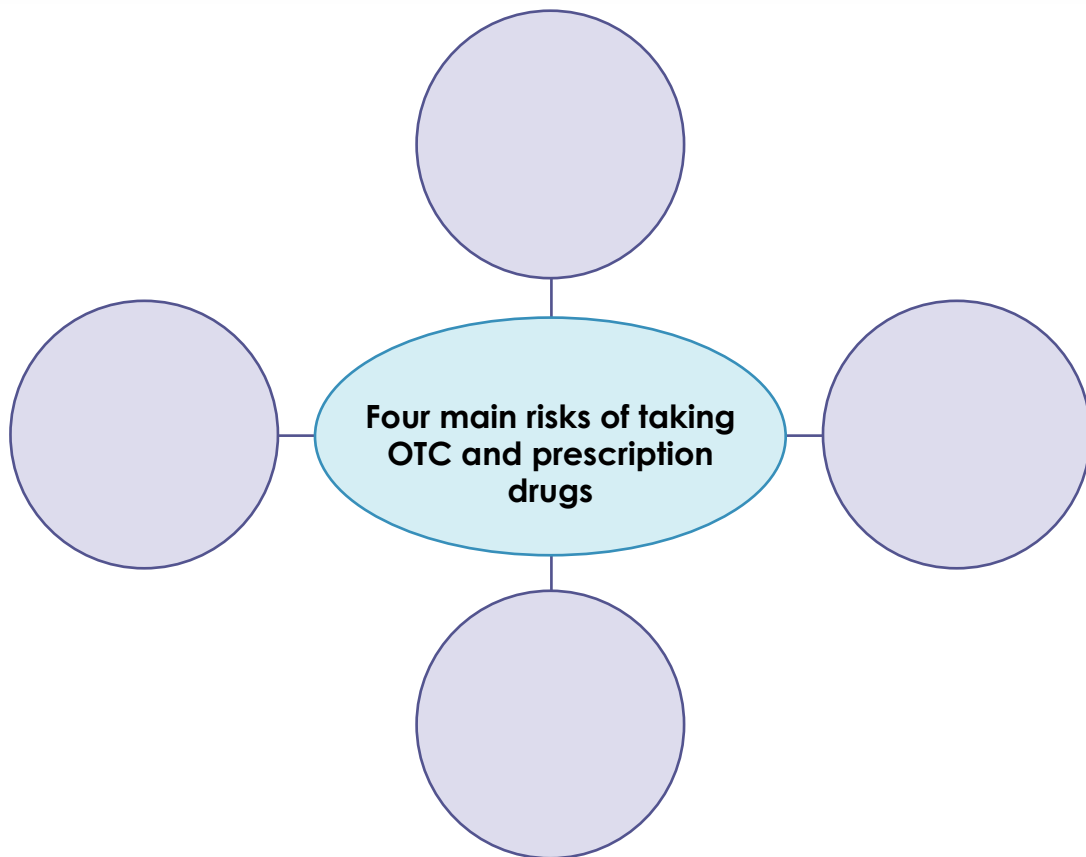
- 13.



14. List two ways to properly dispose of OTC and prescription drugs.


## Potential Risks of Taking OTC and Prescription Drugs

- 15.** List the four main risks of taking OTC and prescription drugs.



## Abuse of OTC and Prescription Drugs

- 16.** List the four most commonly abused substances by teens in the United States.


## CHAPTER 13 Legal and Illicit Drugs

### Lesson 13.1

17. List two reasons teens may abuse prescription drugs.

18. List some of the commonly misused OTC and prescription drugs.

OTC drugs	
Prescription drugs	

### OTC Performance-Enhancing Drugs

19. \_\_\_\_\_ is a stimulant most often found in coffee and energy drinks and may be used to speed up the \_\_\_\_\_ nervous system and \_\_\_\_\_ heart rate and blood pressure.
20. Your body produces \_\_\_\_\_, a substance found naturally in muscle cells that helps your muscles produce and release energy during heavy lifting, \_\_\_\_\_ strength, and helps \_\_\_\_\_ recover more quickly.

### Diet Pills

21. OTC diet pills are marketed to help you lose weight by \_\_\_\_\_ your \_\_\_\_\_.
22. The primary ingredient of most diet pills is \_\_\_\_\_, but they may have other ingredients that may or may not be safe.

### Illicit Drugs and Drugs of Abuse Overview

1. \_\_\_\_\_ drugs are substances that are \_\_\_\_\_ to possess, have no medical application, and can be dangerous to consume.
2. Illicit drugs \_\_\_\_\_ or slow the central nervous system or cause \_\_\_\_\_ effects.

### How Illicit Drugs Are Used

3. List the four ways illicit drugs are used.

1.

2.

3.

4.

## CHAPTER 13 Legal and Illicit Drugs

### Lesson 13.2

4. Complete the following sentences:

\_\_\_\_\_ is also known as \_\_\_\_\_ and  
is the fastest method for getting drugs into the bloodstream.

In about \_\_\_\_\_ minutes users who \_\_\_\_\_ drugs  
can begin to experience the high.

\_\_\_\_\_ drugs result in a quick sensation  
and \_\_\_\_\_.

The most common method of drug use is \_\_\_\_\_ drugs.

### Marijuana

5. The main psychoactive ingredient in marijuana is \_\_\_\_\_, a chemical that produces the high.
6. Complete the following information about marijuana.

**List two physical  
health effects.**

**List two impacts on  
children born to women  
using marijuana.**

**List two mental health  
effects.**

## CHAPTER 13 Legal and Illicit Drugs

### Lesson 13.2

7. List one reason medical marijuana may be prescribed.

8. Cannabidiol or CBD is non-\_\_\_\_\_, which means it does not typically cause a \_\_\_\_\_ in the user.

9. Hemp has more \_\_\_\_\_ and less than \_\_\_\_\_ THC.

10. Cannabis has more \_\_\_\_\_ and less \_\_\_\_\_.

### Stimulants

11. Stimulants include:

\_\_\_\_\_ drugs

OTC \_\_\_\_\_ pills

\_\_\_\_\_ drugs, such as  
cocaine and methamphetamine

12. What are some of the immediate effects of cocaine?

## CHAPTER 13 Legal and Illicit Drugs

### Lesson 13.2

13. High levels of \_\_\_\_\_ are released, which makes meth extremely \_\_\_\_\_ despite the negative outcomes.
14. Complete the following information about stimulants.

**List two effects on the mind.**



**List two effects on the body.**



### Opioids

15. Opioids include \_\_\_\_\_, \_\_\_\_\_, and prescription pain relievers such as codeine, \_\_\_\_\_, hydrocodone, and \_\_\_\_\_.
16. Heroin is made from \_\_\_\_\_, which is a natural substance taken from the seedpod of the \_\_\_\_\_ poppy plant.
17. Fentanyl is \_\_\_\_\_ times more potent than \_\_\_\_\_ and \_\_\_\_\_ times more potent than heroin as a pain reliever.
18. Prescription pain relievers can create a \_\_\_\_\_ dependence.

### Inhalants

19.

**List three examples of inhalants.**



- 20.** Complete the following information about inhalants.

Two effects on the mind	Two effects on the body

## Steroids

- 21.** Anabolic steroids are a lab-created version of the male hormone \_\_\_\_\_.
- 22.** Complete the following information about steroids.

Two effects on the mind	Two effects on the body for men	Two effects on the body for women

## Hallucinogens

23. Hallucinogens are found in \_\_\_\_\_ and \_\_\_\_\_, but they can also be manufactured.

## Club Drugs

24. Club drugs are also referred to as \_\_\_\_\_ drugs.
25. Complete the following information.

MDMA	GHB	Rohypnol	Ketamine
Produces feelings of _____ energy and a distorted _____.	Colorless and odor- less _____ mixed into bever- ages.	Often dissolved in a person's _____.	A clear liquid or a white/off-white _____ easily mixed into beverages.
Causes an increase in the need to be _____ and an increase in _____ arousal, and _____ closeness.	Can cause people to lose _____, have slowed _____, and develop a _____ heart rate.	Can cause temporary _____, impair _____, and reduce _____.	Makes people feel out of _____ by causing _____.

## Depressants

26. Depressants are useful for treating \_\_\_\_\_, stress, and \_\_\_\_\_ disorders.
27. What are the two most common non-benzodiazepine sedative-hypnotics?

## Why Some Teens Use Illicit Drugs

**28.** Fill in the blank lines with reasons teens experiment with drugs.

Low self-esteem

Boredom

### How Drug Use Affects School Performance

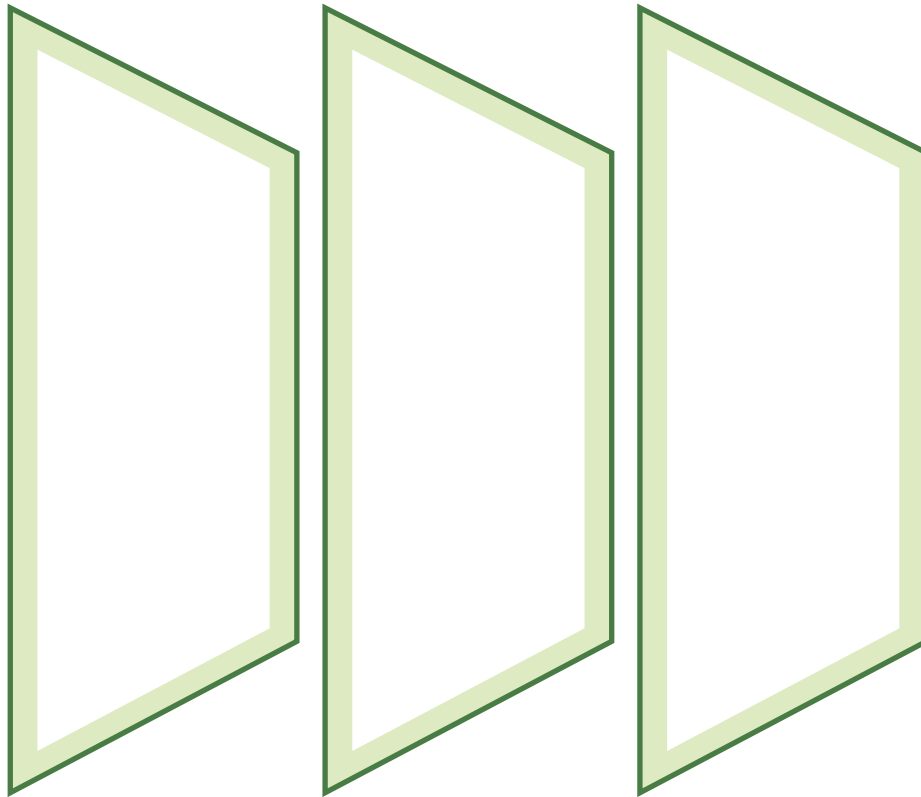
29. Teens who misuse and abuse drugs have \_\_\_\_\_ grades and higher \_\_\_\_\_ and dropout \_\_\_\_\_.

### How Drugs Affect Athletic Performance

30. Marijuana use \_\_\_\_\_ your lung capacity, making it harder to get oxygen to your muscles.
31. Opioids tend to slow down your \_\_\_\_\_.
32. Depressants reduce your \_\_\_\_\_ coordination.
33. Stimulants can make you \_\_\_\_\_ and \_\_\_\_\_, which leads to becoming short-tempered.

### How Drug Use Affects Job Performance

34. List three effects drugs can have on job performance.

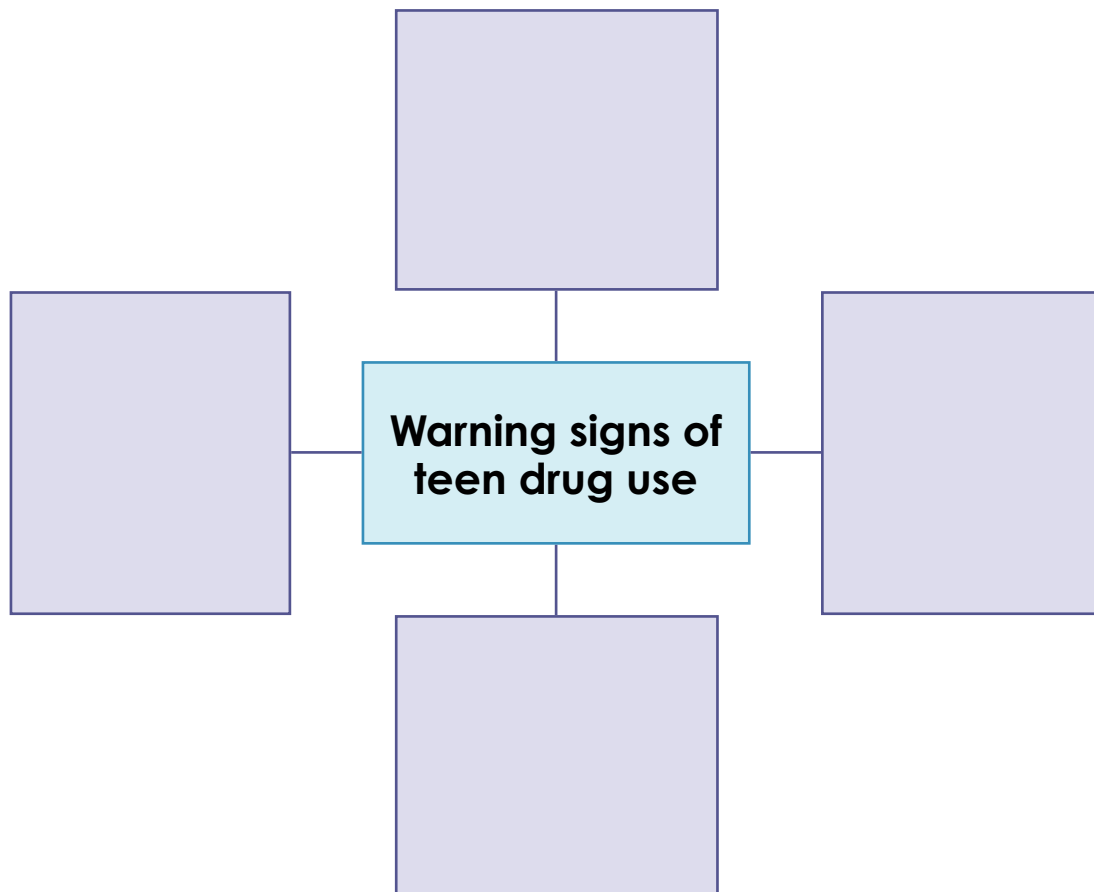


### How Illicit Drug Use Increases Risky Behaviors

- 35.** Using illicit drugs directly correlates to engaging in risky behaviors such as unprotected \_\_\_\_\_, underage \_\_\_\_\_, and dating violence.
- 36.** Teens who don't use any substances are the \_\_\_\_\_ likely to engage in sexual risk-taking.

### Warning Signs of Teen Drug Use

- 37.** Using Figure 13.5, list four warning signs of teen drug use.



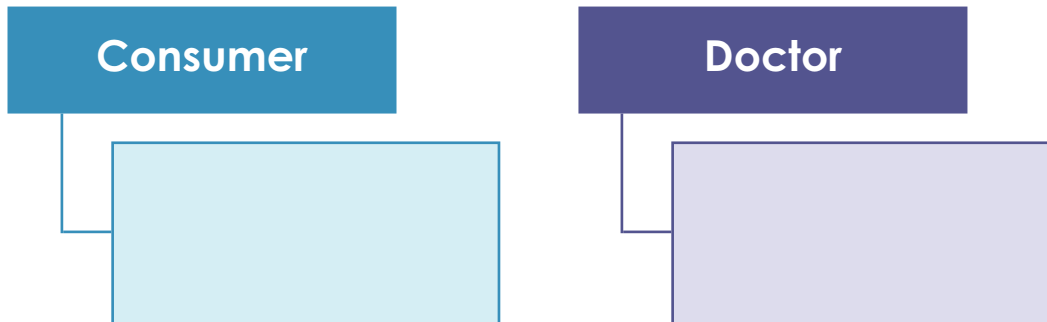
### Factors That Influence the Use of Drugs

1. Explain the factors that may influence the use of drugs.

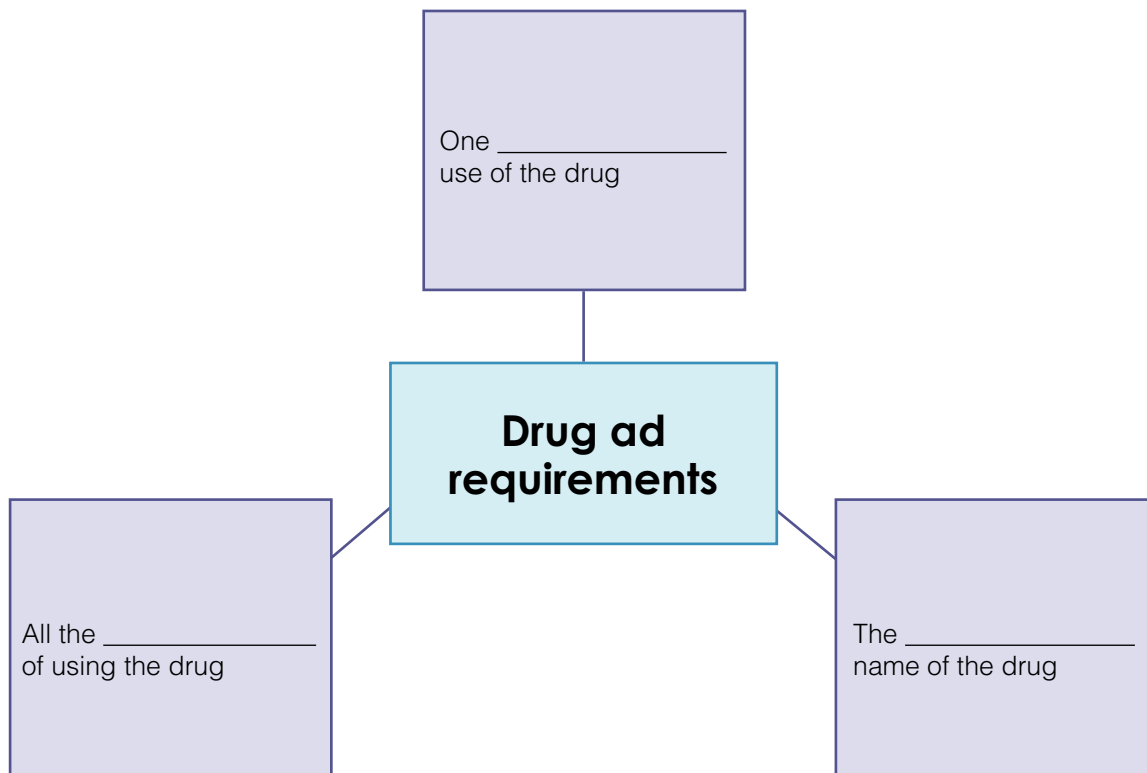
Family influence	
Peer influence	
Stress influence	
Media influence	
Social media influence	
You as an influence	
Life as an influence	

## Media and Advertisements

2. A(n) \_\_\_\_\_ is the communication of a message about a product or service by means of different types of media.
3. List the two goals of advertising to consumers and to doctors.

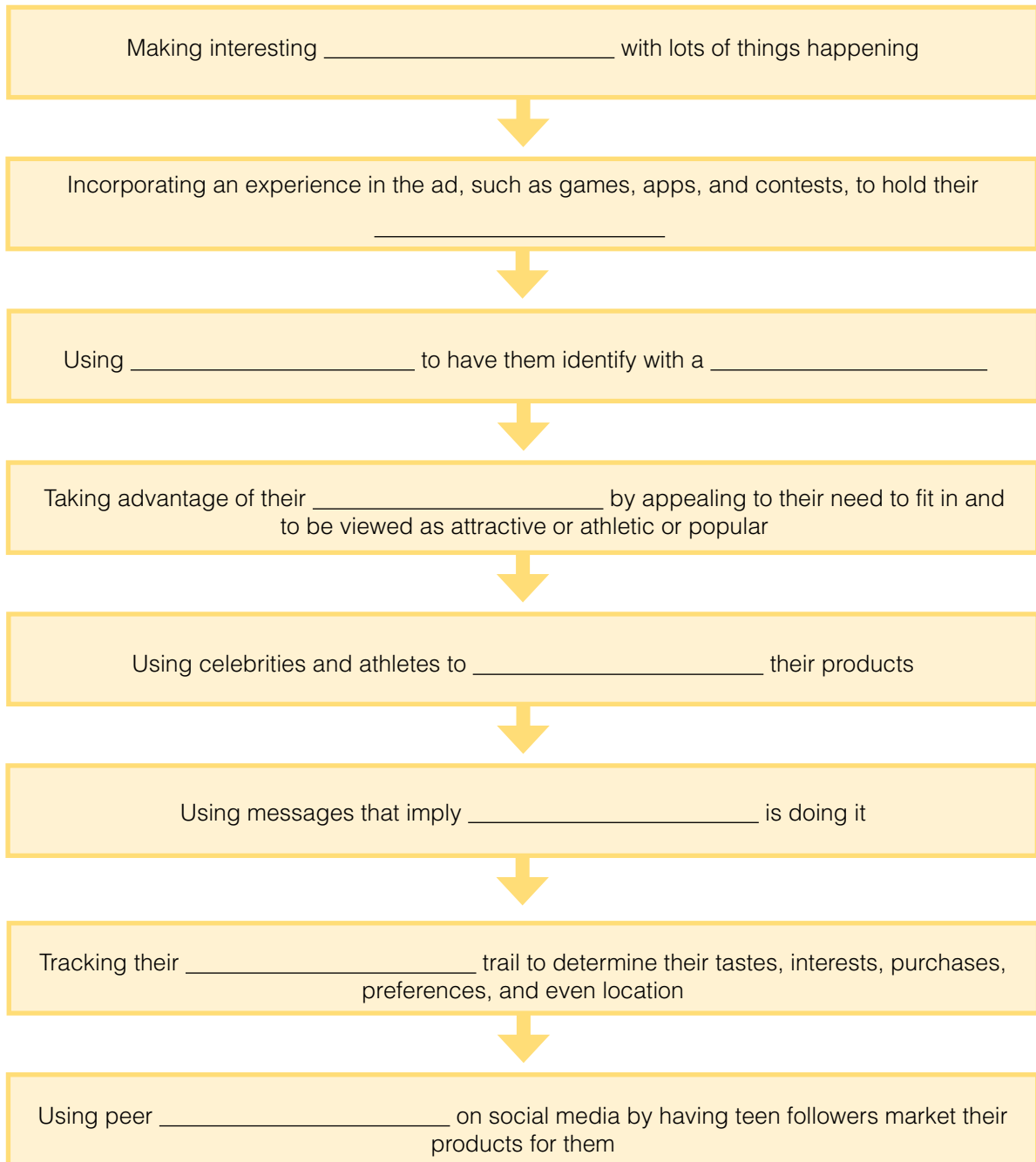


4. What are the three things drug ads are required to tell the consumer?



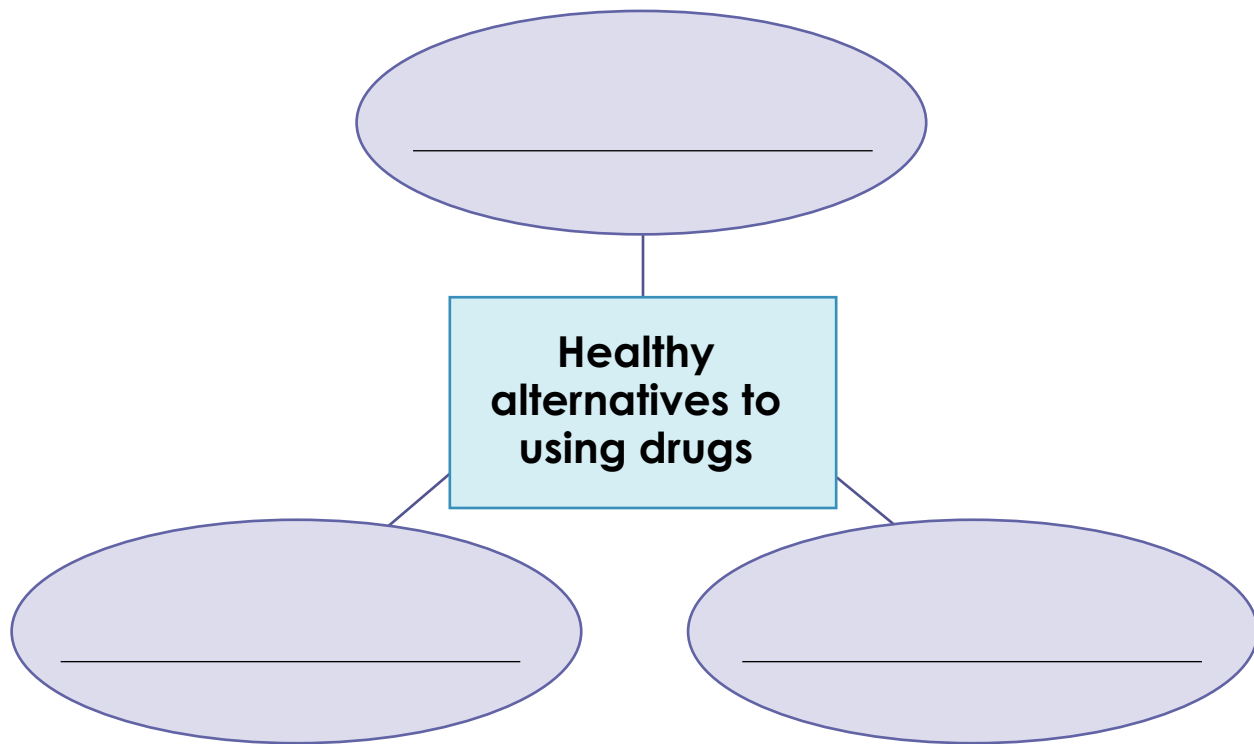
## Advertising Techniques and Their Influence on Teens

5. Fill in the blanks to complete the advertising techniques used on teens.



## Healthy Alternatives to Substance Use

6. Using Figure 13.7, list three healthy and fun alternatives to using drugs.



**LESSON 13.4** Prevention, Treatment, and Being Drug-Free Note-Taking Guide

**Substance Use Disorder**

1. A substance use disorder is a \_\_\_\_\_ in which there is an \_\_\_\_\_ use of a substance despite the harmful \_\_\_\_\_ from its use.
2. Use Figure 13.8 to complete the following sentences.

Hazardous use: using substances even when it puts you in \_\_\_\_\_.

Social and \_\_\_\_\_ problems related to using.

Not managing to do what you should at work, \_\_\_\_\_,  
or \_\_\_\_\_.

Development of \_\_\_\_\_ symptoms.

Needing more of the \_\_\_\_\_ to get the effect you want.

Using \_\_\_\_\_ amounts or for \_\_\_\_\_.

Repeated attempts to \_\_\_\_\_ use or \_\_\_\_\_.

Spending a lot of time \_\_\_\_\_, using, or \_\_\_\_\_ from  
using.

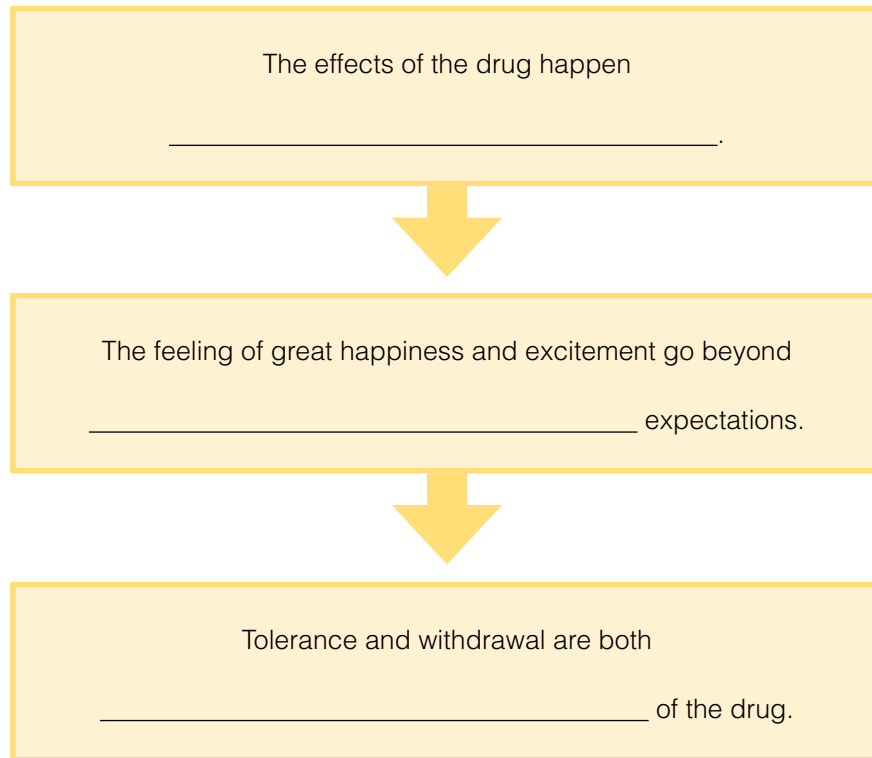
\_\_\_\_\_ or \_\_\_\_\_ problems related to using.

Giving up \_\_\_\_\_, occupational, or \_\_\_\_\_ activities  
to use.

Cravings and \_\_\_\_\_ to use the substance.

## Addictive Potential of Drugs

3. A drug's addictive potential is determined by the drug's ability to provide the following aspects.



4. Define the following words.

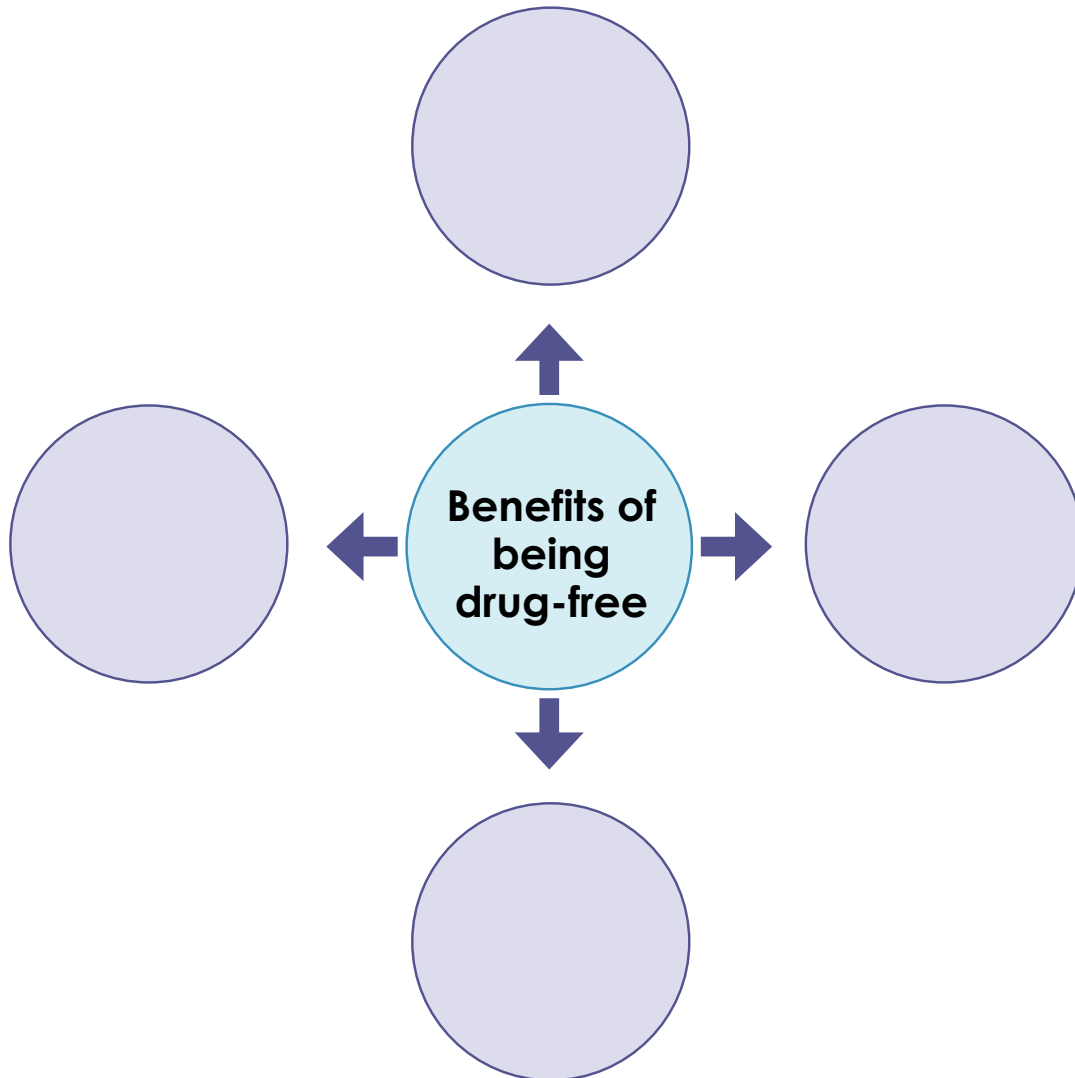
<b>Tolerance:</b>	
<b>Withdrawal:</b>	

## Effects of Drugs on the Brain

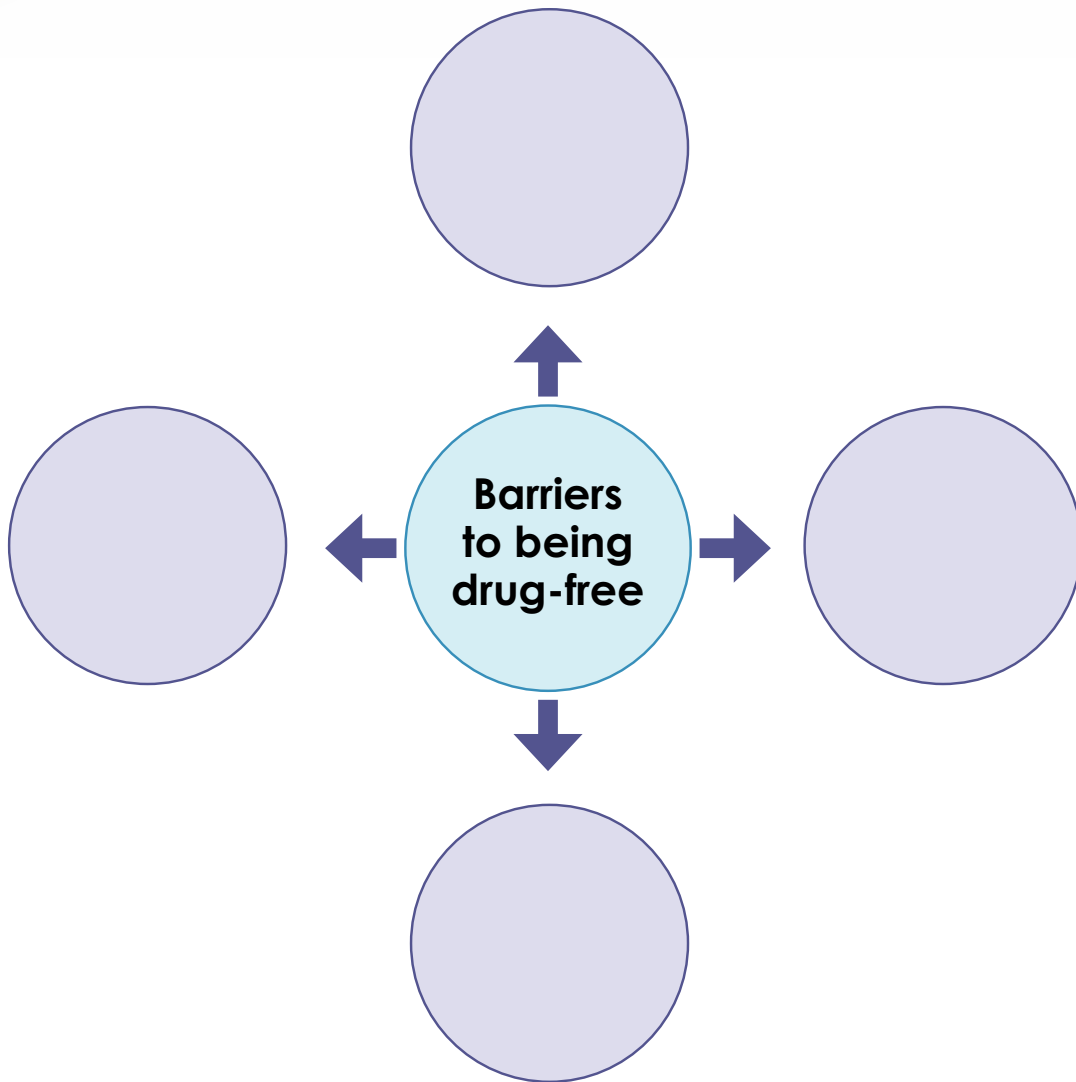
5. Drugs that have an addictive potential flood the brain with \_\_\_\_\_ the chemical responsible for feelings of excitement, relaxation, and stress relief.
6. When drugs are used, the effects of the increased amounts of dopamine tell the person's brain that it needs more of the \_\_\_\_\_, which becomes more important than food, sleep, or friendship.

## Being Drug-Free

7. Research has shown that if a person delays the first time they use a drug until after the age of \_\_\_\_\_, their \_\_\_\_\_ potential chances drop significantly.
8. What are four benefits of being drug-free?



9. What are four barriers to being drug-free?



### Getting Help for a Substance Use Disorder

10. List two examples of when you should get help for a substance use disorder.

## Treating Substance Use Disorders

11. \_\_\_\_\_ therapy may be used to help people with withdrawal symptoms along with medication when appropriate.
12. List the treatment classifications for a substance use disorder.


## School Policies

13. All \_\_\_\_\_ have specific policies related to the \_\_\_\_\_, possession, and \_\_\_\_\_ of drugs on school grounds and at school functions on or off school grounds.

## Community Laws

14. The \_\_\_\_\_ justice process is different from the \_\_\_\_\_ justice process for adults.
15. Juvenile courts tend to focus on \_\_\_\_\_ juveniles, rather than sending them away to jail or prison.
16. Juvenile court judges may use \_\_\_\_\_ sentencing options if they determine that a juveniles meets certain requirements.

## Drug-Impaired Driving

17. It is \_\_\_\_\_ for anyone in the United States to drive under the influence of any potentially impairing drug, no matter if is \_\_\_\_\_ or over the counter or is \_\_\_\_\_ or illegal.