**Illegal Drugs Notes**

**Substance Abuse**

* Any unnecessary or improper use of chemical substances for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ purposes.

**Illegal Drugs**

 chemical substances that people of any age may not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ manufacture, possess, buy or sell

**Illicit drug use**

 the \_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of any substance that is illegal or otherwise not permitted

Factors that Influence Teens to **refrain** from drug use:

* Peer Pressure Family Members
* Role Models Media Messages
* Perceptions of drug behavior Misleading information – stay informed

**How Drugs Affect your Health – Physical Health? Mental Health? Social Health?**

**Other Effect of Drug Use**

**Tolerance?**

* A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that is built up to a substance.
* This means that the more you take of a drug, the more it will take the next time to achieve the same high.
* This is the first step in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_process.

**Physiological Dependence?**

* A condition in which the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ becomes so used to the presence of a drug that it needs it to \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Without this, the body goes through withdrawal. Symptoms may include nausea, chills, depression and sleeplessness.

**Psychological Dependence?**

* A constant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to take a psychoactive drug

**Addiction -** The state of being psychologically or physiologically \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_on a drug.

* Endorphins
	+ Pleasure producing chemicals of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Dysphoria
	+ Lack of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	+ Produces unpleasant feeling
* Natural chemicals
	+ Similar to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ drugs
	+ Produced in response to **healthful activities**

**Mind-altering drugs**

* Pleasure to the brain
* No healthful activity associated
* At the same time:
	+ Brain of drug taker
		- Produces fewer & fewer endorphins and drug taker is left with \_\_\_\_\_\_\_\_\_\_ after drugs wear off.
		- Takes \_\_\_\_\_\_\_\_\_\_\_\_\_ drugs to chase dysphoria away
			* Brain produces \_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_ endorphins and left with dysphoria again.

**Headed towards DRUG ADDICTION!**

 trying to get rid of dysphoria

**Physical Addiction**

* Body \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_changes
* Body needs drug, not for pleasure, but to function \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Withdrawal**

* Body begins to clear drug from the system
* Altered body chemistry is unable to function normally
* Symptoms – vary from drug to drug
	+ Abnormalities in vision Muscle activity Digestion
	+ Brain function Temperature regulation

**Creates urgent need for drug!**

**Psychological Addiction**

* Strong mental craving
* Can occur without physical addiction
* Includes habits or behavior other than drug-taking
	+ Over working Over eating Over exercising

People who never learned to cope with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ pain often develop psychological addictions to drugs

* + Don’t use drugs to relieve emotional pain
* Craving for a drug can last for years after a person has stopped taking the drug.
	+ - Drug addiction is unexpected - Try for one reason: Impress friends, Feel grown-up, ????
* Drug addiction sets in

**Getting Help**: Outpatient Drug-Free Treatment, Short-term Treatment, Maintenance therapy, Therapeutic communities

**Only sure way to escape drug addiction - Never experiment!**