**Chapter 22 – 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

**Addiction?**

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

**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**

* 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

**Only sure way to escape drug addiction**

**Never experiment!**