EDUCATIONAL PRESENTATION ON THE HARMFUL EFFECTS OF DRUGS AND ALCOHOL ABUSE!
A DRUG IS ANY SUBSTANCE OTHER THAN FOOD WHICH CHANGES THE WAY THE BODY OR MIND FUNCTIONS.
STIMULANTS (UPPERS) – Speed up the brain and central nervous system. Examples are caffeine (coffee, tea), nicotine (cigarettes), amphetamines, speed, cocaine and diet pills.
TYPES OF DRUGS

DEPRESSANTS (DOWNERS) – Slow down the brain and central nervous system. Examples are alcohol, beer, wine, vodka, gin etc heroin, tranquilizers, sleeping pills.
TYPES OF DRUGS

HALUCINOGENS – These drugs alter the user’s state of consciousness. (Distort auditory and visual sensations) Examples are LSD, ecstasy, magic mushrooms, marijuana.
• Alcohol goes directly from your digestive system into your blood and within minutes spreads to entire body, including brain
• It spreads evenly throughout body—except brain which gets the highest concentration because it gets more blood than any other part of body
• More blood equals more alcohol
• Intoxication (drunkenness) starts in the brain
1. Mouth
2. Stomach
3. Small Intestine
4. Bloodstream
5. Liver
6. Brain
Alcohol

Physical Effects

- Co-ordination is impaired, clumsiness, slower reflexes
- High blood pressure, damage to the heart
- Liver damage
- If drinking when pregnant, FASD
- Life threatening when mixed with other drugs

Mental and Emotional

- Behave in ways that you normally wouldn’t
- Increase in aggressive and violent behaviour
- Problems with school and learning
ALCOHOL AND THE LIVER

• The liver removes poisons - include alcohol from the body
• People who drink regularly can have serious liver damage and may even get liver cancer
• If the liver is damaged badly enough, it can stop working, causing the person to die.
• Alcohol is the oldest and most widely used drug in the world.
• About two-thirds of Grade 6 students say they have experimented with alcohol.
• By Grade 10, over 90% of young Canadians have tried it.
• Leading cause of death for teens and young adults in Canada is motor vehicle accidents—many of which involve alcohol use.
NICOTINE

- Most addictive drug
- Causes more long term health problems than any other drug
- Adults are smoking less, younger people under 18 smoke more
- When someone stops smoking they have:
  - strong cravings
  - irritability (everything gets on nerves)
  - thoughts of it - can’t stop thinking about it
NICOTINE

What it does to your body, brain and behavior

• depression
• lung cancer
• lung diseases
• heart disease
• skin becomes thinner and wrinkled
440,000 Deaths Each Year Caused by Smoking

- Cancers (159,600)
- House Fires Set by Cigarettes (970)
- Heart Diseases (142,600)
- Fetus and Infant Deaths (970)
- Secondhand Smoke Causing Cancer or Heart Disease (38,000)
- Respiratory Diseases (98,000)

All numbers are rounded.
DANGER POISON!

- Acetone (solvent)
- *Naphtylamine
- Methanol (used as rocket fuel)
- *Pyrene (moth-repellent)
- Naphtalène (moth-repellent)
- Nicotine (used as a herbicide and insecticide)
- *Cadmium (used in batteries)
- Carbon monoxide (found in exhaust fumes)
- Vinyl chloride (used in plastic materials)
- Cyanhydric acid (was used in the gas chambers)
- Ammoniac (detergent)
- *Urethane
- Toluene (industrial solvent)
- Arsenic (lethal poison)
- *Dibenzacridine
- *Polonium 210 (a radioactive element)
- DDT (insecticide)
- *Known carcinogenic substances

STOP SMOKING!
NICOTINE
MARIJUANA

- Marijuana is the most common illegal drug around
- Comes from a plant called “cannabis”
- Some people call it pot, weed, grass, hash, smoke or ganja
- Cannabis has the chemical “tetrahydrocannabinol” or THC
- When you smoke a joint the THC goes into the lungs, then into the heart which pumps into the bloodstream which takes it directly to brain
MARIJUANA

- Only takes few minutes for THC to get to brain when you smoke marijuana
- Eating takes longer to get to brain-passes through digestive system first
- In brain, activates “receptors” gives you the feeling of being high
- Marijuana changes physical and chemical balance in your brain
MARIJUANA

• Short Term Effects:
  Increase in heart rate, lead to anxiety and paranoia
  Distorted concept of time and space
  Decrease in concentration skills, short-term memory capacity
  Feeling tired after the “high” wears off
  Increase in appetite, weight gain

• Long Term Effects:
  Breathing problems
  Lung cancer
  Damage cells and tissues in the body that fight disease
  Lack of motivation
  Difficulty processing new information
MARIJUANA

• Marijuana and cigarette smoke have some of the same cancer-causing substances.
• Benzopyrene (cancer-producing agent) higher in marijuana
• 400 chemicals in marijuana smoke affect lungs, throat and esophagus
Certain drugs have become popular among teens and young adults at dance clubs and raves.

- MDMA/Ecstasy
- Rohypnol
- Ketamine
- GHB
• Ecstasy is a slang term for an illegal drug MDMA
• MDMA is synthetic—doesn’t come from a plant but made in secret labs
• Other chemicals or substances are added to it such as caffeine, amphetamines, dextromethorphan (in some cough syrups), or cocaine.
ECSTASY

• MIND-ALTERING DRUG
• HALLUCINOGEN-ACTS ON THE MIND TO CAUSE PEOPLE TO SEE OR FEEL THINGS THAT AREN'T REALLY THERE
• HALLUCINOGENS MIX UP PICTURES IN THE MIND AND THROW PEOPLE INTO SCARY OR SAD EXPERIENCES IN THE PAST
ECSTASY

- “Hit” of ecstasy lasts 3-6 hrs
- Once swallowed takes 15 min to enter bloodstream and reach brain
- 45 min later user reaches peak level high
- It’s downhill from there
ECSTASY

Effects

- Feeling of sadness
- Anxiety, Depression
- Memory Difficulties
- Paranoia
- Nervousness
- Insomnia
- Drug cravings
- Increased touch of sense
- Suppresses need to eat or sleep
- Moist skin or dry mouth
ROHYPNOL

• Rohypnol can affect your brain and body

• Damages neurons in your brain, impairing your senses, memory, judgment, and coordination

• Artificial drug-created in a chem lab during medical research
ROHYPNOL

- MAKES USER VERY RELAXED, CONFUSED, "SPACED-OUT"
- TAKES AWAY ALL INHIBITIONS, MAKING PEOPLE DO THINGS THEY NORMALLY WOULDN'T
ROHYPNOL

- Can make user pass out or slip into coma if taken in large dose or mixed with other drugs
- Affects your self-control - is used in "date rape" and other assaults can make you unconscious and immobilizes you
- Causes a kind of amnesia - user doesn't remember what they said or did while on the drug
- Comes in a form of a pill, or sometimes powder mixed with a drink, or put into someone's drink
HEROIN

- Processed from morphine - obtained from opium poppy
- “downer” affects brain’s pleasure systems - interferes with brains ability to feel pain

Heroin colors can vary from a dark brown sugar color to a whitish color appearing a lot like cocaine
HEROIN

• white to dark brown powder or tar-like substance
• is cut with other drugs or substances (sugar, starch, powdered milk)
• abusers don’t know actual strength of drug or true contents = high chance of overdose or death
• sharing needles and equipment cause other diseases and problems for users
HEROIN

• leads to flushing of skin, dry mouth, collapsed veins, liver disease
• additives don’t dissolve leading to clogs in blood vessels that lead to lungs, liver, kidney or brain
• tolerance develops with regular use - user needs more heroin to achieve same intensity
Roseanne

- Roseanne Holland
- Age 29
- Before her heroin habit took over her life
Ms Holland's habit starts to show in her face. Studies in London suggest that there are at least 45,000 chronic crack addicts in the city.
Ms Holland is American - police have pictures of British addicts but were constrained by issues of confidentiality.
Another addict taking part in the campaign wrote: "This drug is evil...Not only the outer disfiguration is extreme, the effect it has on your insides are worse".
At 38, Ms Holland has sunken cheeks and a skeletal face. Police do not know where she is but assume she is dead.
COCAINE + CRACK

- Cocaine is a stimulant drug - more alert and energetic
- Cocaine is a white powder comes from the leaves of coca plant
- Can be one of the hardest drugs to quit
COCAINE + CRACK

- Cocaine makes people feel energetic, talkative, alert and euphoric
- More aware of senses (increases sound, touch, sight and sexuality)
- Reduces hunger and need to sleep
- Increase in self-control and confidence
- High doses cause panic attacks, psychotic episodes (paranoia), violent behavior
Cocaine + Crack

- Blood vessels thicken and constrict, reduce flow of oxygen to heart
- Heart muscles work harder can lead to heart attack or stroke
- Raises blood pressure, can explode weakened blood vessels in brain
- Small amount can lead to overdose
- Overdose can cause seizure or heart failure
- Snorting cocaine can cause sinus infection and loss of smell
Cocaine + Crack

- Damage tissues in nose, cause hole in nose
- Damage lungs-severe chest pains, breathing problems, high temperatures
- Cocaine increases the same chemicals in the brain that make people feel good when they eat, drink or have sex
CRYSTAL METH

• Man-made drug
• Easy to produce (15 chemicals used)
• Main ingredient pseudo ephedrine (cold remedy), is cooked with chemicals found at hardware store-red phosphorous, iodine, ammonia, paint thinner, ether, Drano, lithium from batteries
• Investment of $150 can yield up to $10,000 worth of the drug
• Each kg of meth produced 5-7kg of chemical waste dumped down the drain or dumped in backyard
CRYSTAL METH

• By-product is toxic gas which causes fires or explosions
• Drug was used during Second World War to keep pilots awake on long missions
• Methamphetamine releases high levels of dopamine in the brain a neurotransmitter that is associated with pleasurable or rewarding experiences
• After it is taken user feels increased wakefulness and physical activity and decreased appetite
CRYSTAL METH

- Higher doses cause irritability, insomnia, confusion, hallucinations, anxiety, paranoia and increased aggression
- Even higher doses can cause hypothermia, convulsions and lead to death
- When body is stimulated by meth it causes irreversible damage
- Increased heart rate and blood pressure damage blood vessels in the brain, causing strokes, irregular heart beat causing a collapse or death
CRYSTAL METH

Some pictures of effects of methamphetamine
"It was the hardest boyfriend I ever had to break up with."

"I dug deep as to why I got there. It's the drug that's addicting. But it's why you start doing it in the first place that's more interesting"

"A lot of it was being a child actor, I learned to suppress feelings."

"Performing, instead of taking drugs, now helps me express my emotions."
What are the effects of substance abuse on society?

- Spread of diseases such as HIV/AIDS and Hepatitis C through sharing needles, or having unprotected sex
SUBSTANCE ABUSE AND SOCIETY

Effects on unborn children or other complications from drug use
EFFECTS OF DRUG USE ON CHILD

- Miscarriages
- Premature birth
- Low birth weight
- Birth defects
- Developmental problems
- A baby’s health problems, if caused by a drug will continue to grow as the child grows.
SUBSTANCE ABUSE AND SOCIETY

CRIME

drug possession
• drug use
• drug trafficking
• drug manufacturing
• theft
• break and enter
• robbery
• motor vehicle theft
WHY DO PEOPLE USE DRUGS?
POSITIVE

REINFORCEMENT
THE BATTLE AGAINST BOREDOM

CONTINUES...

BOREDOM CURIOSty
EMOTIONAL PRESSURE

Oh, it's just a little kid, No worries

Hey! You shouldn't be smoking! It can kill you and give you cancer and you'll have yellow teeth and...

No worries

Hey!
CELEBRATIONS
Peer Pressure

PEER PRESSURE

The Power of Peer Pressure
Previous Drug Use
RISK FACTORS

• Friends who use drugs (this is the number one predictor of who will experiment with drugs/alcohol)
RISK FACTORS

Family management problems
- poorly defined rules
- inconsistent application of rules
- lack of monitoring
- excessive discipline
- negative communication patterns
- poor anger management
RISK FACTORS

- Absence of healthy recreational or leisure interests
- Early antisocial behavior (e.g., aggression, hyperactivity, defiance)
RISK FACTORS

• Parental drug use and a positive attitude toward use
RISK FACTORS

- Academic Failure (low and failing grades)
- Little commitment to school
RISK FACTORS

• Favorable attitude towards drug use
• Early first use of drugs
• Prenatal exposure to alcohol (FAS/E)
PROTECTIVE FACTORS

• Involvement in alternative activities
• Sense of well being and self-confidence
PROTECTIVE FACTORS

- Positive future plans
- Healthy coping strategies to deal with stress
- Positive attitude towards learning
PROTECTIVE FACTORS

Knowledge about risks associated with substance use
PROTECTIVE FACTORS
Negative attitude towards substance use
PROTECTIVE FACTORS

• Positive relationships with adults
PROTECTIVE FACTORS
Friends disapprove of drugs and use