

Lesson 11.1

Key Concepts Review

Multiple Choice: Write the letter that corresponds to the correct answer in the blank space.

- _____ 1. Which of the following are main reasons that people use medications?
 A. to treat symptoms of an illness
 B. to manage a disease
 C. to cure a disease
 D. all of the above
- _____ 2. Which type of drug kills or slows the growth of bacteria?
 A. analgesics
 B. opiates
 C. antibiotics
 D. transdermal patches
- _____ 3. Which type of medication works with the body's natural immune system to reduce the risk of developing an infection or disease?
 A. vaccinations
 B. antibiotics
 C. opiates
 D. anesthetics
- _____ 4. Which of the following are methods in which medication can be taken?
 A. pills or liquids
 B. topical creams, gels, or other ointments
 C. inhalers
 D. all of the above
- _____ 5. Which of the following is *not* an example of an opioid, or a drug prescribed to relieve pain?
 A. Vicodin®
 B. acetaminophen
 C. OxyContin®
 D. Percocet®
- _____ 6. What is another name for drugs that are *depressants*?
 A. sedatives
 B. stimulants
 C. tranquilizers
 D. both A and C
- _____ 7. Which of the following drugs increases the level of dopamine in the brain, producing euphoria?
 A. amphetamines
 B. barbiturates
 C. opioids
 D. antibiotics
- _____ 8. Which of the following best describes *medication abuse*?
 A. not following the instructions for use of a particular medication
 B. not following proper disposal methods for prescription or over-the-counter medications
 C. intentional use of medication for any reason other than that prescribed
 D. none of the above
- _____ 9. Which of the following drugs slow(s) a person's central nervous system, causing his or her rate of breathing and heart rate to decrease?
 A. anti-anxiety medications
 B. sleep medications
 C. barbiturates used for surgical procedures or seizure disorders
 D. all of the above

Matching: Match each prescription medication with its common side effects when abused. Write the letter of the medication in the blank space.

- _____ 10. increased body temperature, irregular heartbeat, feelings of hostility and paranoia
 A. opioids
 B. depressants
 C. stimulants
- _____ 11. slowed breathing rate, low blood pressure, unconsciousness, coma, and death (especially when combined with alcohol or other depressants)
- _____ 12. depression, chronic fatigue, breathing problems, difficulty sleeping, coma, death (often by overdose)

Lesson 11.2

Can This Friendship Be Saved?

Young stand-up comedians David and Jay quickly formed a friendship when they both joined the comedy circuit a year ago. They frequently perform their routines in comedy clubs and other venues where liquor and illicit drugs are readily available. Jay avoids drugs and has never smoked a cigarette because his father died of lung cancer when Jay was young. David has recently begun to use a variety of drugs, including marijuana and cocaine. Jay is concerned that David is developing a physical addiction, but he is not sure how to help his friend without coming across as judgmental. For each of the following situations, describe what you think Jay should do. Then summarize the impact David's drug use is having on his friendship with Jay. Explain why you think their friendship can or cannot be saved.

1. Each night before David goes onstage to perform his comedy routine, he snorts cocaine. Almost instantly, he feels more energetic and mentally alert. Jay thinks that David gets "too wired" because he moves at a frenetic pace, and at times his joke delivery is so rapid that some of his words cannot be deciphered. David tells Jay that the "blow" helps him get through his late-night performances, especially when he is fatigued after working all day at his job as a production assistant at a local TV station. David says that he can "stop using any time." What should Jay say or do?

2. One night after performing, David suffers side effects that he has previously never experienced during cocaine use. His heart is beating so rapidly that he thinks he might have a heart attack. In addition, David is certain that Jimmy, a new talent on the comedy scene, has been "stealing" David's jokes. David gets into an altercation with Jimmy and accuses him of being a thief. Jay attempts to calm David down by distracting him, and tries to persuade him that they should leave the comedy club. He offers to give his friend a ride home, but David's belligerence and paranoia seem to be impenetrable. What should Jay say or do?

3. Early one evening, David drives to Jay's apartment to pick him up. They are planning to perform their comedy routines during open-mike night at a new club on the opposite side of the city. As Jay slides into the front passenger seat of David's pickup truck, he instantly recognizes the odor of marijuana. David is smoking a joint. He inhales deeply and offers the joint to Jay. "No, I'm good," Jay says, declining David's offer. Jay tells David that driving under the influence of marijuana is not only against the law, but it also affects a person's thinking, motor skills, and sensory perception. David says it doesn't do that to him. What should Jay say or do?

4. Based on the situations above, summarize the ways in which David's abuse of illegal drugs is affecting his friendship with Jay. Do you think the comedians can or should maintain a friendship? Why or why not?

Name _____ Date _____

Lesson 11.3

Create an Antidrug Advertisement

In small groups, create an antidrug advertisement to convince people to stop or never start abusing drugs (or using illegal drugs). Follow the instructions below to get started. Then create your advertisement, using the medium of your choice, and share it with the class. All of the advertisements created by the class will constitute an antidrug campaign.

Choose a target group.

Advertisements are created to appeal to a particular audience. Which group(s) of people will your antidrug advertisement target? Some target audiences might be teenagers, adults, women or men, people of a particular economic or ethnic group, or people who do or do not use drugs. Describe your target audience below:

Choose a focus.

Choose an antidrug message you want to communicate. "Using drugs is bad" is too broad a statement. You should choose a narrower focus. For example, you might focus on the harmful physical and psychological effects of using drugs, including the possibly fatal results, or on the negative social perceptions of drug abusers. Consider what kind of antidrug message will appeal to the group you have chosen. Summarize the message of your advertisement in one or two sentences below:

Choose a medium for your message.

Choose a medium for your advertisement. Your group might create a flyer, poster, video, podcast, or website. When choosing your medium, consider which medium will best reach your target audience. Describe which medium your group chose and why you chose it below:

Chapter 11

Reading Practice

Reread the following passage from the textbook. Then answer the questions on the next page.

Although anyone can abuse and become addicted to a drug, experts point to certain risk factors that could increase a person's chances of becoming addicted.

Biological Makeup

A person's genetic makeup influences whether he or she will become addicted to drugs. People whose parents have addiction problems are at greater risk of becoming addicts themselves. Experts believe that people's genes account for about half of their risk of becoming addicted to drugs. A person's biological makeup can also influence his or her personality. Some people have a cautious personality and are averse to risk taking. These people may be reluctant to use drugs due to their concerns about the consequences. Other people are more curious and likely to take risks. Unfortunately, a willingness to take risks and use drugs can lead to addiction.

Mental Health Problems

People who have mental health problems, such as depression or anxiety, may use drugs to cope with their symptoms. The use of drugs by an individual to treat problems and symptoms not diagnosed by a medical doctor is called *self-medication*. People who self-medicate do not get the professional help they need to successfully diagnose and treat their condition. Self-medicating also puts people at risk of developing addictions and more severe mental health problems.

Stage of Development

The earlier a person begins using a drug, the more likely he or she is to abuse and become addicted to that drug. Teenagers are at particular risk of becoming addicted to drugs. This is partly because the brains of teenagers are still developing in the areas that govern decision making, judgment, and self-control.

Environment

The environment in which people live has an impact on their potential exposure to drugs and whether they feel pressured to use drugs. Environment includes a person's neighborhood, school, family, and peers. For example, teens may feel pressured to try drugs if they attend parties where drugs are present.

A person's environment also includes social institutions, such as the media, that reflect and reinforce social values. Some research suggests that teenagers who see drug use in movies are more likely to experiment with drugs themselves. Another study found that half of high school students surveyed believed that seeing professional athletes use steroids influenced their friends' decisions to use steroids.

Choosing to live a drug-free lifestyle can be challenging for teens, especially when their environment exposes them to drugs and the pressures of trying them. There are strategies, however, that teens can use to refuse drugs.

(Continued)

Name _____

- _____ 1. According to experts, genetic makeup accounts for approximately what percentage of people's risk of becoming addicted to drugs?
- A. 25%
 - B. 50%
 - C. 75%
 - D. Genetic makeup does not factor into the risk of developing a drug addiction.
- _____ 2. Which of the following statements is applicable to people who self-medicate?
- A. People who self-medicate do not get the professional help they need to successfully diagnose and treat their conditions.
 - B. Self-medicating puts people at risk of developing addictions and more severe mental health problems.
 - C. People who have mental health problems, such as depression or anxiety, may be prescribed drugs to cope with their symptoms.
 - D. all of the above
- _____ 3. Which of the following factors puts teenagers (in particular) at risk for becoming addicted to drugs?
- A. Teenagers' brains are still developing in the areas that govern decision making, judgment, and self-control.
 - B. Teenagers are more likely than adults to be exposed to drugs that are addictive.
 - C. Teenagers in general are more curious and adventurous.
 - D. both A and C
- _____ 4. A teenager's environment can influence his or her decision to use drugs. Which of the following factors contribute to a teenager's environment?
- A. family
 - B. neighborhood
 - C. media
 - D. all of the above
- _____ 5. According to a survey, approximately what percentage of high school students believe that the use of steroids by professional athletes influenced a friend's decision to use steroids?
- A. 25%
 - B. 50%
 - C. 65%
 - D. Teenagers do not believe that steroid use is influenced to any degree by the behaviors of professional athletes.
- _____ 6. Which statement best expresses the main idea of this passage?
- A. Choosing to live a drug-free lifestyle can be challenging for teens.
 - B. A person's biological makeup can influence his or her risk of developing a drug addiction.
 - C. Although anyone can abuse and become addicted to a drug, certain risk factors could increase a person's chances of becoming addicted.
 - D. People whose parents have addiction problems are at greater risk of becoming addicts themselves.

Chapter 11

Practice Test

Completion: Write the term that completes the statement in the space provided.

1. Over-the-counter medications are sold to people without a _____ from a doctor or other licensed healthcare professional.
2. Aspirin, acetaminophen, and ibuprofen are examples of _____, or pain relievers.
3. Drowsiness, dizziness, weakness, nausea, confusion, and internal bleeding are examples of _____ that can result from the use of some medications.
4. _____ is any use of medication that does not follow the medication's instructions.
5. _____ involves the intentional use of medications for purposes other than those intended by the prescribing doctor.

True/False: Indicate whether each statement below is true or false by circling either T or F.

- T F 6. Opioids are typically prescribed to relieve itching.
- T F 7. Depressants are used to relieve anxiety and increase a person's ability to relax and stay calm.
- T F 8. Stimulants increase the level of dopamine in the brain, producing a feeling of euphoria.
- T F 9. Over-the-counter medications intended for adults can always be given to infants and children.
- T F 10. Stimulants are commonly prescribed for people with ADHD.

Multiple Choice: Write the letter that corresponds to the correct answer in the blank space.

- _____ 11. The Food and Drug Administration (FDA) ensures that medications are _____, effective, and secure from tampering.
- A. safe
 - B. approved for in-flight transit
 - C. delivered to pharmacies in a timely manner
 - D. kept in a cool, dark location until they are used
- _____ 12. A chemical called _____ is the active ingredient in marijuana.
- A. opium
 - B. lysergic acid diethylamide
 - C. delta-9-tetrahydrocannabinol (THC)
 - D. Cannabis
- _____ 13. _____ are drugs that cause people to see, hear, or feel things that are not real.
- A. Muscle relaxants
 - B. Anabolic steroids
 - C. Bath salts
 - D. Hallucinogens

(Continued)

Name _____

- _____ 14. Some people illegally use _____ to gain strength and increase their muscle size.
- A. anabolic steroids
 - B. inhalants
 - C. club drugs
 - D. opioids
- _____ 15. _____ is a condition that occurs when the supply of oxygen needed by the body is depleted.
- A. Euphoria
 - B. Hypoxia
 - C. Paranoia
 - D. Memory loss

Matching: Match each key term to its definition by writing the letter of the term in the space provided.

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|---|----------------------------|
| _____ 16. form of addiction in which a person's body requires a drug to function normally | A. drug abuse |
| _____ 17. use of drugs by an individual to treat problems and symptoms not diagnosed by a medical doctor | B. drug overdose |
| _____ 18. unpleasant side effects that people may experience when they try to stop taking a drug | C. physical addiction |
| _____ 19. the act of using drugs excessively or without medical reason | D. psychological addiction |
| _____ 20. houses or communities that provide alcohol- and drug-free living environments for people who are trying to abstain from substance use | E. withdrawal |
| _____ 21. the ingestion of more of a drug than the body can successfully process, or break down | F. self-medication |
| _____ 22. a state in which increasingly larger amounts of a drug are required to achieve the same good feelings | G. detoxification |
| _____ 23. process used in treatment programs to clear all drugs from a person's body | H. tolerance |
| _____ 24. the emotional distress that arises when people with a drug addiction feel that they need a drug to function normally | I. sober living community |

Short Answer: On a separate sheet of paper, answer the following questions using what you have learned in this chapter.

25. Drug abuse has negative consequences, both for individuals struggling with addiction and for addicts' families, friends, and coworkers. Describe the broader impact that drug abuse and addiction have on society.
26. Outline the steps you would take if you discovered that a close friend was addicted to drugs. Start by considering the first thing you would do.

