

# **DRUG PREVENTION & INTERVENTION**

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# LETS BECOME AWARE OF HOW DRUGS CAN HARM OUR BODIES

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- Today you will learn to make healthy decisions and will also learn different ways in which drugs can harm the body. (Strategy A.1.3)

**What is Drug addiction?** Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences.

(<https://www.drugabuse.gov/publications/media-guide/science-drug-abuse-addiction-basics>)

# FACTS:

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- The teenager's brain is not fully developed until age 25.
- Drugs are more damaging on a developing brain than on a mature brain.
- Drug addiction is considered a brain disease.
- Drugs abuse negatively affects the brain and the body.
- Misusing legal drugs like alcohol and prescription medications can also negatively affect the brain and body.
- Drug use has short term effects and long term effects.
- Continued use of a drug may lead to addiction.

# MARIJUANA

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- Smoking one Marijuana cigarette is the same as smoking five cigarettes in a day.
- In some states where smoking Marijuana has become legal there has been an increase in car accidents from people driving under the influence of Marijuana. Examples:
  - Colorado went from a 5.9% in 2009 to 10% in 2011
  - California went from 9% in 2005 to 16.5% in 2014
- The use of marijuana can affect attention, motivation, memory, and learning and can lower you IQ.
- It affects coordination and judgment.

# MARIJUANA

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- It increases heart rate.
- It has the similar effect as cigarettes. Irritates lungs and can cause chronic cough.
- It increases the risk of mental health problems.

# TOBACCO AND NICOTINE

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- Tobacco and nicotine are found in Cigarettes.
- Smoking increases blood pressure, heart rate, and breathing.
- Tobacco use harms every organ in the body.
- Smoke and smokeless tobacco both can cause cancer.
- Cigarettes are filled with different chemicals. (see next slide)

# THE SECRETS THEY KEEP

HERE ARE SOME OF THE HARMFUL CHEMICALS HIDING IN CIGARETTE SMOKE...

## NICOTINE

A deadly toxin that causes nausea, headaches and increased blood pressure. Nicotine is commonly used in insecticides.

## BENZOPYRENE

One of the most potent cancer-causing chemicals known. You find it in tar, coal, engine exhaust fumes, burnt food and tobacco smoke.

## ARSENIC

A toxic metal used in wood preservatives and insecticides. Arsenic causes death from multi-organ failure in high doses and headaches, diarrhoea and weakness in low doses.

## ACETONE

An active ingredient in nail polish remover and paint thinner. In cigarette smoke, it irritates the respiratory tract.

## LEAD

A toxic metal that damages nerve connections and causes blood, kidney and brain disorders in high doses.

## FORMALDEHYDE

It kills most species of bacteria and is used for preserving dead bodies and laboratory specimens. It causes cancer and is now banned in many countries.



## TURPENTINE

A paint thinner. In cigarette smoke, it irritates the respiratory tract. High exposures cause kidney and nerve damage.

## PROPYLENE GLYCOL

The tobacco industry claims they use it to keep tobacco moist and flexible. Scientists say it carries smoke deeper into the lungs so more nicotine is absorbed.

## BUTANE

Used in cigarette lighter fuel.

## CADMIUM

Used in batteries. It builds up in the body and causes cancer. Cigarette smoking is the main cause of cadmium exposures.

## AMMONIA

Used in household cleaning products. The tobacco industry says it improves flavour and makes tobacco more flexible. Scientists say it helps deliver nicotine to the brain faster.

## BENZENE

Found in crude oil, it causes leukaemia and other cancers.

Cigarette smoke contains over 4,000 chemicals. Even if you don't smoke you can still be harmed by these poisonous chemicals by being around people who are smoking.



Need more information?  
Check out  
[www.OxyGen.org.au](http://www.OxyGen.org.au)

Smarter than Smoking  
Check out  
Ph (08) 9388 3343  
[SMART@HeartFoundation.org.au](mailto:SMART@HeartFoundation.org.au)  
[www.smarterthansmoking.org.au](http://www.smarterthansmoking.org.au)



The products pictured contain chemicals found in cigarette smoke. Most of the harmful chemicals come from the burning of tobacco.

# ALCOHOL

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- Interferes with teen brain development.
- Under the influence of alcohol it is harder to make good decision. Including making decision that the individual might regret later. (Like drinking, driving, and getting arrested.)
- It is harder to recognize dangerous situations.
- Prolonged use can affect the brain's ability to process and learn.
- Can affect vision, speech, and coordination.
- Can increase the risk of different types of cancer.
- Can cause death.



# ALCOHOL

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- Alcohol can damage the heart. (Irregular heart beat, stroke, high blood pressure.)
- Alcohol can damage the liver. (Fatty liver, Alcoholic hepatitis, Fibrosis, Cirrhosis.)
- Alcohol can cause the pancreas to produce toxic substances that can lead to inflammation and swelling of pancreas that prevents proper digestion.
- Drinking too much alcohol can increase your risk of mouth, esophagus, throat, liver, and breast cancer.
- Drinking too much can weaken the immune system which makes an individual more susceptible to disease.

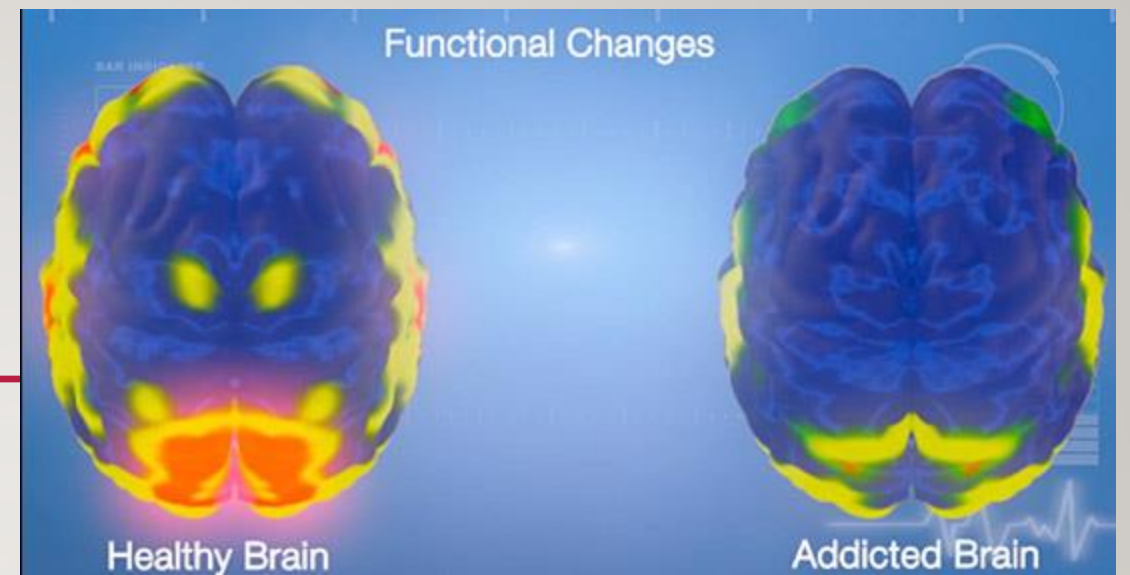
# VIDEOS

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- <https://www.youtube.com/watch?v=EY37BFmVxwQ>
- <https://www.youtube.com/watch?v=7x6HUNTnXUw>
- <https://www.youtube.com/watch?v=-Ui9B5GK3Tk>
- <https://www.youtube.com/watch?v=IbhO9BUHeLE>

# DECISION MAKING TIME

- We are each faced with daily decisions including making decisions about our health.
- Choose to take care of the body you have.
- We only get on body to think, play, laugh, and enjoy life. Keep it healthy.
- If we are ever told that drugs do not do harm the body do not believe it. The research shows all that negative effects drugs have on the body.
- Make the smart and healthy decision. Stay drug free.



**DRUGS + YOUR BODY**  
Click below to find out how drugs affect the body — It Isn't Pretty!

🏠 BRAIN SKIN LUNGS MOUTH HEART DEATH

The screenshot shows a website interface with a dark background. At the top, the title 'DRUGS + YOUR BODY' is in large white letters, followed by the subtitle 'Click below to find out how drugs affect the body — It Isn't Pretty!'. Below this is a navigation bar with icons and labels for 'BRAIN', 'SKIN', 'LUNGS', 'MOUTH', 'HEART', and 'DEATH'. Each label is above a corresponding illustration: a brain with a syringe, a person's face with skin lesions, a pair of lungs, a mouth with decayed teeth, a heart with a pulse line, and a skull with a pill bottle. At the bottom, there are three buttons: 'FIND OUT MORE' (with a 'NIDA FOR TEENS' logo), 'HEADS UP REAL NEWS ABOUT DRUGS AND YOUR BODY', and 'DRUG FACTS' (with a cigarette icon).

# CHECKING FOR UNDERSTANDING

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- What is drug addiction?
- True or False - Drugs are more harmful to a developing brain.
- True or False - Drugs can affect a person's behavior.
- True or False - Drugs do not affect the brain.
- What do you think was the most interesting part of this presentation?

# CITATIONS

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## Sources Website

- <http://www.smarterthansmoking.org.au/for-schools/>
- <https://teens.drugabuse.gov>
- <https://niaaa.nih.gov/alcohol-health/alcohols-effects-body>