

Term 3: Health and Environmental Responsibility**Substance Abuse**

(Week 1) Oxford Successful pg. 70-72

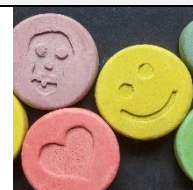
V – **Substance abuse** – using drugs in a harmful or wrong wayV – **Drug** – any **chemical substance** that **changes the way you feel**.

A drug can be a natural or synthetic substance which, when taken into a living body, **alters the body's normal processes and affects its functioning or structure**.

Drugs are used for many purposes, from anaesthesia during an operation, to just being able to wake up in the morning. However, **all drugs have the potential to become addictive** and harm the person who is taking them.

Types/Forms of substance abuse

1. **Legal Drugs/Substances** – drugs/substances that are freely available and are allowed by government to be consumed by people.
 - Medicine prescribed by a doctor
 - Medication available in a pharmacy
 - Caffeine
 - Nicotine
 - Alcohol
 - Other substances: glue, paint thinners, petrol
2. **Illegal Drugs/Substances** – drugs /substances that the government does not allow people to have.
 - You can be fined or jailed if found with illegal drugs

Dagga**Other names:** *marijuana, grass, weed, herb, pot, 420, joint, zol***What it looks like:** **dried leaves, stem and seeds** of the cannabis plant, green/grey colour**How it is taken:** smoked, cooked/boiled**Effects:** makes one feel relaxed, slows down reactions, bloodshot red eyes, increased appetite and thirst, coughing, heart and lung diseases, men can become infertile.**Mandrax****Other names:** *white pipe, buttons, mandies, whites***What it looks like:** spotted **yellow or grey tablet****How it is taken:** crushed: smoked (mixed with dagga), swallowed whole or injected**Effects:** makes one feel relaxed and happy, feeling weak, stomach pains, vomit, loss of appetite, slurred/mumbled speech, sleepiness, low concentration**Ecstasy****Other names:** *love drug, E***What it looks like:** **tablet or capsule** in different colours**How it is taken:** crushed: sniffed or dissolved in a liquid**Effects:** gives one a lot of energy, feelings of joy, raises body temperature and blood pressure, decreased appetite, blurred vision

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Methamphetamine

Other names: *tik, straw*

What it looks like: crystal-like substances with no smell

How it is taken: smoked in a light bulb or lolly (glass pipe), swallowed, injected, or sniffed

Effects: fast addiction, intense and aggressive mood swings, brain damage, loss of appetite and weight, rapid speech, headaches, insomnia, hallucinations



Cocaine

Other names: *coke, crack, flake, snow, snort, white powder*

What it looks like: white powder made from the leaves of the coca plant, bitter in taste

How it is taken: smoked in a pipe/bottle, swallowed, or sniffed

Effects: most addictive, rise in blood pressure, heart and lung diseases, feeling like you can do anything, runny nose, increased energy, nosebleeds, supersensitive hearing



Heroin

Other names: *H, smack, horse*

What it looks like: light-brown powder made from opium poppy

How it is taken: smoked, inhaled, sniffed, or injected

Effects: mood swings, personality changes, loss of appetite and weight, lack of co-ordination confused thoughts, changes between sleepiness and being awake



LSD

Other names: *acid, microdots, tabs*

What it looks like: white powder, clear liquid, small squares of paper, tiny pill or capsule made from the fungus on rye (grain)

How it is taken: put on the tongue and dissolved then swallowed

Effects: heart beats faster and increased blood pressure, hallucinating, dizziness, nausea, vomiting

