

Term 3: Health and Environmental Responsibility

Types of recreational drugs

(Week 2)

- **Opiates**
 - Opiates copy the brain's 'feel good' chemicals called **endorphins**.
 - They bring about a **feeling of peaceful euphoria** (a feeling of extreme happiness).
- **Depressants**
 - Sometimes called 'downers'.
 - Depressants **slow down the messages in the brain and nervous system**. This results in people relaxing and feeling less emotional.
 - Depressants can **make people temporarily forget about their problems** or poor self-image.
- **Stimulants**
 - Sometimes called 'uppers'.
 - Stimulants **speed up the messages to the brain and nervous system**.
 - They **increase a person's awareness** and make them experience things in a more intense way.

Activity 1: Substance abuse (Spot On. pg. 115)

Read the notes on substance abuse and answer the questions that follow.

1. Define substance abuse. (1)
2. Why do you think young people turn to substance abuse? (2)
3. Your friend has injection marks on her arms which she tries to hide from you. What drugs do you think she may be taking? (3)
4. Categorise the following substances write down the correct answer under each column

Substances	Medicinal/ recreational	Legal/Illegal	Opiate/ Depressant/ Stimulant	How taken? Smoked/ Swallowed/ Injected/ Sniffed	
a. Cigarettes					(4)
b. Panado tablets					(4)
c. Heroin					(4)
d. Dagga					(4)
e. Alcohol					(4)
f. Cocaine					(4)
g. Ecstasy					(4)
h. Tik					(4)
i. Caffeine					(4)
					(36)

TOTAL: 42

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Symptoms of substance abuse

Oxford Successful pg. 72-74

Notes to be written from the textbook.

Activity 3: Symptoms of substance abuse (Oxford Successful. pg. 74)

TOTAL: 6