2.2 H

Effects of Drugs

Name of Drug	Description	Effects
Cannabis -marijuana, pot, grass, weed	-comes from dried tops, leaves, stems and seeds of the marijuana plant	-short-term memory, concentration and ability to think clearly may be impaired -high feeling/relaxed, talkative -may lose interest in activities
Alcohol -booze, hooch	-depressant that slows the Central Nervous System	-relaxed, less inhibited -reflexes become slower -could cause cirrhosis of the liver with prolonged use -mood may change; take more risks -brain and nerve damage -in men, decreased sperm production -decision-making affected
Solvents & aerosols /inhalants -sniff, glue, gas	-substances manufactured by the chemical industry (i.e. Gasoline, shoe polish, etc).	-feeling of euphoria -loss of coordination -lead poisoning -death
Methamphetamine -speed, meth, chalk	-pills, powder, liquid -addictive stimulant	-decreased appetite, increased physical activity, damage to blood vessels in the brain, strokes, irregular heart beat, respiratory problems, death
Cocaine -coke, snow, blow, ice, rock	-powerful stimulant of the Central Nervous System	-breathing and blood pressure increase, pupils enlarge -nose tissues may be damaged

Effects of Substance Use/Abuse

Name of Drug	Description	Effects
Rohypnol -roofies, peanuts, pappas, ro-shays	-makes a person less able to resist sexual assault -tablets turn clear beverages blue and turn dark beverages murky -sedative	-loss of memory, impaired judgement -periods of blackouts -seizures -may be fatal if mixed with other drugs - respiratory shut-down
G.H.B. -liquid ecstasy, easy lay	-makes a person less able to resist sexual assault -looks and smells like water/also available as a white powder or capsule	-dizziness, nausea, vomiting, -amnesia -loss of consciousness, seizures, depressed breathing, coma, vomiting while asleep, death
Ketamine - Special K, Kit Kat	-makes person less able to resist sexual assault -painkiller used mainly by veterinarians for surgery -liquid, white powder or pill	-temporary amnesia and hallucinations, may babble -less inhibitions -flashbacks -decreases oxygen to brain and muscles -unconsciousness, death may occur
Ecstasy - XTC, X, E, love drug	-combination of hallucinogen and stimulant -tablet or gelatin capsule form	-excited feeling, less inhibitions, euphoria, overheating, dehydration, death due to kidney or cardiovascular failure, loss of consciousness, paralysis, brain damage

Unit 3 – Lesson 2

Name of Drug	Description	Effects
Ritalin (methylphenidate) Vitamin R, Rit	-commonly used for ADHD -now being used as an illegal drug - tablet form but illegal users crush and snort it or dissolve it in water and inject intravenously	- strong stimulant effect when snorted - CNS stimulant similar to speed or cocaine - nervousness, loss of appetite, skin rash, increased alertness, abdominal pain, digestive problems, possible dependence, severe depression upon withdrawal
OxyContin	- normally used as a pain reliever because the effects last for about 12 hours -it is pure oxycodone which is also found in Percocet but one OxyContin pill can have the same amount of oxycodone as 16 Percocet pills.	- problem is that people trying to get a "rush" will chew or crush the pill and all of the oxycodone is released at once instead of being slowly released. - high risk of overdose if taken with alcohol, tranquilizers or other opioids -overdose can lead to brain damage and death

[Adapted with permission from "Ontario Health and Physical Education Curriculum Support: Grades K-10", OPHEA (Ontario Physical and Health Education Association), Toronto, 2000, Grade 9 resource, Module 3, pp. 13-20].