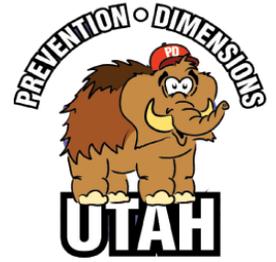


# You and the World of Drugs

More Practice With I STOP'D



## 3 Cs

- I care about myself.
- I care about others.
- I care about my community.

**Help students to understand and invite them to state clearly:**

- I have the right to care about myself.
- I have the responsibility to make smart choices when I care about myself.
- I show I care about myself when I make choices to live healthy and not use alcohol, tobacco/nicotine or other drugs.

## Preparation

### Copies

- Handouts: "Body Diagram" (see page 90)
- Worksheets: "Why People Choose Not to Use Drugs" (see page 91)

## Vocabulary

illicit drugs	over-the-counter (OTC)	prescription
hallucinogens	inhalants	stimulants
narcotics	depressants	circulatory system

## Lesson at a Glance

### Introduction

1. Different Kinds Of Drugs

### Strategy

2. Drugs And Body Works

### Conclusion

3. "Why People Choose Not To Use Drugs"

## Core Curriculum Objectives and Standards

### Objectives

Analyze how social messages regarding the use of alcohol, tobacco/nicotine, and other drugs may misrepresent the negative effects of each.

Teacher Notes

## Introduction

### Discussion

### 1. Different Kinds Of Drugs

- Drugs are substances which change the way the body works.
- Normally the body works like a well-designed machine.
- Every part of the body has a function.
- Each body part works in harmony with the other body parts.
- Sometimes, we take a drug to repair a part of the body that is not working normally.
- Sometimes, drugs can cause a change in the way a body part functions and create problems in the system.
- Drugs are classified or named by the way they interact with the body or how they are available.
- These are some of the major categories or drugs –
- Stimulant: substance or drug that temporarily increases body activity.
- Inhalant: chemical that when breathed in produces a drug-like effect.
- Hallucinogen: drug that causes a person to see, hear, feel, taste, or smell things differently.
- Narcotic: drug that causes drowsiness or sleepiness and dulls the senses.
- Over-the-counter drug: substance that can be purchased without a doctor's prescription.
- Depressant: drug that slows down body activity and relaxes muscles.

### Strategy

### 2. Drugs and Body Works

Use the "Body Diagram" page to show how different parts of the brain and body are affected by alcohol, tobacco/nicotine and other drugs (ATOD).

### Discussion

- The chain on your bike is broken. The tires are perfect. The brakes work fine. Will your bike work the way it should?  
The answer is "No." The parts of your bike are made to work together in a certain way. When one part breaks, the whole bike is affected.
- The human body works in a similar way. When the function of even one part is changed by using drugs, the whole body is affected.
- Drugs usually are taken into the body through swallowing, chewing, dipping, smoking, inhaling (breathing in), or injecting with a needle. How can breathing tobacco/nicotine smoke or vapors affect all parts of your body?  
Things we inhale are collected in the lungs, transferred to the blood and then distributed throughout the body by the circulatory system.
- How can swallowing an aspirin affect your headache?  
Things that are swallowed or ingested are processed in the stomach and intestines, transferred to the blood and distributed throughout the body by the circulatory system.
- When drugs are taken, they enter the circulatory system. This means the blood vessels carry the drugs to all parts of the body. For example, chemicals in tobacco/nicotine smoke or vapors can reach all parts of the body. Aspirin can reach the brain and relieve a headache.
- Drugs go to different parts of the body and affect the way the body works in many ways. For example, tobacco/nicotine smoke or vapors touches and affects



the lungs, but chemicals in the smoke or vapors are also carried all the way to the toes through the circulatory system. These chemicals cause constricting of the blood vessels.

- Drugs are usually taken for a certain effect. Aspirin relieves a headache. When aspirin is taken, however, it doesn't affect the head alone. It is distributed throughout the body and affects the entire body.
- There is another reason why drugs have more than one effect. They are carried to the brain by the circulatory system. The brain controls the way the body works. If the brain is affected, other body processes will be changed.
- For example, alcohol slows down the work of the brain which slow the entire body, including bodily functions and reactions. A brain under the influence of alcohol will send messages to the muscles to slow down. The drinker might stumble, fall or not react normally to the environment.
- What might happen to a person if they cannot react quickly enough to things that happen around them?

## Conclusion Worksheet

### 3. "Why People Choose Not to Use Drugs"

- Complete the worksheet "Why People Choose Not to Use Drugs."
- Use the I STOP'D model to stop and think about the answers given by students.
- Use I STOP'D to create options and decision points for not using illegal drugs.
- Conduct a class discussion on the answers students give on the worksheet.



# Body Diagram

**BRAIN:**

Alcohol slows brain functioning which affects entire body.  
Alcohol slows sensory motor skills, balance and coordination.  
Alcohol depresses feelings and the ability to distinguish right and wrong.  
Alcohol creates difficulty in vision including blurring and focusing.

**LUNGS:**

Tobacco causes pneumonia, lung disease and cancer

**NOSE:**

Tobacco dulls sense of smell

**STOMACH:**

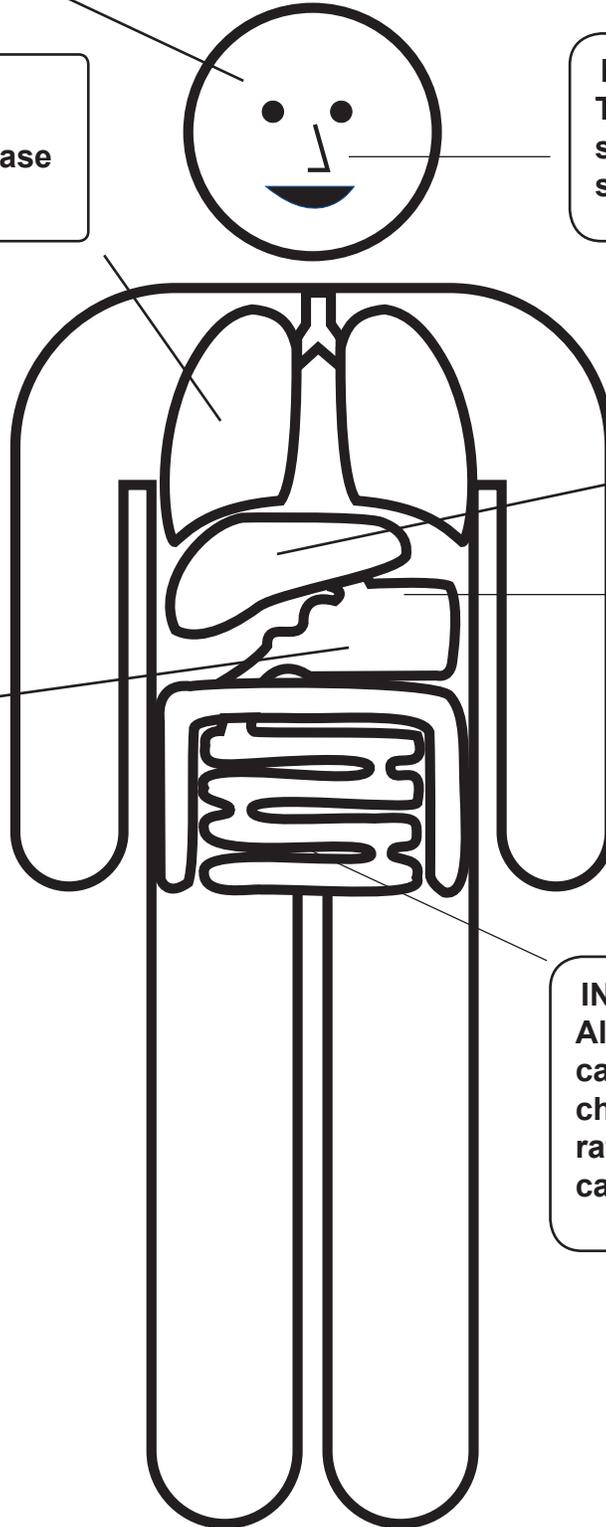
Tobacco and alcohol cause gastritis and peptic ulcers

**LIVER:**

Alcohol causes cirrhosis, vitamin deficiency, alcoholic hepatitis and cancer

**INTESTINES:**

Alcohol and tobacco cause diarrhea, change in absorption rate, ulcers, cancer



"Body Diagram"

# WHY PEOPLE CHOOSE NOT TO USE DRUGS

People choose not to use drugs for many different reasons.  
Read each reason. Make an X in the bracket if you think it's a  
reason why people you know don't use drugs.

1.  Their friends don't.
2.  They want to play sports.
3.  Their parents don't.
4.  They don't want to get into trouble with the law.
5.  Drugs cost too much.
6.  Drugs are bad for their health.
7.  They want to be in control.
8.  They don't want to become addicted.
9.  Drugs make them look less attractive.
10.  They don't want to get into trouble with school authorities.



