

Drug Use and Abuse

Chapter 10

Lesson 1

Drug Use and Abuse

What Is a Drug?

Most teens **know** the **risks** involved with drug use.



drug A substance other than food that changes the structure of the body or mind.

Most teens **avoid** drugs that are **illegal** or that are not given by their doctor.

Drug Use and Abuse

Drugs as Medicine

Many drugs that prevent or cure illnesses or treat symptoms are available over-the-counter (OTC).



over-the-counter Found on the shelves of local pharmacy or grocery stores.

Prescription medicines can be **legally obtained** only with a **doctor's** written **prescription**.

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Drug Use

You can reduce the risks related to some health problems by **using medicines wisely**.

Even **helpful medicines** and pain relievers found at your local drugstore can be **harmful** if they are used **incorrectly** or without the prescription of your doctor.

No drugs or medicines should ever be taken by anyone **other** than the person for whom they were **prescribed**.

Combining medicines without a doctor's permission can be very **dangerous**.

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Drug Misuse

Drug **misuse** may involve **taking too much** of a drug or taking a medication prescribed for **someone else**.



drug misuse Taking or using medicine in a way that is not intended.

Misuse of drugs can lead to
drug abuse.

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Drug Abuse

When you hear the term drug abuse, you may think only of the use of illegal drugs. **Any kind of drug** can be misused or abused.



drug abuse Intentionally using drugs in a way that is unhealthful or illegal.

When people use **illegal drugs**, such as marijuana or heroin, they are **abusing** drugs.

When people use legal drugs for **nonmedical purposes**, they are also **abusing** drugs.

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Drug Misuse and Abuse

Fewer people are using illegal drugs.

More people are misusing prescription drugs.

Misusing or abusing any type of drug can damage your body and lead to allergic reactions, illness, or even death.

Even prescription medicines, such as those used to treat problems like attention-deficit / hyperactivity disorder (ADHD), are dangerous if taken by someone other than the person they were prescribed for. (*Adderall*)

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Drug Misuse and Abuse

Drugs are especially dangerous for **teens** because their **bodies** are **still growing** and developing.

Drug abusers may feel that by using drugs, they will be able to solve their problems, but drugs only **cover up** the **problems** and lead to new problems.

A person who becomes addicted to drugs often has a hard time stopping his or her drug use. **Addiction** is considered a **disease**.

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Drug Misuse and Abuse

Teens who abuse drugs **damage** their family **relationships** and lose their friends.

In time, **having** the drug becomes **more important** than having strong relationships.

Stay **friends** with people who are **drug free**. This is a good way to build strong friendships.

Drug Use and Abuse

Recognizing the Risks

Risks to Physical Health	Risks to Mental/Emotional Health
Damage to the brain and nervous system	Weakened ability to think and learn
Feelings of nausea or confusion	Low self-esteem
Loss of ability to walk or talk	Decrease ability to relate to others
Memory loss	Risks to Social Health
Seizure	Personality changes
Coma	Mood swings
Death	Losing touch with feelings
Drug addiction	Losing touch with family and friends

Drug Use and Abuse

Drug Use and Depression

Drug users may suffer from **depression**, a state of being **sad** or having feelings of **hopelessness**.