Module Title: Alcohol and Other Drugs

Microlesson Title: Health Risks of Alcohol

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"Short-term effects of alcohol"

1. **Changes to the brain** - Development – Pathways and connections necessary for learning may be permanently damaged. Memory – Thought processes are disorganized, and memory and concentration are dulled. Judgment and control – Judgement is altered and coordination is impaired. Risk of stroke – Alcohol use may increase risk of stroke in young people.

2. **Cardiovascular changes -** Heart – Small amounts of alcohol can increase the heart rate and blood pressure. High levels of alcohol have the opposite effect. Heart rhythm becomes irregular. Body temperature drops.

3. **Liver and Kidney Problems -** Liver – Toxic chemicals are released as the liver metabolizes alcohol. Kidneys – Alcohol causes the kidneys to increase urine output, which can lead to dehydration.

4. **Digestive System Problems -** Alcohol increases stomach acid production and can cause nausea and vomiting.

5. **Pancreas Problems -** Consuming large amounts of alcohol quickly can cause pancreatitis.

Title: Some Factors That Influence the Onset and Intensity of Alcohol's Effects

1. **Body size**: A smaller person feels the effect of the same amount of alcohol faster than a larger person does.
2. **Gender**: Alcohol generally moves into the bloodstream faster in females than in males, because females tend to have smaller bodies than males.
3. **Food**: Food in the stomach slows down the passage of alcohol into the bloodstream.
4. **Rate of intake**: If a person drinks alcohol faster than the liver can break it down, the person becomes intoxicated.
5. **Amount**: As the amount of alcohol consumed increases, the level of alcohol in the bloodstream rises.
6. **Medicine**: Alcohol can interfere with the effects of medicines can heighten the effects of alcohol.

Title: Long-term Effects of Alcohol

- **The Brain -** Addiction - Physical dependence can lead to the inability to control the frequency and amount of drinking. Loss of brain function - Loss of verbal skills. Visual and spatial skills, and memory. Brain damage - Excessive use of alcohol can lead to brain

damage and a reduction of brain size. The learning ability and memory of adolescents who drink even small amounts can be impaired.

- **The Cardiovascular System -** Heart damage - The heart muscles become weakened and the heart becomes enlarged reducing its ability to pump blood. This damage can lead to heart failure. Reduced blood flow can also damage other body systems. Heart blood pressure -
- Damages the heart and can cause heart attack and stroke.

- **The Digestive System -** Irritation of digestive lining - Can lead to stomach ulcers and cancer of the stomach and esophagus. Fatty Liver - Fats build up in the liver and cannot be broken down leading to cell death. Alcohol Hepatitis - Inflammation or infection in the liver. Cirrhosis -
- Liver tissue is replaced with useless scar tissue. Cirrhosis can lead to liver failure and death.

- **The Pancreas -** Swelling of the pancreas lining - The passageway from the pancreas to the small intestine can become blocked, and chemicals needed for digestion cannot pass to the small intestine. The chemicals needed for digestion begin to destroy the pancreas itself, causing pain and vomiting. A severe case of pancreatic swelling can lead to death.

Microlesson Title: Medicines

Title: Medicine and Drugs Presentation

1. **Drug-Drug Interactions:** occur when two or more drugs react with each other. This drug-drug interaction may cause you to experience an unexpected side effect. For example, mixing a drug you take to help you sleep (a sedative) and a drug you take for allergies (an antihistamine) can slow your reactions and make driving a car or operating machinery dangerous.
2. **Drug-Food/Beverage Interactions:** result from drugs reacting with foods or beverages. For example, mixing alcohol with some drugs may cause you to feel tired or slow your reactions.
3. **Drug-Condition Interactions:** may occur when an existing medical condition makes certain drugs potentially harmful. For example, if you have high blood pressure you could experience an unwanted reaction if you take a nasal decongestant.

Know how to take drugs safely and responsibly. Remember, the drug label will tell you:

1. What the drug is used for
2. How to take the drug
3. How to reduce the risk of drug interactions and unwanted side effects
4. If you still have questions after reading the drug product label, ask your doctor or pharmacist for more information.

Microlesson Title: Illegal Drugs

Title: Illegal Drugs

"Things that determine a person's BAC" Click on a number and then show

1. The person's body weight (a person who weighs more generally shows effects of alcohol less quickly than a smaller person)
2. Gender (Male/Female)
3. Amount of time spent drinking
4. Dilution of the drink
5. Carbonation of the drink (carbonation increases absorption of alcohol)
6. The presence of food in the stomach before drinking
7. Setting and expectation
8. The person's mood and emotional state
9. Use of other substances
10. Individual body chemistry
11. Tolerance: a person must begin to drink more and more alcohol to receive the same effects.

Title: Types of Illegal Drugs

- **Marijuana, -** A plant whose leaves, Buds, and Flowers are usually smoked for their intoxicating effects. Hallucinations and paranoia can occur. Coughing heart and lung damage can occur. Often called a gateway drug because it can lead to using other illegal drugs.
- **Inhalants** - Can cause the death of brain cells. Inhalants are substances whose fumes are sniffed or inhaled to give effect. All inhalants are dangerous, and many are labeled poisons and can be harmful even if you are not trying to abuse them.
- **Steroids -** Can cause severe health problems. Anabolic and androgenic steroids are synthetic substances like male sex hormones. Anabolic refers to muscle building, and androgenic refers to increase male characteristics. Steroids may be prescribed for some medical conditions but using steroids without medical supervision is dangerous.
- **Stimulants - I**ncludes amphetamines, cocaine, crack or methamphetamines.
- **Depressants** – Barbiturates, GHB, Rohypnol or "roofies", tranquilizers.
- **Opiates -** Codeine, heroin, morphine, opium, oxycodone
- **Hallucinogens** - DXM or "tussin", ecstasy or "MDMA", ketamine, LSD, Mescaline "peyote" or Psilocybin or "mushrooms"

Microlesson Title: Living-Drug Free

Title: Living Drug Free

"Ways to say no"

1. "No thanks, I don't do drugs.
2. "I can't. I'm on medication"
3. "I'm not interested. That stuff makes me sick."
4. "No. I must be in great shape for tomorrow's game."

“Healthy alternatives to drug use”

- **Hobbies**. Enjoy Hobbies such as photography, cooking, art, or music.
- **Sports.** Get physical activity through outdoor recreation, team, and other individual sports.
- **Community activities.** Participate in neighborhood events, political movements, community service, religious activities, and local clubs.
- **School Organization.** Get involved and Service Groups, honor societies, and advocacy groups at school.

“Steps to help a friend” “

1. Identify sources of help in your community.
2. Talk to the person when he or she is sober. Express your affection and concern and describe the person's Behavior without being judgmental.
3. Listen to the person's response. Be prepared for anger and denial.
4. Offer to go with a friend or family member to a counselor or Survivor support group.

“Types of drug treatment centers”

1. **Outpatient drug-free treatment**. These programs usually do not include medications and often use individual or group counseling.
2. **Short-term treatment.** The centers can include residential therapy, medication therapy, and Outpatient Therapy.
3. **Maintenance therapy.** Intended for heroin addicts, this treatment usually includes medication therapy.
4. **Therapeutic communities.** These are residences for drug abusers. The center includes highly structured programs that may last from six to twelve months.