



**LEON COUNTY TEEN COURT
301 SOUTH MONROE STREET SUITE 225
TALLAHASSEE, FLORIDA 32301
P: (850) 577-4468 F: (850) 487-7947**

CHEMICAL EDUCATION PACKET

Attached you will find a Chemical Education Packet. You are required to complete this packet in order to satisfy the conditions of the Teen Court Program. Chemical Education Classes usually last from 4 to 5 weeks and are 1 to 2 hours long. As you will notice, this packet is quite comprehensive; however, it is less time-consuming and certainly more convenient than attending classes. You will be required to complete the **thirteen-page** quiz, puzzle and test section and turn it in by your deadline. A failing grade will require a re-test. If you have any questions, you may call the office main number at 850 577-4468. Please share this packet with your parents and have them sign at the bottom of the Chemical Education Post Test.

**Jennifer Bendfelt, BSW
Case Coordinator
850-577-4468**

Although it is illegal for anyone under the age of 21 to purchase, possess, and consume alcohol, many teenagers do drink. As a result, in addition to breaking the law, these teens are particularly vulnerable to the various problems that alcohol can cause.

What Effects Can Alcohol Have on Me?

- ❖ Alcohol goes directly into the bloodstream, which is why it has effects on every system in the body.
- ❖ Heavy drinking can cause cirrhosis and cancer of the liver.
- ❖ Children in families with alcoholic members are at a higher risk for alcoholism.
- ❖ Excessive drinking can decrease the amount of testosterone in a man's body and cause impotence.
- ❖ Alcohol abuse can lead to both homicides and suicides.
- ❖ Drinking can cause serious injuries and death – over 38% of drowning incidents are alcohol-related.
- ❖ Long-term effects of heavy alcohol use include loss of appetite, vitamin deficiencies, stomach ailments, sexual impotence, liver damage, heart and central nervous system damage, and memory loss.

How Do I Know If I Have a Drinking Problem?

Chances are if you're even asking the question, you have a drinking problem. But here are some other factors:

- ❖ inability to control your drinking- it seems that regardless of what you decide beforehand, you frequently wind up drinking too much.
- ❖ using alcohol to escape from your problems.
- ❖ changing from your usual reserved character into the "life of the party"
- ❖ a change in personality – does drinking turn you from Dr. Jekyll to Mr. Hyde?
- ❖ a high tolerance level – you can drink just about everybody under the table.
- ❖ blackouts – sometimes you don't remember what happened when you were drinking.
- ❖ problems at work or in school as a result of drinking.
- ❖ concern shown by your family and friends about your drinking.

QUICK FACTS about ALCOHOL

1. Know the law. Alcohol is illegal to buy or possess if you are under 21.
2. Get the facts right. One 12-ounce beer has as much alcohol as a 1.5 –ounce shot of whiskey or a 5-ounce glass of wine.
3. Stay informed. Wine coolers look like juice sparklers but they have as much alcohol as a 12-ounce beer. One glass of clear malt can give a teenager a .02 on a breathalyzer test. In some States that amount is enough for anyone under the age of 21 to lose his/her driver's license and be subject to a fine.
4. Be aware of the risks. Drinking increases the risk of injury. Car crashes, falls, burns, drowning, and suicide are all linked to alcohol and other drug use.
5. Keep your edge. Alcohol can ruin your looks, give you bad breath, and make you gain weight.
6. Play it safe. Drinking can lead to intoxication and even death.
7. Do the smart thing. Drinking puts your health, education, family ties, and social life at risk.
8. Be a real friend. If you know someone with a drinking problem, be a part of the solution. Urge your friend to get help.
9. Remain alert. Stay clear on claims that alcohol means glamour and adventure. Stay clear on what's real and what is illusion.
10. Sweep away the myths. Having a designated driver is no excuse to drink. Drinking only at home, or sticking only to beer does not make drinking any "safer."

TIPS FOR TEENS

ABOUT SMOKING

What are the risks associated with smoking cigarettes?

- diminished or extinguished sense of smell and taste
- frequent colds
- smoker's cough
- gastric ulcers
- chronic bronchitis
- increase in heart rate and blood pressure
- emphysema
- heart disease
- stroke
- cancer of the mouth, larynx, pharynx, esophagus, lungs, pancreas, cervix, uterus, and bladder

The use of tobacco is addictive. Most users develop tolerance for nicotine and need greater amounts to produce a desired effect. Smokers become physically and psychologically dependent and will suffer withdrawal symptoms when use is stopped. Physical withdrawal symptoms include: changes in body temperature, heart rate, digestion, muscle tone, and appetite.

Cigarette smoke is perhaps the most devastating preventable cause of disease and premature death. Nearly 50 million Americans smoke – including one in five teenagers – resulting in nearly 450,000 deaths each year. Smoking is particularly dangerous for teens because their bodies are still developing and changing and the 4,000 chemicals (including 200 known poisons) in cigarette smoke can adversely affect this process. Cigarettes are highly addictive, both mentally and physically, and can serve as a major gateway to other forms of drug addiction. Adolescent cigarette smokers are 100 times more likely to smoke marijuana.

Quick Facts about Smoking

1. Use your head. Smoking is responsible for close to 450,000 deaths each year.
2. Stay active. Exercising and participating in sports is nearly impossible if you smoke cigarettes.
3. Stay informed. Young smokers are 100 times more likely to experiment with/ become addicted to other drugs.
4. Be aware of the risks. Smoking can lead to many physical problems including emphysema, heart disease, stroke, and cancer.
5. Keep your edge. Smoking makes you smell bad, gives you bad breath, and gives you premature wrinkles.
6. Play it safe. Experimenting with smoking could lead to full-fledged addiction and a lifetime of trying to quit.
7. Do the smart thing. Smoking puts your health and the health of those around you at risk.
8. Get with the program. Smoking isn't "in" anymore.
9. Find ways to reduce anxiety. Smoking may actually contribute to your state of agitation.
10. Be a real friend. If you know someone who smokes, be a part of the solution. Urge your friend to get help and quit.

A Nice Guy like Him
(A story about inhalant use)

Steven was a nice guy. He lived in a nice house in a nice neighborhood. He had nice parents. He had a younger brother and an older sister. He had a girlfriend who really cared about him. He had two guys he hung out with. On a Sunday night in August, Steven's dad was napping on the sofa in front of the TV like he did on most evenings. His mother had gone to a neighbor's house for a few minutes.

Steven and his friends were hanging out in Steven's basement; they were bored. There were no parties; there was nothing to do. They were tired of all the stuff they'd been doing all summer. They decided to try something they'd never tried before – something a lot of the kids at middle school and high school were doing. They decided to sniff some air freshener.

They giggled. They tried to walk. They started up the stairs.

Two of them made it to the top. Steven lurched forward, then swayed backward and fell down the stairs. His father heard the thud as Steven's body hit the walls of the stairwell before it came to rest on the basement floor. "Those kids," he thought to himself, "they better not be making a mess down there." He settled back on the sofa. Steven's friends didn't know what to do. They were scared and not thinking clearly. They snuck out the back door. They left Steven lying there on the basement floor, alone and dead.

Steven's father found his body an hour later when he realized that he hadn't heard any noise and hadn't heard the boys leave.

He also found the empty cans of air freshener.

AFFECTS OF DRUGS AND ALCOHOL ON THE BODY

ALCOHOL AND ITS AFFECTS:

- a. It is a central nervous system depressant that slows down bodily functions such as heart rate, pulse, and respiration. Small quantities of alcohol may induce feelings of well-being and relaxation. In large amounts alcohol can cause intoxication, sedation, unconsciousness, and even death.
- b. Long-term effects include a tolerance for alcohol, physical dependence, which can cause withdrawal symptoms if use is stopped abruptly, and short-term memory loss and blackouts.
- c. Medical complications include gastrointestinal disorders, liver disorder (fatty liver, alcoholic hepatitis), heart disease, and Fetal Alcohol Syndrome in babies of alcoholic mothers.

COCAINE

1. Cocaine is a short-acting central nervous system stimulant.
2. “Snorting” cocaine: effects begin in a few minutes, peak time is within fifteen to twenty minutes and can last a few hours. Produce feelings of euphoria, increased energy, alertness, and self-esteem. It also reduces the perceived need for food and sleep, and causes mood swings and impulsivity.
3. Smoking cocaine (freebasing): produces a shorter more intense high, which last two to three minutes. Larger amounts get into the brain and increase risks of using the drug. These risks can include: confusion, anxiety, slurred speech and psychological problems
4. Injecting cocaine: produces an effect within thirty seconds which peaks in five minutes and lasts for about half an hour. People who use in this way run a risk of catching hepatitis, AIDS, and other infections.

5. People who stop using cocaine often experience irritability, nausea, agitation, sleep disorders, severe depression, and an intense craving for the drug.

OPIATES

1. Opiates are central nervous system depressants, which are often used to medically relieve pain.
2. Psychological effects: produce a tranquil and euphoric effect. If injected the user may experience "rush." Sometimes it is mixed with cocaine or another stimulant, this is called "speed-balling." Psychological dependence is very likely if use is continual. Opiates also induce a tolerance after continued use.
3. Physical effects: slow down breathing, heart rate and brain activity and depress areas of the brain, which control appetite, thirst and sexual desire. Tolerance to pain is increased.
4. Signs of use: drowsiness, constricted pupils and reduced vision, shallow breathing, needle marks, redness, and raw nostrils, excessive perspiration, shaking, vomiting, chills and the use or possession of paraphernalia.

P.C.P.

1. P.C.P. is a synthetic drug that was first developed as an anesthetic for surgery. It was soon taken off of the market because of unwanted side effects.
2. The effects of P.C.P. can last up to five to eight hours if taken orally and when smoked or injected can last from three to five hours
3. Effects in small doses include: sedation, numbness of the extremities, loss of muscle coordination, and dizziness. They may also experience flushing, excessive sweating, nausea, vomiting, and increased heart rate, blood pressure and breathing.

4. Effects in larger doses include: significant drop in blood pressure, breathing and heart rate. Users appear drunk. They may also experience shivering, salivation, watery eyes, loss of balance, dizziness, etc. The user's speech is often confused and their vision distorted.
5. Effects in high doses include: extreme agitation, which is commonly followed by seizures or coma. These symptoms mimic the agitation and mental confusion of those suffering from schizophrenia. Massive P.C.P. overdoses can kill.
6. Long-term effects include disturbances in judgment, memory, concentration and perception. Speech problems, and hearing voices and sounds that do not exist have also been reported.

MARIJUANA

1. Signs and symptoms of marijuana: loud talking and bursts of laughter, drowsiness, forgetfulness, chronic redness of eyes, odor on breath and clothes, decrease in school or work, neglect of personal hygiene, change of friends, paranoia, depression, mood swings, distorted sense of time, and possession of paraphernalia.
2. Immediate effects of marijuana: elevated heart and pulse rates, bloodshot eyes, and a dry mouth and throat. Impairs short-term memory, alters one's sense of time and ability to concentrate.
3. Long-term effects: impaired speech, difficulty in comprehending complex ideas, loss of memory, difficulty in concentrating, irregular sleep habits, mood swings, sinusitis, bronchitis, lung cancer, decreased masculinity, impotency, and infertility.

TOBACCO

1. Tobacco is found in cigarettes, pipe tobacco, cigars, chewing tobacco, and snuff.

2. Tobacco contains nicotine. Nicotine acts as a mild stimulant to the central nervous system and causes addiction to tobacco products.
3. Smoking produces a sense of well being in habitual users. The effects of smokeless tobacco include a “high” which lasts for about thirty minutes. The effects can last between two and four hours.
4. Long-term effects of smokeless tobacco: white patches in the mouth, diminished sense of taste, dental problems (receding gums, tooth discoloration, weakened tooth enamel, and bad breath), and increased risk of mouth cancers.
5. Long-term effects of smoking tobacco: Cancer of the larynx, pharynx, mouth, esophagus, lungs, pancreas, cervix, uterus, and bladder. Bronchitis, colds, gastric ulcers, emphysema and strokes.

STEROIDS

1. Steroids are synthetic forms of the male sex hormone testosterone. When too much is used the body can react by shutting down skeletal growth mechanisms.
2. Signs of steroid use: quick weight and muscle gain, purple or red-colored spots on the body, swelling of feet or lower legs, trembling, unexplained darkening of the skin, bad breath, increased aggressive behaviors.
3. Effects of steroid abuse: Over seventy side effects of steroids. The liver, cardiovascular and reproductive systems are the hardest hit. Use in men can cause enlargement of the prostate gland, prostate cancer, male pattern baldness, shrinking of the testicles, and impotence. Use in women can cause deepened voice, shrinking of breasts or uterus, growth of facial hair, and menstrual irregularities. Once these changes occur they are often irreversible.

INHALANTS

1. Inhalants are breathable substances that produce mood-altering vapors. These substances include solvents (model glue, nail polish remover, gasoline, etc.), aerosols (hair spray, paints, paint thinner, etc.), and anesthetics (halothane and nitrous oxide).
2. Signs and symptoms of inhalant use: odor on breath or clothes, runny nose, sneezing, drowsiness, poor muscle control, presence of paraphernalia.
3. Short term effects of inhalant use: nausea, ringing in the ears, sneezing, abnormal heart rhythm, nosebleeds, coughing, double vision, chest pain, and loss of appetite.
4. Long term effects of inhalant use: weight loss, fatigue, permanent damage to the nervous system, blood, bone marrow, the liver and kidneys.

LSD (ACID)

1. LSD is quickly absorbed from the stomach and intestines and its effects are felt in thirty to forty minutes.
2. The physical effects include: dilated pupils, higher body temperature, increased heart rate and blood pressure, sweating, loss of appetite, and sleeplessness.
3. The psychological effects include: distortion in sensory perception, hallucinations, pseudohallucination, and synesthesia, as well as mood swings. "Bad trips" can also happen; these are when an acute panic reaction occurs with the LSD.
4. Long-term effects include: flashbacks (for up to a year after use).

BARBITURATES

1. Barbiturates are synthetic drugs that are classified as sedative hypnotic.
2. Signs of barbiturate use: similar to alcohol intoxication, slurred speech, lethargy, and lack of facial expression, frequent doctor and pharmacy visits.
3. Physical effects: calmness, relaxed muscles, slurred speech, staggering, and poor judgment. Central nervous system and physical and mental responses are slowed.
4. Psychological effects: feeling of euphoria, tranquility, and temporary relief anxiety.

AMPHETAMINES

1. Amphetamines are synthetic psychoactive drugs that stimulate or increase the action of the central nervous system.
2. Short-term effects: reduce appetite, increase breathing and heart rate, and raise blood pressure. If taken in larger amounts effects include loss of coordination, high fever, strokes and heart failure.
3. Users tend to act restless, anxious, and moody, as well as having a false sense of well being superiority.
4. Long term effects: malnutrition, vitamin deficiencies, skin disorders, ulcer, and lack of sleep, weigh loss, and depression. Frequent use can cause brain damage that results in speech and thought disturbances. Amphetamine psychosis (similar to schizophrenia) can develop over long-term abuse.

MYTHS AND REALITIES OF CHEMICAL DEPENDENCY

MYTH: Most people who go from abuser to addict have an underlying addictive person.

REALITY: Those who become addicted to drugs or alcohol have no greater incidence of psychological problems than those who are not addicted.

MYTH: Only a few hippies, radicals and artists smoke marijuana.

REALITY: One in four Americans has tried marijuana.

MYTH: Alcohol isn't as dangerous as drugs.

REALITY: Alcohols common abuse and misuse make it potentially the most damaging drug administered orally to your body.

MYTH: Acid makes people more creative and social.

REALITY: Acid use causes neurotransmitter damage.

MYTH: Using "legal drugs" doesn't lead to illegal drug use.

REALITY: Users of drugs, legal or illegal are much more likely to be users of other drugs than non-users.

MYTH: Marijuana isn't addictive.

REALITY: People can become psychologically dependent on marijuana and have physical withdrawal symptoms.

MYTH: Alcohol makes me a better driver.

REALITY: Alcohol is a depressant and slows down bodily responses.

MYTH: You can't become addicted to a drug that you have never taken.

REALITY: Drugs come in classes and act similarly in the body. Once you've become dependent on a drug, you will automatically become dependent on other drugs.

MYTH: Marijuana usage doesn't lead to additional drug usage.

REALITY: 85% of people using marijuana 10 times or more have went on to try other drugs.

MYTH: Pot's not the problem at work; cocaine and alcohol are.

REALITY: Marijuana use is more common than cocaine use, and harder to spot than a drinking problem on the job.

MYTH: Addicts and junkies are bums who live on the streets and have no education or family.

REALITY: Addicts are found in all professions, have good families and live in nice neighborhoods.

MYTH: Some drugs can be taken without fear of dependency.

REALITY: Anyone can become dependent on any drug if it is taken too long, at too high a dosage.

MYTH: The only problem drug addicts have is using drugs.

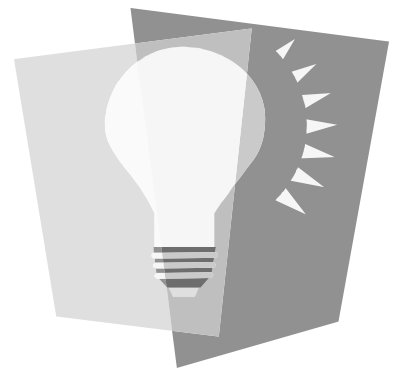
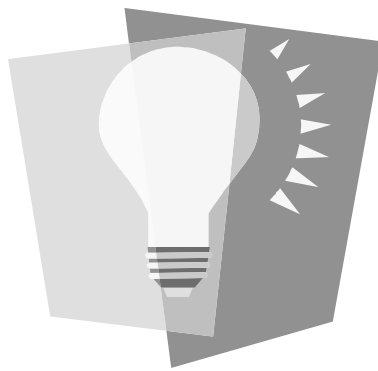
REALITY: Most addictions result into one's inability to deal appropriately in life's situations.

So what if I got drunk last night,
I'm okay now!!!!

If at 2:00 a.m., an individual goes to bed
intoxicated with a blood level alcohol reading of
.25, and if alcohol leaves the blood at .015 per
hour, let us just see what happens to that
individual the next morning.

| <u>Time</u> | <u>Blood/Alcohol</u> |
|-------------------------------|----------------------|
| 2:00 a.m.....Goes to bed..... | .250 |
| 3:00 a.m.....Sleeping..... | .235 |
| 4:00 a.m.....Sleeping..... | .220 |
| 5:00 a.m.....Sleeping..... | .205 |

| | |
|--|------|
| 6:00 a.m.....Gets up for work..... | .190 |
| 7:00 a.m.....Wonder why keys don't fit car | .175 |
| 8:00 a.m.....At work..... | .160 |
| 9:00 a.m.....Spill coffee..... | .145 |
| 10:00 a.m.....Still legally intoxicated..... | .130 |
| 11:00 a.m.....Trips & Stumbles..... | .115 |
| 12:00 p.m.....Still legally intoxicated..... | .100 |



CHEMICAL EDUCATION QUIZ

PLEASE ANSWER EACH QUESTION EITHER TRUE OR FALSE

1. Alcohol is a stimulant.
2. Beer, Wine and mixed drinks all contain the same amount of alcohol.
3. Overdose and death is possible with alcohol.
4. There are 43 substances in tobacco that can cause cancer.
5. Nicotine reduces your heart rate and calms you down.
6. Inhalants (glue, gas, freon, butane, etc.) can cause brain damage and possible death.
7. Regular use of marijuana can cause sterility in males.
8. Heroin is the leading cause of drug-related deaths.
9. Ice is the street name for a well-known rap star.
10. A person can have flashbacks and panic attacks after using acid or other hallucinogens.
11. Drug/alcohol use and/or abuse can be a learned response.
12. Cocaine (including crack) can cause heart attacks in people the first time they use.
13. "Roofies" (Rophynol) is often called the date rape pill because it can be easily slipped into a person's drink and cause memory loss and blackouts.
14. "X" (the street name for Ecstasy) is a safe non-addictive drug.
15. Withdrawal from heroin is more severe than from any other drug.

BONUS QUESTION

If you were 21 years of age in the State of Florida, what would be the maximum blood alcohol level you could have before you were considered legally drunk? What if you were under 21?

WORD/SENTENCE MATCHING

| | | |
|--------------------|----------------------|--------------------|
| <i>Abuse</i> | <i>Hallucination</i> | <i>Side</i> |
| <i>Acceptance</i> | <i>Inhalants</i> | <i>Stimulant</i> |
| <i>Alternative</i> | <i>Narcotic</i> | <i>Synergistic</i> |
| <i>Cannabis</i> | <i>No</i> | <i>Therapeutic</i> |
| <i>Counselor</i> | <i>Paraphernalia</i> | <i>Tolerance</i> |
| <i>Dependence</i> | <i>Peer</i> | <i>Toxic</i> |
| <i>Depressant</i> | <i>Physical</i> | <i>Values</i> |
| <i>Drug</i> | <i>Psychoactive</i> | <i>Withdrawal</i> |
| <i>Flashback</i> | <i>Psychological</i> | |

1. *The medical action, which a drug is supposed to have, is called a _____ effect.*
2. *Someone to whom a person can go for help with a drug problem is a _____.*
3. *Any substance which, when taken in to the body, has an effect on the body or the mind is a _____.*
4. *You can say _____ when your friend asks you to do something you don't want to.*
5. *It is called _____ pressure when your friends try to influence you to do something.*
6. *When someone sees and hears something that other people can't see or hear it is called a _____.*
7. *When people can't stop taking a drug because their body demands it, it is a _____ dependence.*
8. *When a person has a _____ on drugs, it is the same thing as being "hooked."*
9. *Taking a drug in such a way it could cause harm to you or other people is called drug _____.*
10. *Strongly held beliefs are called _____.*

11. Any action produced by the drug that is not its prescribed medical action is called a _____ effect.
12. A drug-like experience that reappears suddenly long after the initial effects have worn off is a _____.
13. Aerosol sprays and glues that are inhaled and cause great damage to the brain and body are _____.
14. People are meeting their need for _____ when they “go along with the crowd.”
15. When someone needs to take more and more of a drug to get the same effect, that person has developed a _____ to the drug.
16. _____ is any item that is used, or intended to be used, in the preparation of abusing a drug, and is illegal to possess.
17. Any drug can become harmful to the body if enough of it is taken. When a drug poisons the body, it has become _____.
18. A _____ is a type of drug that relieves intense pain and both speeds up and slows down the body’s functions.
19. Something to do instead of taking drugs is an _____.
20. _____ drugs affect the central nervous system and are also called mood-altering drugs.
21. A type of drug that comes from a plant alters perceptions and whose negative effects on health are still being explored is _____.
22. When people can’t stop taking a drug even though their body does not need it, it is _____.
23. A _____ is a type of drug that will speed up body functions.
24. When two or more drugs are taken at the same time, they may cause a _____ effect.
25. The reaction people have when they stop taking a drug on which they were physically dependent on is called _____.
26. A _____ is a type of drug that will slow down body functions.

PHYSICAL/EMOTIONAL CONSEQUENCES

List all the ways your body has been affected by which drug. (Include physical problems, permanent or temporary, include throwing up).

- 1.
- 2.
- 3.
- 4.

List all the ways your brain has been affected. (Include memory, seizures, concentration, headaches, hangovers, etc.)

- 1.
- 2.
- 3.
- 4.

When your brain is impaired, we are at high risk for accidents. List accidents that you've had and how you were hurt.

- 1.

2.

3.

4.

How have you experienced withdrawal? To which drugs?

Which chemical was hardest on your body? Explain.

At what age did your body begin to show effect? Explain?

How many more years did you use?

What do others think are the worst physical consequences?

What do you think is the worst physical consequences?

Where have you had the most denial?

Prolonged use of chemicals affects our brain. Emotions are partly based on brain and body chemistry. Altering these body chemicals affects our ability to feel normal.

*List ways your emotional health has changed. (Include depression, irritability, mood swings, outbursts, anxiety, etc.)

1.

2.

3.

4.

LEON COUNTY TEEN COURT

CHEMICAL EDUCATION

POST TEST

CLIENT NAME

DATE

ADDICTION/DYSFUNCTIONAL FAMILIES

Which of the following is the **best** definition of chemical dependence?

- Continued use of a substance despite apparent negative consequences.
- If you stop using the substance, you'll die.
- Using the substance every day.
- Other people say you're addicted.

Fill in the blanks on the left with the appropriate stage of addiction on the right:

- | | |
|---------------|--------------------------|
| ___ Phase I | a. Harmful Dependent |
| ___ Phase II | b. Seeks the Mood Swing |
| ___ Phase III | c. Learns the Mood Swing |
| ___ Phase IV | d. Uses to feel normal |

T or F: Substance abuse or other compulsive behaviors hurt not only the abuser, but the family as well.

ALCOHOL/NICOTINE

T or F: One 12 oz. can of beer has the same amount of alcohol as one 4 oz. glass of wine or one mixed drink with a 1 ¼ oz. "shot" of 80 proof liquor.

How many seconds does it take for alcohol to reach the brain?

- a. 30
- b. 60
- c. 90
- d. 120

It takes about _____ minutes to “sober up” for every drink consumed.

- a. 10 to 20
- b. 60 to 90
- c. 90 to 120

The point of unlawful intoxication in the State of Florida is a Blood Alcohol Level (BAL) of:

- a. .10
- b. .08
- c. .20
- d. 1.0

How many carcinogens are there in tobacco?

- a. 5
- b. 20
- c. 30
- d. 43

Smoking is related to (#) _____ deaths each year, according to the American Cancer Society.

Which of the following drugs currently kills the most people in the United States?

- a. Cocaine
- b. Heroin
- c. Nicotine
- d. Caffeine

_____, a lung disease that is widely caused by smoking, destroys the elasticity of the lungs and impairs the ability to inhale and exhale.

The American Cancer Society estimates that smoking is responsible for _____% (percent) of the cases of lung cancer among men **and** women.

T or F: Research shows that brands with lower tar and nicotine are “safe” cigarettes.

MARIJUANA

When chronic marijuana users lose interest in achieving goals and instead become moody, easily fatigued and less able to cope with stress, it is called _____ syndrome.

T or F: Marijuana when combined with other drugs such as alcohol causes the effects of each to become several times more harmful.

T or F: Prolonged use of marijuana can lead to permanent impairment.

T or F: People can become addicted to marijuana.

Long Term effects of marijuana use include:

- a. Permanent short term memory loss.
- b. Impairment of the reproductive system
- c. Mental/emotional problems
- d. All of the above

ILLEGAL DRUGS OF CHOICE:

19. Cocaine effects the brain by

- a. Reversing left/right brain activity
- b. Stimulating the “reward centers” to release Dopamine
- c. Cocaine does not effect the brain
- d. None of the above.

T or F: It is possible to have a heart attack the very first time you try cocaine.

T or F: You can have flashbacks and panic attacks as a result of a one-time experience with acid.

T or F: Chronic users of inhalants can suffer severe brain damage.

AIDS/DECISION-MAKING

T or F: You can be HIV positive and pass the virus on but still feel and look healthy.

Which of the following are the highest risk behaviors for getting HIV/AIDS:

- a. Kissing, shaking hands and using public restrooms.
- b. Deep kissing, masturbating and oral sex
- c. Sharing needles and unprotected sexual intercourse.
- d. Celibacy, abstinence and heavy petting

If someone you care about is drunk and is also your only way home, your responsible decision would be to:

- a. Go ahead and ride with him/her, but pay extra attention to the road.
- b. Leave him/her to drive themselves and find another way home.
- c. Take his/her keys and insist on driving yourself or calling someone else to drive.
- d. Make him/her walk a straight line before letting them drive.

CLIENT SIGNATURE

DATE

PARENT SIGNATURE

DATE