



tobacco, alcohol,  
& MARIJUANA  
a matter of facts

My name is:

I am in grade:

The person I look up to is:

When I get older I want to:

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# DRUG

## categories



**There are many different types of drugs:**

**Prescriptions drugs** – medications doctors order from pharmacies to help people feel better.

**Over-the-counter drugs** – medications adults can buy without a prescription at pharmacies or stores (i.e. cough syrup).

**Alcohol & tobacco** – legal drugs adults 19 years of age and over can buy at specific stores; both have many health risks.

**Illegal drugs** – harmful drugs that can't be bought at pharmacies or stores, such as marijuana and cocaine.

**One thing all drugs have in common is the fact that they change the way people think, feel and/or act.**

## Most drugs fit into the following main drug categories:

**Stimulants** excite the central nervous system, making people feel more alert and energetic.

**Depressants** slow down the central nervous system, making people feel less alert and more relaxed.

**Hallucinogens** distort the senses, altering people's perception, emotions and thoughts.

alcohol



marijuana



tobacco



Match each drug to the correct category above.

# tobacco



**Nicotine** is the substance in tobacco that causes addiction. It is a stimulant that will cause you to temporarily feel good or energized.

## **What is tobacco?**

Tobacco is a plant. The leaves are processed in different ways to make cigarettes, cigars and smokeless tobacco.



# What's in cigarette smoke?

**Cigarette smoke contains more than 4,000 chemicals including:**

- Nicotine (addictive drug).
- Tar (sticky substance made of thousands of chemicals).
- Carbon monoxide (poisonous gas that replaces oxygen in the blood).
- Formaldehyde (used to preserve dead bodies).
- Arsenic (used in rat poison).
- Methanol (found in rocket fuel).
- Hydrogen cyanide (used as gas chamber poison).
- Ammonia (used in toilet bowl cleaner).
- Acetone (used in nail polish remover).
- Butane (used in lighter fluid).

**There are more than 50 cancer-causing agents in cigarette smoke.**



## Short-term effects of tobacco use:

- Yellow teeth and fingers.
- Bad breath.
- Reduced ability to taste and smell.
- Poorer physical fitness.
- Increased number of colds, coughs and phlegm.

## Long-term effects of tobacco use:

- Emphysema and chronic bronchitis.
- Increased blood pressure and heart rate.
- Reduced vision.
- Heart disease and stroke.
- Cancers.



## Smoking on school property is against the law.

If you are caught smoking on school property, you may be fined \$305 - \$1,130 for a first offence. The Smoke-Free Ontario Act includes everyone: students, teachers and parents.



Tobacco companies use different types of advertising to make young people want to try their products. They know that the younger someone starts smoking, the more years and money they can take from that person before he or she quits, or dies.

**The tobacco industry wants to get young people to start smoking.**

Find the six hidden letters in the picture and unscramble them to reveal the missing word.



Don't let yourself be a



for their tricks.

# alcohol

**Alcohol** is a depressant that slows down parts of your brain, making it harder to think clearly, make good decisions and complete certain tasks.

## What is alcohol?

Alcohol is made by fermenting, and sometimes distilling, various fruits, vegetables or grains. It is found in beer, wine and hard liquors.



**Each of these drinks contains the same amount of alcohol.**

# How does alcohol make you feel?

Alcohol affects everyone differently. Some people may feel happy or excited when drinking, while others may feel angry or sad. Alcohol slows your thinking, movement and reflexes. Alcohol may make you feel:

- Relaxed.
- Less shy.
- Dizzy.
- Nauseous.
- Clumsy.
- Warm.
- Sleepy.
- Confused.

**Circle the ways people can 'sober up':**



coffee



cold shower



time

## Short-term effects of alcohol use:

- Fights, falls and other injuries.
- Depression, embarrassment and regret.
- Trouble with the law.
- Alcohol poisoning.
- Death.

## Long-term effects of alcohol use:

- Ulcers (irritation or bleeding of the stomach lining).
- Cancers (mouth, esophagus, stomach, liver, breast).
- Brain damage.
- Liver disease.
- Heart disease & stroke.

**Alcohol** can continue to affect your body the next day; this is called a hangover. Symptoms include headache, nausea, vomiting and tiredness.

# Additional dangers

**Drinking and driving is unsafe.** Never get into a vehicle with someone who has been drinking alcohol and wants to drive. Find a responsible adult to help you get a safe ride home.

**There is no safe time during pregnancy to drink any amount of alcohol.** A baby whose mom drank alcohol during pregnancy may be born with fetal alcohol spectrum disorder. This means the baby may have physical abnormalities, behaviour problems and other difficulties.

**Drinking too much alcohol, too fast can lead to alcohol poisoning.** This means the areas of your brain that control breathing, heart rate and level of consciousness become depressed and, as a result, you can slip into a coma that can lead to death.

- **What should you do if you see someone passed out from drinking too much alcohol?**
- a. Put the person to bed to sleep it off.
- b. Try making the person drink a cup of coffee.
- c. Get medical help by calling 911.





# Marijuana



**Marijuana** is a hallucinogen that contains a chemical called THC. This chemical is what changes the way you think, feel and act.

## What is marijuana?

Marijuana, hashish and hash oil all come from the cannabis sativa plant that grows all over the world. Marijuana is the dried flowering-tops and leaves of the plant, hashish is the sticky resin on the flower tops of the plant, and hash oil is made by mixing hashish with alcohol or other organic solvents.



# How does marijuana make you feel?

Marijuana generally gives people a feeling of euphoria and relaxation. At the same time, marijuana may also:

- Impair your judgement.
- Slow your reaction time and coordination.
- Cause spontaneous laughter.
- Distort your perception of time, body image and distance.
- Enhance your senses of touch, smell and taste.
- Produce dry mouth and red eyes.
- Cause sleepiness and increased hunger.

## True or False

1. Marijuana can negatively affect your performance at school.
2. It is safe to drive after smoking marijuana.
3. In Canada, marijuana is legal.
4. Marijuana's active chemical, THC, stays in your body for weeks.

## Short-term effects of marijuana use:

- Impaired judgement.
- Injuries.
- Mood changes and depressed feelings.
- Trouble with the law.

## Long-term effects of marijuana use:

- Loss of memory.
- Increased heart rate and blood pressure.
- Lung damage.
- Brain damage.

**Marijuana** smoke contains more than 400 chemicals, some of which cause cancer.

**Marijuana has a lot of nicknames. Find each nickname in the word search below.**

mary jane  
weed  
joint

pot  
grass  
reefer

doobie  
bud  
dope

M	E	B	P	O	B	D	U	B	W
S	A	D	R	N	K	A	H	E	R
N	G	R	A	S	S	I	P	M	V
D	O	E	Y	E	O	G	I	P	J
O	T	A	L	J	R	U	Z	O	O
P	M	S	Y	E	A	P	I	T	D
E	T	R	F	W	M	N	W	Z	U
C	W	E	C	X	T	M	E	C	F
Y	E	I	B	O	O	D	L	V	N
R	J	C	Q	F	K	W	E	E	D

# Other drugs



**There are many other drugs people use and abuse, all of which have very serious risks.**

## **Designer drugs**

Designer drugs are synthetic substances like Ecstasy (MDMA), Special K (Ketamine), Crystal Meth (Methamphetamine), Acid (LSD) and date rape drug (Rohypnol). Synthetic means these drugs are man-made, often in illegal labs, to sell on the streets.

**Designer drugs are very dangerous** because it's hard to know the strength of these drugs, distinguish one from another, or know if they have been mixed with other chemicals. They severely affect perception, ability to think clearly and make decisions. A single dose can be deadly.

## Inhalants

Inhalants are chemical vapours or gases that give a “high” when breathed in. Common inhalants include glue, gasoline, paint thinner, nail polish remover and aerosols. The feeling inhalants produce is similar to that of alcohol, but with more distortions.

**Inhalants are very dangerous.** Use of inhalants can cause irreversible brain and nervous system damage, as well as death (by heart failure or suffocation due to lack of oxygen replaced by fumes).



# Prescription and over-the-counter drugs

When medication is used properly, it can help us feel better, but if it is taken incorrectly, it can cause us serious harm. **Using a drug that is not prescribed to you is dangerous and illegal.** Similarly, abusing over-the-counter drugs can cause you serious harm.

Prescription and over-the-counter drug abuse can quickly lead to addiction, injuries, hospitalization, overdose and death.

Never take someone else's prescription and always follow the directions when using over-the-counter remedies.





# Steroids

Steroids are usually taken by people who are trying to increase their muscle mass and athletic performance. Steroids are illegal for non-medical use and are extremely dangerous. The high levels of testosterone in steroids stop bone growth and accelerate puberty changes. This means youth risk not growing to full height.

## Other risks include:

- Acne, baldness in both men and women.
- Testicle shrinking, reduced fertility in both men and women.
- Aggression and violence.
- Infections if injected with dirty needles.
- Hepatitis or HIV if using shared needles.
- Health risks (blood clots, high blood pressure, enlargement or abnormalities of the heart, liver enlargement, liver cancer, kidney tumours, stroke and heart attack).



# addiction

**Addiction** is when someone's body and/or mind depend on the use of alcohol or other drugs to function. Addiction can be physical or psychological.

**Physical addiction** means the person's body has become used to the drug and needs it in order to function regularly.

**Psychological addiction** is when the person believes his or her activities would be less fun or even impossible without the use of the drug.

**Circle the drugs people can become addicted to:**



marijuana



alcohol



steroids



tobacco



prescription drugs

# Why people use drugs

**There are many reasons why people use drugs:**

- Curiosity.
- Peer pressure.
- To relieve pain.
- For the feeling of being 'high.'
- To relax.
- To increase energy.
- Media influence.
- To fit in or be different.
- To cope with problems.
- To help them sleep.
- To feel more confident.
- To have a good time.

**When people turn to alcohol or other drugs to help them deal with problems, their situation usually becomes worse. It is important to remember that there are other ways you can deal with stress, pain, emotions and pressures.**



**If you or someone you know is experiencing problems:**

Who can you talk to at school?

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Who can you talk to at home or in the community?

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# Making a positive choice

You are faced with many influences and choices every day, some harder than others. Although it may seem tough sometimes, it is okay to make different choices than your friends, especially when it comes to alcohol and other drugs.

**Your choices are your responsibility.** Remember, the choices you make will impact your friends and family, particularly if something bad happens to you.

List three benefits of being drug-free:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# Always be prepared

It's hard to know when someone might offer you alcohol or other drugs, which is why you need to think about your reaction now. Be prepared to make a positive choice. The following steps will help you:



**Stop.** Identify the choice (e.g., to go to a party involving alcohol on Friday night or not).



**Think.** Determine potential outcomes and alternatives (e.g., if you drink your parents will be upset, or you may injure yourself; instead you could go to the movies or bowling).



**Act.** Make your decision, seek support, and stand by it (e.g., ask close friends to join you at the movies Friday night and be prepared to explain why you don't want to drink).



**Review.** Learn from your experience.

# websites

For more information, check out the following websites:

**Lungs are for Life**

[www.lungsareforlife.ca](http://www.lungsareforlife.ca)

**Virtual Party**

[www.virtual-party.org](http://www.virtual-party.org)

**Centre for Addiction and Mental Health**

[www.camh.net](http://www.camh.net)

**Haldimand-Norfolk Health Unit**

[www.hnhu.org](http://www.hnhu.org)

# activity answers

**Tobacco is a stimulant.**

**Alcohol is a depressant.**

**Marijuana is a hallucinogen.**

Don't let yourself be a **TARGET** for their tricks.

Only **time** can sober you up. It is up to your liver to break down alcohol to remove it from your body. This process takes place at a constant rate that is not influenced by other factors, such as drinking coffee or having a cold shower.

**c.** Get medical help by calling 911 and stay with the person until help arrives.

**1. TRUE.** Marijuana can make it hard to concentrate and learn.

**2. FALSE.** Marijuana impairs judgement and coordination, which are needed to safely operate a vehicle.

**3. FALSE.** Marijuana is illegal in Canada.

**4. TRUE.** THC can remain in your body for weeks.

M	E	B	P	O	B	D	U	B	W
S	A	D	R	N	K	A	H	E	R
N	G	R	A	S	S	I	P	M	V
D	O	E	Y	E	O	G	I	P	J
O	T	A	L	J	R	U	Z	O	O
P	M	S	Y	E	A	P	I	T	D
E	T	R	F	W	M	N	W	Z	U
C	W	E	C	X	T	M	E	C	F
Y	E	I	B	O	O	D	L	V	N
R	J	C	Q	F	K	W	E	E	D

**All of the drugs shown have the potential to become addictive.**

**notes:**



HALDIMAND-NORFOLK  
HEALTH UNIT

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Simcoe, ON N3Y 4L1  
519.426.6170 or 905.318.6623

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Caledonia, ON N3W 1K7  
905.318.5367