

Name : _____ Date: _____ Pd. _____

Facts About Drug Use, Abuse and Addiction

<http://eschooltoday.com/drug-abuse-and-teens/factsheet-on-teens-and-drug-abuse.html>

1. Among adults who smoke, _____ percent began smoking regularly at age 18 or younger, and 85 percent started when they were 21 or younger.
2. Every day, almost 3,900 children under 18 years of age try their first cigarette, and more than 950 of them will become new, regular daily smokers. _____ of them will ultimately die from their habit.
3. People who begin smoking at an early age are more likely to develop a severe _____ to nicotine than those who start at a later age.
4. Cigarette smoking is the number _____ cause of preventable disease and death worldwide. Smoking-related diseases claim over 393,000 American lives each year. ☐
5. Cigarette smoking accounts for at least 30% of all _____ deaths.
6. _____ of U.S. teens who start drinking alcohol before age 14 will be addicted to it at some point.
7. Alcohol-related motor accidents are the _____ leading cause of teen death in the United States.
8. Did you know that kids who learn a lot about the risks of drugs from their parents are up to _____ percent less likely to use drugs?
9. 2007 National Survey in the USA on Drug Use and Health showed that _____ of the population aged 12 or older used illegal drugs.
10. The most commonly used illegal drug is _____.

Definitions

Define Drug Abuse: using an illegal substance or using a legal substance in the _____ way

Define Drug Addiction: a chronic, often relapsing brain disease that causes _____ drug seeking and use, despite harmful consequences to the addicted individual and to those around him or her

Activity: How does the brain learn

- | | | |
|-----|-----|-----|
| 1. | 11. | 21. |
| 2. | 12. | 22. |
| 3. | 13. | 23. |
| 4. | 14. | 24. |
| 5. | 15. | 25. |
| 6. | 16. | 26. |
| 7. | 17. | 27. |
| 8. | 18. | 28. |
| 9. | 19. | |
| 10. | 20. | |

Train Your Brain!

Through repetition, you can train your brain to become faster at a new skill. When you process a thought, messages are sent across connections in the brain called *synapses*. Synapses that are used repeatedly become strengthened and more productive. The exercise below will show you the effect of repetition on your brain's synapses.

Directions: Using the code breaker below, decipher each scrambled sentence and record how long it takes you to the nearest second using a clock or timer. Then answer the questions that follow.

Code Breaker

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

1. Vcvi xrhv hgivmtgsvmh blfi ylw b zmw rnkilevh blfi nrmw.

Time it took to solve: _____

2. Ksbhrxzo zxgrergb kilwfxvh kilgvr mh gszg rnkilev nvnlib.

Time it took to solve: _____

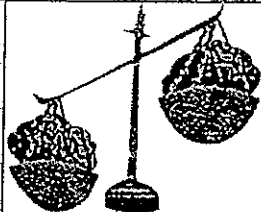
3. Vcvi xrhv kilwfxvh z yizrm xsvnr xzo gszg rnkilevh nllw.

Time it took to solve: _____

Think It Through: Write your answers on separate paper.

1. You were likely able to decode the third sentence more quickly than the first one. What was your difference in seconds?
2. If you were able to solve the third sentence more quickly, why do you think that was so?
3. Write the following sentence using the coding key above: "I am a super decoder." You may have written some of the letters in code without looking at the code breaker. Explain the brain process at work.
4. How can you use this knowledge of how your brain works to improve your grades?
5. How can you use this knowledge to improve your ability to stop and think before making a decision?

**HEADS UP
REAL NEWS
ABOUT DRUGS
AND YOUR BODY**



Your Brain At-a-Glance

Using drugs changes the way the brain works. The brain is very important. It controls body functions such as breathing, walking, and thinking. Discover the different parts of your brain and the jobs they do. Then, learn how drugs can get in the way. After reading, complete the diagram activity below.

The largest part of your brain is the **cerebral cortex**. When it's functioning normally, this section takes care of thinking, seeing, hearing, and the sense of touch.

Next is the **cerebellum**. The cerebellum coordinates movements you do everyday, such as brushing teeth and riding a bike.

Just above the spinal cord, a small section of your brain called the **brain stem** controls basic functions, such as breathing, digesting food, and maintaining your heartbeat.

Then, there's the **limbic system**, also known as the emotional brain. This is where feelings like fear and passion are born.

Scientists have identified a "reward pathway" in the brain that includes the **nucleus accumbens**. When we do something that is key to survival, such as eating when we are hungry, the reward pathway is stimulated. Most addictive drugs also stimulate this reward pathway, often more than natural rewards, such as food.

How do drugs affect your brain? Once in the brain, drugs of abuse are similar in size and shape to brain chemicals called neurotransmitters. Brain cells release and absorb these natural chemicals in order to send and receive messages to and from each other. Drugs disrupt this delicate communication system, and can hurt your brain.

PARTS OF THE BRAIN: WHAT ARE THEY GOOD FOR?

For each brain part, write one of the functions it performs. Plus, include one way you've used this part of your brain recently.

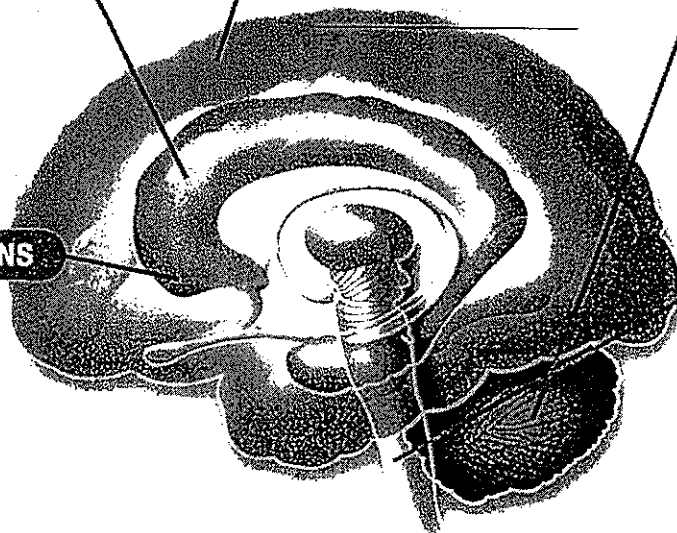
LIMBIC SYSTEM

CEREBRAL CORTEX

CEREBELLUM

NUCLEUS ACCUMBENS

BRAIN STEM



Questions: THINK PAIR SHARE

1. How do you learn? What do you think happens in your brain when you learn something?
2. Describe how you would teach your brain something. Is there something you could do that would make you learn faster or better?
3. How does drug abuse "teach" the brain?
4. Why is drug addiction a brain disease?
5. How could someone end up getting addicted to drugs?

Analyzing the risk and protective factors that influence the use, abuse and addiction of drugs

Risk Factors	Protective Factors
<ul style="list-style-type: none"> • Early _____ behavior • _____ of parental supervision • Academic _____ • Undiagnosed _____ health problems • _____ substance use • Drug _____ • _____ • _____ rejection • Child abuse or _____ 	<ul style="list-style-type: none"> • Positive _____ development • _____ self-esteem • Good _____ skills and problem-solving skills • Engagement and connections in _____ or more of the following contexts: at school, with peers, in athletics, employment, religion, culture • Family provides structure, limits, _____, monitoring, and predictability • _____ relationships with family members • Clear expectations for behavior and _____