

Unit Fifteen

Taking Care of Yourself: Understanding the Effects of Alcohol & Other Drugs

UNIT FIFTEEN:

Taking Care of Yourself: Understanding the Effects of Alcohol & Other Drugs

Suggestions for the Instructor

Pg. 15-13 – 15-14 -- What is Serenity?

Share the Serenity Prayer by Reinhold Neibuhr with the class. Ask students to read the prayer aloud. Ask if they have heard the prayer before or if they know that it was written by Reinhold Neibuhr in 1951, but has since been adapted for use by Alcoholics Anonymous. Ask students to answer questions about the Serenity Prayer verbally or in writing, and then discuss aloud what the prayer might mean in their lives and how it could be useful.

1. What does serenity mean?
2. What does it mean to “accept with serenity the things that cannot be changed?”
3. What are some examples of things that cannot be changed?
4. Why does the author feel it takes “Courage to change the things which should be changed?”
5. What are some examples of things that should be changed?
6. Why does it take wisdom to distinguish the difference between things that can be changed and things that cannot be changed?
7. Does this quote apply to your life in any way? Give examples from your life of times this quote might have applied.
8. This prayer was originally written by Reinhold Neibuhr in 1951, but it has been adapted for use by Alcoholics Anonymous. How could this quote help people struggling with addiction to drugs or alcohol?

Pg. 15-15 – 15-17 -- Why Do People Use Drugs?

In this activity, students reflect on why people smoke cigarettes, drink alcohol, abuse prescription drugs, or consume illegal drugs. Ask them to refer to their own experiences and the experiences of people they know in order to explore why they think people use drugs, even if they know they are dangerous or illegal, even if they have had negative experiences with them. Then ask them to give advice on positive, alternative ways to address these problems or needs.

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Share with students the writings by inmates about their experiences with and advice about drugs or alcohol. Ask students if they can relate or if they agree. Have they ever had similar experiences or drawn similar conclusions? How are their thoughts on the topic similar or different?

Pg. 15-18 – 15-19 -- Drugs and Alcohol: Beliefs and Values

In this activity, students reflect on their values and beliefs regarding drugs and alcohol. Tell them they should be honest and write what they think now because they will be revisiting their values and beliefs as they read detailed information about drugs and their effects. On the worksheet, students check whether they agree or disagree with a series of value statements about drugs and alcohol.

Pg. 15-20 -- Drug & Alcohol Abuse & Addiction Vocabulary

Review the vocabulary of drug and alcohol abuse and addiction with the class. Tell students they will need to understand these terms in order to comprehend the information on the handouts entitled **What Do Drugs Do to You?** They will also be referring to this list of terms when they complete the crossword puzzle **Puzzled by the Vocabulary of Drugs and Alcohol?**

Pg. 15-21 -- Puzzled by the Vocabulary of Drugs & Alcohol?

Have students review the vocabulary of drugs and alcohol by completing the puzzle.

ANSWERS -- Across

3. chemical used to treat pain -- **opoid**
7. relating to behavior, emotions or the mind -- **psychological**
10. chemical which slows the functioning of the central nervous system – **depressant**
11. chemical used to increase alertness and attention -- **stimulant**
12. needing more of a drug to get the same reaction as in the beginning -- **tolerance**
13. the state of being enslaved to drugs and alcohol and being unable to stop – **addiction**

ANSWERS -- Down

1. relating to the body – **physical**
2. result or consequence -- **effect**
4. the habitual taking of addictive drugs – **drug abuse**
5. the ability to make thoughtful, sensible decisions -- **judgment**
6. occurring after or over a long period of time – **long term**
8. occurring right away or in a short time – **short term**
9. a ____ substance is a drug whose manufacture, possession or use is regulated by the government – **controlled**

Pg. 15-22 – 15-24 -- What Do DRUGS Do to YOU? Alcohol

Ask students to read the handouts which describe the effects of cigarettes, alcohol and drugs. Tell them to highlight key points and take notes on important details in order to answer the evidence-based questions which follow. You may use the post-test, **What Do DRUGS Do to YOU? Assessment**, after they have studied the information on the handouts about drugs and their effects.

Pg. 15-25 – 15-26 -- Driving Drunk: A Mother’s Story

Ask students to read aloud the story of a mother whose son is in a car accident because of a drunk driver. Discuss what happened and how it made the mother feel. Ask students to discuss any experiences they have had similar to those of the mother in the story.

After they have finished reading and discussing, ask students to reflect on the mother’s questions: *Why do people make stupid decisions? Why don’t people know they should NEVER drink and drive? What will it take for people to learn that it’s not worth the risk?* and ask them to write a response. What would they tell her if she had told them this story? Have them read other students’ responses and discuss if they agree or disagree.

Pg. 15-27 – 15-28 -- Drinking, Driving and Paying

Print the essay “Drinking, Driving and Paying” by David Updike.

www.nytimes.com/2010/12/05/magazine/05lives-t.html?_r=1

Have students read it aloud as a group, discussing as they read what can happen to a person who is stopped for drinking and driving. As they read, ask students to answer the questions on the handout then discuss their answers with the class.

ANSWERS:

1. How much alcohol did the author drink at his family’s dinner party?
He drank several glasses of wine and a small amount of Scotch whiskey.
2. After the author was stopped by a police officer, he is asked to get out of the car for a “field sobriety test.” What was he told to do?
He was told to stand on one foot with arms spread.
3. What would have happened if the author refused to take a Breathalyzer test?
His license would have been automatically suspended for six months.
4. What happened to the author after he took the Breathalyzer test?
He was arrested.

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5. The author was told he had “the lowest measurable illegal amount” of alcohol in his blood. What does that mean? What happened next?

BAC refers to the concentration of alcohol within the blood stream. Eight hundredths of one percent (.08 or 8/100) of his blood alcohol content (BAC) is alcohol. It is the lowest amount of alcohol with which it is illegal to drive.

6. After the author was sentenced, what five things were required?

- **His license was suspended for 45 more days.**
- **He was on probation for one year.**
- **He had to go to 16 weekly alcohol education classes.**
- **He had to attend two Alcoholics Anonymous meetings.**
- **He had to watch a victim-impact movie.**

7. How much did the author have to pay all together (bail, towing, fines and court fees, alcohol education class, fee to get license back, twelve monthly payments to probation officer)?

Bail (\$40) + towing (\$134) + fines and court fees (\$600) + alcohol education classes (\$571) + fee to get license back (\$500) + 12 months of probation officer fees (12 x \$65 = \$780) = \$2,625

8. What happened to the author’s auto insurance?

It was cancelled and he had to reapply with a different (subsidiary) company, then his monthly payments (premiums) more than doubled.

9. After all the bad things that happened to him, what did the author say would have been even worse?

He could have crashed and killed someone, even himself.

10. How do you think the author felt about everything that happened to him?

Answers may include: ashamed, guilty, dumb, angry, worried.

11. How do you think you would feel if these events happened to you?

Answers may include: ashamed, guilty, dumb, angry, worried.

Pg. 15-29 – 15-31 -- What Do DRUGS Do to YOU? Cigarettes

Ask students to read the handouts which describe the effects of cigarettes, alcohol and drugs. Tell them to highlight key points and take notes on important details in order to answer the evidence-based questions which follow. You may use the post-test, **What Do DRUGS Do to YOU? Assessment**, after they have studied the information on the handouts about drugs and their effects.

**Pg. 15-32 – 15-33 -- What Do DRUGS Do to YOU?
Prescription Drugs**

Ask students to read the handouts which describe the effects of cigarettes, alcohol and drugs. Tell them to highlight key points and take notes on important details in order to answer the evidence-based questions which follow. You may use the post-test, **What Do DRUGS Do to YOU? Assessment**, after they have studied the information on the handouts about drugs and their effects.

Pg. 15-34 – 15-37 -- What Do DRUGS Do to YOU? Marijuana

Ask students to read the handouts which describe the effects of cigarettes, alcohol and drugs. Tell them to highlight key points and take notes on important details in order to answer the evidence-based questions which follow.

Ask them also to read the advice given by other students who have used marijuana and to write advice of their own.

You may use the post-test, **What Do DRUGS Do to YOU? Assessment**, after they have studied the information on the handouts about drugs and their effects.

Pg. 15-38 – 15-39 -- What Do DRUGS Do to YOU? Heroin

Ask students to read the handouts which describe the effects of cigarettes, alcohol and drugs. Tell them to highlight key points and take notes on important details in order to answer the evidence-based questions which follow. You may use the post-test, **What Do DRUGS Do to YOU? Assessment**, after they have studied the information on the handouts about drugs and their effects.

Pg. 15-40 – 15-41 -- What Do DRUGS Do to YOU? Cocaine

Ask students to read the handouts which describe the effects of cigarettes, alcohol and drugs. Tell them to highlight key points and take notes on important details in order to answer the evidence-based questions which follow. You may use the post-test, **What Do DRUGS Do to YOU? Assessment**, after they have studied the information on the handouts about drugs and their effects.

**Pg. 15-42 – 15-43 -- What Do DRUGS Do to YOU?
Methamphetamines**

Ask students to read the handouts which describe the effects of cigarettes, alcohol and drugs. Tell them to highlight key points and take notes on important details in order to answer the evidence-based questions which follow. You may use the post-test, **What Do DRUGS Do to YOU? Assessment**, after they have studied the information on the handouts about drugs and their effects.

Pg. 15-44 – 15-46 -- What Do DRUGS Do to YOU? Assessment

In this activity, students use the information they have learned from the handouts **Vocabulary of Drugs and Alcohol, Cigarettes, Alcohol, Prescription Drugs, Marijuana, Heroin, Marijuana, Methamphetamines**.

Ask students to take the test either individually or in small groups. Review the results and ask if they learned new information, what they learned, and how this new information has affected their attitudes about drugs and alcohol.

ANSWERS

Statement	T	F
1. Smoking cigarettes during pregnancy can cause babies to be born with a low birth weight.	X	
2. Cigarettes contain tars, nicotine, carbon dioxide and many other poisons.	X	
3. A ½ ounce shot of whiskey contains more alcohol than a 12 oz. can of beer.		X
4. Drinking alcohol during pregnancy may have serious long term effects on the developing fetus.	X	
5. Alcohol use can affect memory.	X	
6. For chronic alcohol users, withdrawal can cause hallucinations and delirium tremens.	X	
7. Abuse of prescription drugs during pregnancy can harm the mother and the developing fetus.	X	
8. Marijuana can be detected in the urine of a long term user for only up to thirty days.		X
9. Marijuana users may find it hard to act quickly in dangerous situations, such as handling machinery or driving a car.	X	
10. Long term users of marijuana may become psychologically dependent on the drug.	X	
11. Heroin speeds up the nervous system, which can increase the heart beat and lead to heart failure.		X
12. Cocaine users often feel mentally “cloudy” and their breathing can become dangerously slow, even to the point of respiratory failure.		X

13. Children of mothers who use cocaine during pregnancy may develop learning problems.	X	
14. It is very dangerous to produce methamphetamines because meth is made from very toxic chemicals that may explode.	X	
15. Alcohol and drugs can have both physical and psychological effects.	X	
16. Drug abusers may engage in risky sexual behavior.	X	
17. Drugs that feel good in the short term may have negative long term consequences.	X	
18. Drug users are at increased risk of contracting STDs, HIV and Hepatitis C because drugs affect judgment and decision making.	X	
19. Drug users may develop a tolerance to drugs, meaning they need to use more in order to get the same high they got in the beginning.	X	

20. What are four serious health problems that can be caused by smoking?

- **Chronic bronchitis**
- **Laryngitis**
- **Emphysema**
- **Cancer**

21. Children who are exposed to second hand smoke can develop asthma and respiratory tract infections.

22. Name six ways alcohol affects the brain.

- **The brain works more slowly.**
- **The person may lose balance.**
- **It may be hard to speak clearly.**
- **Memory may be affected.**
- **Sometimes the person becomes become silly or angry and says things he or she regrets.**
- **Alcohol slows down reaction time.**

23. What three organs are affected by the abuse of alcohol?

Brain, liver and heart

24. What are some of the symptoms of withdrawal which may be experienced by a person who is dependent on alcohol?

the "shakes"

nausea

anxiety

increased blood pressure

hallucinations

the "sweats"

headaches

rapid heart beat

"craving" for more alcohol

seizures

(continued)

delirium tremens (DT's) which cause confusion, disorientation, hallucinations, hyperactivity, and extreme heart problems. Grand mal seizures, heart attacks and stroke can occur during the DT's, all of which can be fatal.

25. The three most common types of abused prescription drugs are: opoids , stimulants , and depressants .
26. What are three reasons people might abuse prescription drugs?
- **to get high**
 - **to treat pain**
 - **because they think the drugs will help them get through stressful times**
27. How long does marijuana stay in the system for the occasional user?
over two weeks
28. While it is not yet certain whether marijuana is physically addictive, it is certain that it can become psychologically addictive.
29. What is the most serious health effect of heroin abuse?
death due to accidental overdose .
30. Users who share needles to inject heroin put themselves at risk of contracting skin infections , Hepatitis C , and HIV .
31. Cocaine speeds up the nervous system and can become addictive very quickly.
32. Smoking crack can lead to heart failure.
33. After the initial high, methamphetamine users become highly agitated and possibly violent .
35. What does it mean to develop tolerance to a drug?
Drug tolerance occurs when drug user needs to use more of a drug in order to get the same reaction (or high) he or she got in the beginning.

Pg. 15-47 - 15-48 - Making Choices and Weighing Consequences

Remind students that we are all responsible for our actions and that it is always important to consider whether an action is worth the consequences. For each of the actions on the chart, ask students to discuss the possible consequences (both positive and negative) and whether or not the consequences are worth the action.

Action	Possible Consequences
Not doing the dishes for a week	<ul style="list-style-type: none"> • <i>More time</i> • <i>Less work</i> • <i>Attract bugs</i> • <i>No clean dishes left</i> • <i>Harder to get them clean</i>
Being late to work on a regular basis	<ul style="list-style-type: none"> • <i>Feeling of freedom</i> • <i>Can get fired</i> • <i>Coworkers get angry</i> • <i>Lose money</i> • <i>Bad reference</i>
Staying up late	<ul style="list-style-type: none"> • <i>More time</i> • <i>Hanging out with friends</i> • <i>Excitement</i> • <i>Exhausted the next day</i> • <i>Lack of sleep lowers immunity</i> • <i>Might get sick</i>
Getting drunk and having sex with a stranger	<ul style="list-style-type: none"> • <i>Fun at first</i> • <i>Excitement</i> • <i>Regret</i> • <i>Involvement you don't want</i> • <i>Abuse</i> • <i>Sexually transmitted disease</i> • <i>Unwanted pregnancy</i>
Getting high and driving	<ul style="list-style-type: none"> • <i>Excitement</i> • <i>Escape from problems</i> • <i>Get arrested</i> • <i>Suspended license</i> • <i>Fines and fees</i> • <i>Probation</i> • <i>Mark on driving record</i> • <i>Causing an accident</i> • <i>Getting hurt or killed</i> • <i>Hurting or killing someone else</i>
Sharing needles	<ul style="list-style-type: none"> • <i>Skin infections</i> • <i>Hepatitis C</i> • <i>STDs, HIV / AIDS</i>

Drinking when you're pregnant	<ul style="list-style-type: none"> • <i>Fun at first</i> • <i>Release from stress</i> • <i>Escape from problems</i> • <i>Putting fetus at risk</i> • <i>Long-term health problems for child</i>
Hitting your partner	<ul style="list-style-type: none"> • <i>Release for anger</i> • <i>Feeling of revenge</i> • <i>Release from stress</i> • <i>Feel guilty</i> • <i>Hurt someone you love</i> • <i>Get arrested</i> • <i>Ruin relationship and trust</i>
Selling drugs	<ul style="list-style-type: none"> • <i>Quick money</i> • <i>Easy money</i> • <i>Excitement</i> • <i>Risk of violence</i> • <i>Risk of getting arrested</i> • <i>Jail / prison time</i>
Having sex without a condom	<ul style="list-style-type: none"> • <i>Live in the moment</i> • <i>Feeling of freedom</i> • <i>Romantic</i> • <i>Sexually transmitted disease</i> • <i>Unwanted pregnancy</i>
Smoking cigarettes	<ul style="list-style-type: none"> • <i>Release from stress and anxiety</i> • <i>Relaxation</i> • <i>Bronchitis</i> • <i>Pneumonia</i> • <i>Cancer</i> • <i>Make children sick</i>

Unit Fifteen

Taking Care of Yourself: Understanding the Effects of Alcohol & Other Drugs

Student Activities

What is Serenity?

God, give us Grace to accept
with serenity
the things that cannot
be changed,

*Courage to change
the things which
should be changed,*

& the Wisdom
to distinguish
the one from the other.

Rheinhold Neibuhr (circa 1951)



What is Serenity?



1. What does serenity mean?
2. What does it mean to “accept with serenity the things that cannot be changed?”
3. What are some examples of things that cannot be changed?
4. Why does the author feel it takes “Courage to change the things which should be changed?”
5. What are some examples of things that should be changed?
6. Why does it take wisdom to distinguish the difference between things that can be changed and things that cannot be changed?
7. Does this quote apply to your life in any way? Give examples from your life of times this quote might have applied.
8. This prayer was originally written by Reinhold Neibuhr in 1951, but it has been adapted for use by Alcoholics Anonymous and Narcotics Anonymous. How could this quote help people struggling with addiction to drugs or alcohol?

WHY DO PEOPLE USE

????????? DRUGS ??????????

Why do people smoke cigarettes, drink alcohol, abuse prescription drugs or consume illegal drugs? Based on your own experience and the experiences of people you know, why do you think people use drugs, even if they know they are dangerous or illegal, even if they, or people they have known, have had negative experiences with them? Be honest. Then give advice on positive, alternative ways to address these problems or needs and be prepared to share your thoughts with the class.

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WHY DO PEOPLE USE DRUGS?

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Student Writing

Some people feel like drugs relieve the stress that's going on in their lives. It makes them feel good. And they use drugs because they see other people doing it. An alternative way to deal with your problems is to kick your alcohol or drug habit and to find something positive to relieve stress like play basketball, go hunting or fishing, or play video games. Talk to someone about your problems. You will feel better afterwards. There's someone out there who can help you.

Derrick B

People use drugs because it makes them feel good. A cigarette relaxes their mind. People use drugs to clam them down. People use drugs because it might be what they grew up around. If it was me giving advice about how to relieve stress I would say drink some water, read a book, or read the Bible and ask God to take that tobacco, weed, and liquor taste out of your mouth.

Xavier E

People do drugs to deal with problems like loneliness, depression and sadness. First, because loneliness may have occurred in an old, abusive relationship. Second, depression is having the other people say things and try to make you feel bad. And third, you feel sadness because standing alone doesn't bring a smile.

Ronnie E

Some people use drugs for personal reasons in their lives. Some people are addicted to drugs for so long that their bodies can't function without it.

Some drugs have different effects and make some people that use drugs feel better than they did before. They use drugs to take them to a different state of mind until it wears off and they are back to ground zero.

Some people can relieve the stress by using stress balls or talking to someone that is close to them or taking walks to clear their minds. And taking classes can help you in life.

Jason M

Some people do drugs to dry out the pain they are going through. Some just do it to feel good. I like to drink sometimes to pass the day away and hopefully I don't get in trouble. Now that I am in here I can't smoke cigarettes or drink alcohol and I feel so good inside. My body is clean and healthy.

Kelvin P

We see others use alcohol, so we decide to use. Smoking seems normal, then it advances into hard drugs such as cocaine and pills.

I found that coming from a challenged home environment led me to destructive behavior. At first, when I tried to kill myself, I went into a mental hospital. I was given drugs to stabilize myself. A few years later I tried to kill myself again, as life had become overwhelming. I tried to kill myself with drugs without realizing that's what I was doing. I'm glad I've been able to attend classes to strengthen my mind and stay in control. I eventually quit and changed my life. I now have the tools to know what's good and bad in relationships.

John C

Most people use drugs to take them away from problems in their lives. Sometimes drugs and alcohol can make you feel as if life is great and the problem at hand is all gone away. A lot of people have been influenced to use drugs even knowing the bad effects they have seen in other people's lives. It also comes from watching family and close friends that may lead to use of drugs and alcohol.

There are some better ways to relieve stress or obtain status without doing drugs or falling for bad peer pressure. You can exercise to relive stress or find something that you are good at that is positive, like sports, reading or playing with your animals if you are an animal lover. Other ways to keep from being involved in peer pressure is surrounding yourself with people who are positive and trying to attain healthy goals that you are attracted to.

Courtney G

Drugs and Alcohol: Beliefs and Values

It is important to understand how we feel about the use of drugs and alcohol. Do you agree or disagree with the following statements? Do you think these statements are true always, sometimes, never -- or are you not sure? You will have a chance to review your beliefs and values after you have obtained more information about drugs.

Value / belief statement	Always	Sometimes	Never	Not sure
Alcohol affects the brain.				
Alcohol affects your health.				
Alcohol affects your mood.				
Alcohol is addictive.				
Alcohol is safe for adults.				
Alcohol is safe for children and teens.				
Laws about alcohol should be obeyed.				
It's safe to drink and drive.				
It's okay to drink before work or school.				
It's okay to drink on the job.				
You should drink with friends.				
Pregnant women and their partners should educate themselves about the effects of alcohol on their unborn babies.				
People should not drink around children.				
Cigarettes are drugs.				
Cigarettes are addictive.				
People should not cigarettes smoke around children.				

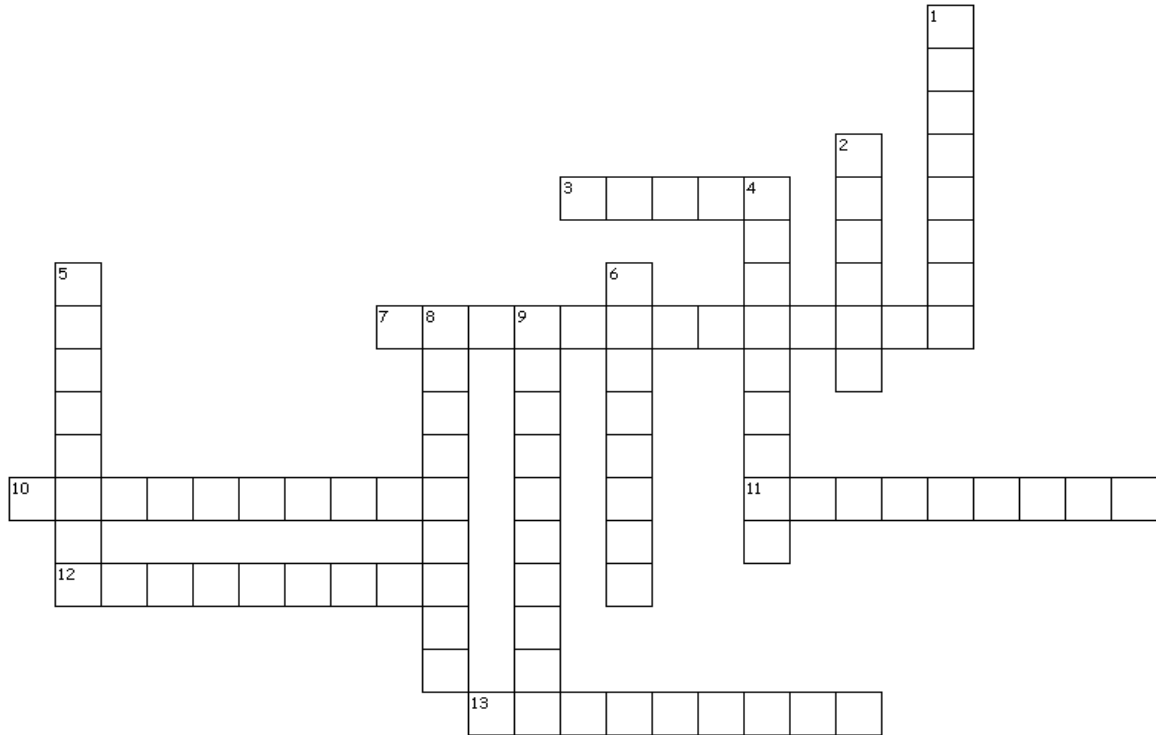
You should smoke pot with friends.				
Marijuana affects the brain.				
Marijuana affects your health.				
Marijuana affects your mood.				
Marijuana is addictive.				
Marijuana is safe for adults.				
Marijuana is safe for children & teens.				
Pregnant women and their partners should educate themselves about the effects of drugs on their unborn babies.				
People should not get high around children.				
Marijuana laws should be obeyed.				
It's safe to smoke pot and drive.				
It's okay to get high before work or school.				
It's okay to get high on the job.				
Marijuana use should be legal.				
Selling marijuana should be legal.				
Any drug use should be legal.				
Selling any drug should be legal.				
Selling drugs hurts the community.				
People who are addicted to drugs should be incarcerated.				
People who are addicted to drugs should receive drug treatment.				

Drug & Alcohol Abuse & Addiction VOCABULARY

Drug abuse	Drug abuse (also known as substance abuse) is the habitual taking of addictive or illegal drugs.
Addiction	Addiction is the state of being enslaved to a substance that is psychologically or physically habit-forming, such as drugs or alcohol, to the point where it is very difficult to stop.
Controlled substance	A controlled substance is a drug or chemical whose manufacture, possession, or use is regulated by government. Controlled substances may include illegal drugs and prescription medications.
Opioid	Opioids (such as OxyContin and Vicodin) are chemicals used to treat pain when prescribed by a doctor. Opioid abuse can cause drowsiness, nausea, constipation, and, depending on the amount taken, slowed breathing.
Stimulant	Stimulants (such as Ritalin and Adderall) are chemicals used to increase alertness and focus attention when prescribed by a doctor. Stimulant abuse can elevate (increase) blood pressure, heart rate and respiration, and can cause paranoia and dangerously high body temperatures, especially if taken in high doses.
Depressant	Depressants (such as Xanax, Valium and alcohol) are chemicals which inhibit (slow down) the functioning of the central nervous system. Use of depressants can lead to slurred speech, shallow breathing, fatigue, disorientation, lack of coordination, and seizures from withdrawal.
Physical	Physical means relating to or affecting the body.
Psychological	Psychological means relating to or affecting the mind, including thinking, behavior and emotions.
Short Term Effects	Short term effects are results or consequences that occur right away or in a short time.
Long Term Effects	Long term effects are results or consequences that occur after or over a long period of time.
Drug tolerance	Drug tolerance occurs when a drug user needs to use more of a drug in order to get the same reaction (or high) he or she got in the beginning.
Judgment	Judgment is the ability to make thoughtful decisions or draw sensible conclusions.

PUZZLED by the Vocabulary of Drugs & Alcohol?

Use the worksheet "Drug & Alcohol Abuse & Addiction VOCABULARY"
to complete the crossword puzzle.



Across

3. chemical used to treat pain
7. relating to behavior, emotions or the mind
10. chemical which slows down the functioning of the central nervous system
11. chemical used to increase alertness and attention
12. needing more of a drug to get the same reaction as in the beginning
13. the state of being enslaved to drugs and alcohol and being unable to stop

Down

1. relating to the body
2. result or consequence
4. the habitual taking of addictive drugs
5. the ability to make thoughtful, sensible decisions
6. occurring after or over a long period of time
8. occurring right away or in a short time
9. a _____ substance is a drug whose manufacture, possession or use is regulated by a government

What Do DRUGS Do to You?

Alcohol

Alcohol goes directly to the brain! It doesn't pass through the digestive system like food does, but enters the blood stream and heads for the brain.

Short Term Effects

Every time a person drinks, alcohol affects the brain in many ways. The brain works more slowly. The person may lose balance. It may be hard to speak clearly. Memory may be affected. Sometimes the person becomes silly or angry and says things he or she regrets later.



Driving is dangerous because alcohol slows down reaction time.

These effects can occur even after drinking only a small amount of alcohol and can last a long time. The alcohol content of a five ounce glass of

wine is equal to a 12 ounce bottle of beer or a half ounce shot of liquor. The effects of just one serving of any of these can last for an hour.



Long Term Effects

Alcohol can have very serious long term effects. Alcohol destroys liver cells and may cause liver disease, which means the body cannot filter waste or help digest food. Alcohol use can also lead to heart disease. Long term alcohol abusers may lose their memories or their hands may shake.

Alcohol and Pregnancy

Pregnant women shouldn't drink. Drinking during pregnancy can have many serious long-term physical, learning, and behavioral effects on the baby's developing brain. One of the most serious problems a child can have is called fetal alcohol syndrome (FAS). Children with FAS may have distinct facial features, may be smaller than average, and their brains may have less volume. Their brains may have fewer brain cells that are able to function correctly, leading to long-term problems in learning.

Quitting and Withdrawal

When heavy or frequent drinkers suddenly decide to quit 'cold turkey' they will experience some physical withdrawal symptoms. How severe these symptoms are depends on how "chemically dependent" the chronic drinker has become. It can be very difficult for a person who is alcohol dependent to stop drinking on

What Do DRUGS Do to You? Alcohol, continued

his own. A chronic drinker who tries to quit drinking may experience the “shakes” or the “sweats” or feel nauseous, headachy or anxious. A person going through alcohol withdrawal may experience a rapid heartbeat or increased blood pressure.

Although the symptoms of withdrawal may be uncomfortable and irritating, they are not necessarily dangerous. But a person trying to quit often experiences a "craving" for more alcohol, making the decision to quit even more difficult. People who attempt to quit alcohol may experience hallucinations. Seizures can occur. The symptoms may progress to delirium tremens (DT's) after three to five days without alcohol. The symptoms of DT's include profound confusion, disorientation, hallucinations, hyperactivity, and extreme heart problems. Grand mal seizures, heart attacks and stroke can occur during the DT's, all of which can be fatal.

Be Honest

Be honest about how much alcohol you usually drink, how it makes you feel, and how you behave when you are under the influence. If you answer “yes” to any of the questions below, you may have an alcohol problem and need to get help. If so, *do seek help*. It is hard to deal with alcohol abuse alone.

Have you:

- 1 -- had times when you ended up drinking more than you planned to?
- 2 -- wanted to cut down, but couldn't?
- 3 -- gotten into situations while or after drinking that increased your chances of getting hurt (such as driving, boating, swimming, using machinery, walking in a dangerous area, or having unsafe sex)?
- 4 -- had to drink much more than you once did to get the effect you want?
- 5 -- continued to drink even though it was making you feel bad?
- 6 -- spent a lot of time drinking or being sick from drinking?
- 7 -- continued to drink even though it was causing trouble with family or friends?
- 8 -- found that drinking – or being sick from drinking – interfered with taking care of your home or family?
- 9 -- found that drinking – or being sick from drinking – interfered with work or school?
- 10 - had an accident because you drank too much?
- 11 - gotten arrested or had other legal problems because of your drinking?
- 12 - had withdrawal symptoms when the effects of alcohol wore off, such as trouble sleeping, shakiness, restlessness, nausea, sweating, a racing heart, a seizure, or sensing things that were not there?



What Do DRUGS Do to You? Alcohol, continued

What would you tell a friend who asked about the short term effects of drinking alcohol? Give evidence from the handout.

Are there any long-term effects of drinking alcohol? What are they?

Is it okay to drink while pregnant? Why or why not?

Why is quitting alcohol so hard?

Driving Drunk: A Mother's Story

I got the call in the middle of the night, maybe 2 a.m. My son was at a party and I thought he might be calling for a ride. I had always told him to call me if he was too drunk to drive, but even still, I was annoyed when the phone rang. I didn't want to have to get up, get dressed, and go pick him up.

But the call was much worse than what I thought. It came from the police, telling me my son was in the hospital, that he'd been hit by a drunk driver. My irritation turned to shock. I jumped out of bed and rushed to him.

I don't know if I can put into words what it felt like to see my child -- he's only 17 -- lying so helpless, hooked up to feeding tubes and a respirator, in the hospital bed. He was unconscious. It turns out that he had gotten his best friend to be his "designated driver" and drive him home, because he had a couple of beers. He was smart. But another drunk driver hit their car head-on. His car swerved out of control and he crashed right into my son and his best friend.

I guess I'm the lucky one because my son is alive - though he may be paralyzed for life and not be able to walk or talk ever again. He'll never be the same funny, intelligent, kindhearted, athletic young man he once was. His best friend was killed instantly. I'll never forget the sound of his father, his grandmother and his aunt screaming and wailing when they found out their only boy had been killed.

The drunk driver is going to get locked up for a long time. He's only 19 years old, and he'll probably get 20 years in state prison for vehicular manslaughter. You know, even though I want him off the streets so he can't ever do again what he did to my son and his friend, I feel heartbroken for his mother. She lost a son, too. Three young men whose lives have been ruined. What a waste.

Why do people make stupid decisions? Why don't people know they should NEVER drink and drive? What will it take for people to learn that *it's not worth the risk??*

What would you say to this mother if she told you her story?

Drinking, Driving and Paying

By David Updike, December 3, 2010

www.nytimes.com/2010/12/05/magazine/05lives-t.html?_r=1

Read the essay to find out what can happen to a person who is stopped for drinking and driving. Then answer the questions and discuss your answers with the class.



Questions

1. How much alcohol did the author drink at his family's dinner party?

2. After the author was stopped by a police officer, he was asked to get out of the car for a "field sobriety test". What was he is told to do?

3. What would have happened if the author refused to take a Breathalyzer test?

4. What happened to the author after he took the Breathalyzer test?

5. The author was told he had "the lowest measurable illegal amount" of alcohol in his blood. What does that mean?

Drinking, Driving and Paying, continued

6. After the author was sentenced, he had to do what five things?

7. How much did the author have to pay all together (bail, towing, fines and court fees, alcohol education class, fee to get his license back, twelve monthly payments to probation officer)?

8. What happened to the author's auto insurance?

9. After all the bad things that happened to him, what did the author say would have been even worse?

10. How do you think the author feels about everything that happened to him?

11. How do you think you would feel if these events happened to you?

What Do DRUGS Do to You?

Cigarettes

Cigarette smoking is addictive because:

- smokers develop a tolerance to nicotine, which means they need to smoke more and more for an effect.
- smokers become dependent on nicotine and need it to feel “normal.”
- smokers suffer physical and psychological withdrawal symptoms when they try to stop.

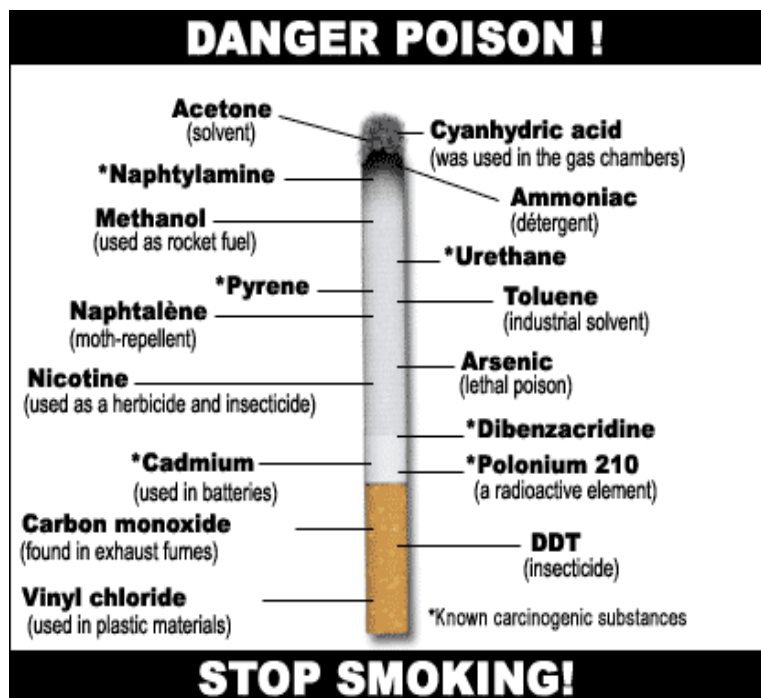
There are hundreds of chemicals in cigarette smoke. Three of the most dangerous are:

Tars -- Tars damage delicate lung tissue. Tars are the main carcinogenic (cancer-causing) agent in cigarette smoke.

Nicotine -- Nicotine is a poison found in tobacco leaves. It is so potent that one drop of pure nicotine can be fatal to humans. Nicotine is used in solution as an insecticide. Nicotine is a stimulant to the brain and central nervous system. Like alcohol, after it initially stimulates, it has a depressant effect. Nicotine constricts (narrows) the blood vessels, cutting down the flow of blood and oxygen throughout the body. The cigarette smoker’s heart has to pump harder, which increases the chance of heart disease. Nicotine raises the blood pressure and narrows the air passageways in the lungs, which deprives the body of some oxygen.

Carbon monoxide -- Carbon monoxide replaces oxygen in the red blood cells of the smoker. Even after a person stops smoking, carbon monoxide stays in the bloodstream, depriving the body of oxygen for hours.

What are some of the other poisonous chemicals in cigarettes?



What Do DRUGS Do to You? Cigarettes, continued

Health Problems Caused by Cigarette Smoking

Some of the most serious long term health effects of cigarette smoking are:

- Chronic bronchitis (inflammation of the bronchi which are the breathing tubes in the lungs)
- Laryngitis (inflammation of the throat)
- Emphysema (a degenerative lung disease that destroys breathing capacity)
- Cancer of the lungs, mouth, and esophagus. Chewing tobacco may lead to cancer of the mouth.



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Some of the short term and long term physical effects of cigarette smoking include stains on the teeth, reduced ability to taste, reduced ability to smell, and increased wrinkling of skin. Smoking causes bad breath and leaves a stench on clothes.

Effects of Smoking on Unborn Babies and Children

Don't smoke during pregnancy or after the baby is born!!!! Cigarette smoking by pregnant women stunts the growth of the developing fetus. Smoking retards brain development. It impairs the baby's breathing after birth. Smoking increases the likelihood of prematurity, and the risk of Sudden Infant Death Syndrome (SIDS) goes up as baby's birth weight goes down.



Passive smoking also harms the baby. When expectant mothers are exposed to smoke from other people's cigarettes, their babies are also exposed, and the chances of delivering a low birth weight baby are increased.

Don't ever smoke around children or allow other people to do so. Cigarette smoke pollutes the air in enclosed places, which also affects nonsmokers (especially infants and children.) Exposure to secondhand smoke can cause asthma, may increase the risk of lower respiratory tract infections such as pneumonia and bronchitis, and increases the risk of middle ear infections.

QUIT NOW QUIT NOW QUIT NOW QUIT NOW QUIT NOW QUIT NOW QUIT

What Do DRUGS Do to You? Cigarettes, continued

Why are cigarettes so addictive? Give evidence from the handout.

What are the three most toxic chemicals in cigarettes? Why are they so dangerous?

What are the most serious health problems caused by cigarette smoking?

*Is it okay smoke while pregnant? Why or why not?
Use evidence from the handout to support your answer.*

What Do DRUGS Do to You?

Prescription Drugs

The most commonly abused prescription drugs are opoids (such as the pain relievers OxyContin and Vicodin), central nervous system depressants (such as Xanax and Valium), and stimulants (such as Ritalin and Adderall.) People may abuse prescription drugs to get high, to treat pain, or because they think the drugs will help them get through stressful times.



Short and Long Term Effects

Opioid abuse can cause drowsiness, nausea, constipation, and, depending on the amount taken, slowed breathing.

Depressant abuse can cause slurred speech, shallow breathing, fatigue, disorientation, lack of coordination, and seizures from withdrawal.

Stimulant abuse can cause paranoia, dangerously high body temperatures, and an irregular heartbeat, especially if taken in high doses.

Abusing any type of mind-altering drug can affect judgment and inhibition and may put a person at heightened risk for HIV and other sexually transmitted diseases (STDs). Abuse of any of these substances may result in addiction. When combined with other prescription medicines, illegal drugs or alcohol, prescription drugs can cause serious health problems. For example, combining opoids with alcohol can lead to serious respiratory distress and even death.

Prescription Drugs and Pregnancy

It is very important for a pregnant woman to avoid prescription drugs, if at all possible. Even drugs prescribed by doctors may be harmful. When a woman is pregnant, it is very important for her to eat nutritious food, get plenty of rest, and exercise regularly -- and to give up alcohol, cigarettes, and drugs. Prescription drugs may harm the mother's health, interfering with her ability to support the pregnancy. Babies born of mothers who are addicted to prescription drugs may go through a difficult period of withdrawal called "neonatal abstinence syndrome."

Babies born in withdrawal are often born small and are at a higher risk of death than other infants.

~ For more information, go to www.usatoday.com/news/health/story/2012-04-29/drug-addicted-painkiller-babies/54646654/1

What Do DRUGS Do to You? Prescription Drugs, continued

Why do people abuse prescription drugs? Give evidence from the handout.

What are the effects of opioid abuse?

What are the effects of depressant abuse?

What are the effects of stimulant abuse?

What can happen to babies born to mothers who are addicted to prescription drugs?

What Do DRUGS Do to You?

Marijuana

Marijuana is known by a lot of names: grass, pot, weed, reefer, hooch, smoke -- no matter what you call it, marijuana is the most widely used illegal drug in the US. There is much debate about whether or not marijuana use should be legal or decriminalized and whether it should be used for medical reasons. But until the debate is resolved, it's illegal in Florida. Possession and sale of marijuana can lead to serious jail time.

Short Term Effects

The main active chemical in marijuana is tetrahydrocannabinol (THC.) When smoked, THC quickly passes through the lungs into the bloodstream, and then



into the brain. It can lead to a dreamy feeling, but it can also cause dry mouth, increased heart rate, impaired coordination, delayed reaction time and slowed memory and concentration. Some smokers even experience paranoia and hallucinations.

Marijuana use affects driving and is grounds for a DUI because a person under the influence of marijuana can have perception problems and a slower reaction time, making it hard to respond well in emergencies. Marijuana has been found to relieve the symptoms of nausea from chemotherapy (cancer) drugs and had helped people with glaucoma. Some states have made medical marijuana legal with a doctor's prescription.

Long Term Effects

Chemicals from marijuana can linger for over two weeks in the urine of a pot smoker, even if he or she only smokes occasionally. Individuals who are daily smokers can test positive 45 days after their last use. Heavy daily smokers can test positive 90 days after their last use. Many jobs require workers to undergo drug screening, so it is possible to lose your job for smoking pot, even if you don't smoke on the job and even if smoking doesn't interfere with your work.

People who are dependent on marijuana may have problems focusing on school work or job tasks or may find it hard to act quickly in dangerous situations, such as handling machinery, dealing with emergencies or driving a car. Abuse of marijuana may interfere with friendships or family relationships.

What Do DRUGS Do to You? Marijuana, continued

Is Marijuana Addictive?

There is disagreement about whether or not marijuana is physically addictive. One thing that is certain is that many long term users become psychologically dependent on the drug. People who try to give it up may feel anxiety, mood swings and depression. The mind may crave the drug even if dependence on it leads to the loss of a job, poor attendance at work or school, or family problems.

Effects of Marijuana on Pregnancy

Scientists aren't sure how marijuana affects the developing fetus, because marijuana is often used with other drugs, such as tobacco and alcohol. Using marijuana during pregnancy may cause premature birth, low birth weight or attention problems later. But don't take any chances. Pregnant women should avoid all drugs, including marijuana, during pregnancy, so they can give their baby the best chance at a healthy birth and normal development.



Student Advice: Marijuana



I've seen how smoking pot can change your life. My brother was arrested and sent to prison for seven years. My sons used and sold as part of a gang and robbed a person and went to prison. I was not in their life at the time. I did find out they had little to no supervision which led to their actions. Then I raised two step daughters who did not use drugs or alcohol during their school years. I, as a drug user, did not use drugs in front of them and never encouraged any such use. I believe family development is a crucial part of the chances given to your children. I believe a two person parent environment is more likely not to use drugs and alcohol.

-- John C



I look forward to the day when my family can see me quit and see that I have managed to change my life positively. I look forward to the day when my family can see me be who I was when I was growing into a young man, when being an adult meant not being in jail, back when there weren't drugs or negative things in life.

-- Ronnie E



What Do DRUGS Do to You? Marijuana, continued



Marijuana was not all that people make it out to be. Getting your education first and getting your high school diploma is way more important in your life than doing drugs. If you still decide to use marijuana, be sure to use it at home and make sure that it doesn't affect your school work or your job. Be sure to be able to control yourself if you do drugs instead of getting buck wild. If you can't control it or yourself and be a responsible user, don't use it. -- **Jason M**



Smoking weed has led me to make bad decisions, like smoking weed and driving. It's really dangerous. You could mess around and crash or hit someone because you lost your concentration focusing on something else. - **Anonymous**



What would you tell a friend who asked about the short term effects of smoking marijuana? Give evidence from the handout.

Are there any long-term effects of smoking marijuana? What are they? Give evidence from the handout.

What Do DRUGS Do to You? Marijuana, continued

Is it okay to smoke marijuana while pregnant? Why or why not?

What are some of the experiences you, friends or family members have had with marijuana? What have you learned from the experience that would be helpful to others?

What Do DRUGS Do to You?

Heroin

Heroin is one of the strongest of all the illegal drugs sold and used in the US. It is usually injected, which means users who share needles are at risk of contracting skin infections, Hepatitis C (which causes liver disease) and HIV. But regardless of whether it is injected, snorted or smoked, heroin affects the central nervous system almost immediately.



Short Term Effects

Heroin dulls the senses and initially produces a pleasant high or feeling of “euphoria.” Heroin users often feel mentally “cloudy” and their breathing can become dangerously slow, even to the point of respiratory failure.

Long Term Effects

Heroin users are at increased risk for contracting STDs, HIV and Hepatitis C. This risk stems from sharing contaminated needles and drug paraphernalia, but also from engaging in risky sexual behaviors because the drug affects judgment and decision making.

The most serious health effect of heroin use is the possibility of death due to accidental overdose. Sometimes heroin is mixed with other substances like sugar, starch, quinine, or even poisons such as strychnine. Users often do not know what is in the drug or how strong it is, so they are at risk of overdose and death.

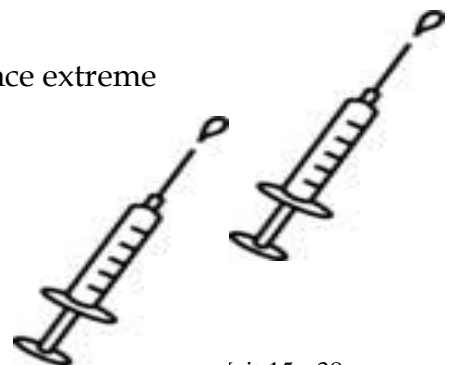
Addiction

One of the most dangerous effects of heroin is that it is highly addictive. All heroin users become addicted. Over time, heroin users develop a tolerance for the drug, which means they need to use increasingly larger amounts to get the same reaction they had in the beginning. Eventually, heroin addicts don't experience euphoria anymore and need to use the drug just to feel “normal.”

Withdrawal

When heroin addicts try to stop using, they may experience extreme withdrawal symptoms, which may last anywhere from 48 hours to a week. The symptoms can include:

- vomiting
- craving for the drug
- impatience
- bone and muscle pain.



What Do DRUGS Do to You? Heroin, continued

*What would you tell a friend who asked about the short term effects of using heroin?
Give evidence from the handout.*

*What would you tell a friend who asked about the long term effects of using heroin?
Give evidence from the handout.*

*Why is quitting heroin so hard? Describe what heroin addiction does to the body and
describe the symptoms of heroin withdrawal.*

What Do DRUGS Do to You?

Cocaine

Cocaine is usually snorted or sniffed or smoked in the form of crack. Cocaine speeds up the nervous system and users can become addicted very quickly. Snorting cocaine can seriously damage the inside of the nose. Smoking crack can increase the heart beat and can lead to heart failure.

Taken in small amounts, cocaine usually makes users feel euphoric, energetic and mentally alert. Users may feel able to perform physical and intellectual acts more quickly. Users may feel a decreased need for food and sleep. The faster the drug is absorbed onto the blood stream, the more intense the resulting high will be. Snorting cocaine may result in a high that takes longer to arrive and lasts 15 to 30 minutes; in contrast, the high from smoking cocaine comes quickly but only lasts a very short time (5 to 10 minutes.)

Effects on Unborn Babies

Babies born to mothers who abuse cocaine during pregnancy are often premature, have low birth weights and are shorter in length than babies born to mothers who do not abuse cocaine.

Scientists have found that exposure to cocaine during fetal development may lead to later learning difficulties (including information processing and attention) that could seriously impact performance in school.



Short Term Effects

Short term effects of cocaine use include constricted blood vessels, dilated pupils, and increased body temperature, heart rate, and blood pressure. Large amounts of cocaine may also lead to bizarre, erratic, and violent behavior. Some cocaine users feel irritable, restless, anxious, or paranoid, and may experience muscle twitches, tremors or dizziness.

There can be serious immediate medical complications resulting from cocaine use. Users may experience disturbances in heart rhythm and heart attacks, strokes, seizures, headaches, or coma, abdominal pain or nausea. In rare cases, sudden death can occur on the first use of cocaine, resulting from cardiac arrest or seizures followed by respiratory arrest. When cocaine use is combined with alcohol, it is potentially very dangerous and can lead to death.

What Do DRUGS Do to You?

Methamphetamines

Methamphetamine, or meth, is an addictive stimulant that strongly activates certain systems in the brain. Methamphetamine can be taken orally, injected, snorted, or smoked.

Short Term Effects

Immediately after smoking or injecting meth, users experience a “rush” or “flash,” an experience that lasts only a few minutes and is described as extremely pleasurable. Snorting or swallowing meth produces euphoria – a high, but not a rush. After the high, users typically become highly agitated and possibly violent. Users may also experience increased wakefulness and insomnia, decreased appetite, irritability/aggression, anxiety, nervousness, convulsions and heart attack.



It is very dangerous to produce methamphetamines and people who make meth in small, illegal laboratories are putting themselves, their children and their neighbors at great risk from exposure to highly toxic chemicals that may explode.

Long Term Effects

Methamphetamine is addictive, and users can develop a tolerance quickly, needing larger amounts to get high. Long-term methamphetamine abuse has many negative health consequences, including extreme weight loss and severe dental problems (“meth mouth”).

Chronic use can cause paranoia, hallucinations, compulsive behavior and delusions of insects crawling under the skin. Users may obsessively scratch their skin to get rid of these imagined insects. Long-term use can lead to anxiety, confusion, insomnia and mood disturbances, as well as full-blown toxic psychosis (often exhibited as violent, aggressive behavior) along with extreme paranoia. Methamphetamine use can also cause strokes and death.

Methamphetamine, regardless of how it is taken, can also alter judgment and inhibition and can lead people to engage in unsafe behaviors, including risky sexual behavior, which may lead to the spread of STDs. HIV and other infectious diseases like Hepatitis C can be spread through contaminated needles, syringes, and other injection equipment that is used by more than one person. Methamphetamine abuse may also worsen the progression of HIV/AIDS and its consequences.

What Do DRUGS Do to You? Methamphetamines, continued

What would you tell a friend who asked about the short term effects of using methamphetamines? Give evidence from the handout.

Why are "meth labs" so dangerous?

What would you tell a friend who asked about the long term effects of using methamphetamines? Give evidence from the handout.

Why do you think people use methamphetamines even though they are so dangerous and have such awful short and long term effects?

???!?What Do DRUGS Do to YOU?!!???

ASSESSMENT

Check "true" or "false" after each of the following statements.

Statement	True	False
1. Smoking cigarettes during pregnancy can cause babies to be born with a low birth weight.		
2. Cigarettes contain tars, nicotine, carbon dioxide and many other poisons.		
3. A ½ ounce shot of whiskey contains more alcohol than a 12 ounce can of beer.		
4. Drinking alcohol during pregnancy may have serious long term effects on the developing fetus.		
5. Alcohol use can affect memory.		
6. For chronic alcohol users, withdrawal can cause hallucinations and delirium tremens.		
7. Abuse of prescription drugs during pregnancy does not harm the mother or the developing fetus.		
8. Marijuana can be detected in the urine of a long term user for only up to thirty days.		
9. Marijuana users may find it hard to act quickly in dangerous situations, such as handling machinery or driving a car.		
10. Long term users of marijuana may become psychologically dependent on the drug.		
11. Heroin speeds up the nervous system, which can increase the heart beat and lead to heart failure.		
12. Cocaine users often feel mentally "cloudy" and their breathing can become dangerously slow, even to the point of respiratory failure.		

Statement	True	False
13. Children of mothers who use cocaine during pregnancy may develop learning problems.		
14. It is very dangerous to produce methamphetamines because meth is made from very toxic chemicals that may explode.		
15. Alcohol and drugs have physical effects but they do not have psychological effects.		
16. Drug abusers may engage in risky sexual behavior.		
17. Drugs that feel good in the short term may have negative long term consequences.		
18. Drug users are not at increased risk of contracting STDs, HIV and Hepatitis C because drugs do not affect judgment and decision making.		
19. Drug users may develop a tolerance to drugs, meaning they need to use more in order to get the same high they got in the beginning.		

Answer the following questions or fill in the blanks.

20. What are four serious health problems that can be caused by smoking?

21. Children who are exposed to second hand smoke can develop

_____ and _____.

22. Name six ways alcohol affects the brain.

23. What three organs are affected by the abuse of alcohol?

24. What are some of the symptoms of withdrawal which may be experienced by a person who is dependent on alcohol?
25. The three most common types of abused prescription drugs are:
26. What are three reasons people might abuse prescription drugs?
27. How long does marijuana stay in the system for the occasional user?
28. While it is not yet certain whether marijuana is physically addictive, it can become _____ addictive.
29. What is the most serious health effect of heroin abuse?
_____ due to _____.
30. Users who share needles to inject heroin put themselves at risk of contracting _____, _____, and _____.
31. Cocaine speeds up the _____ and can become addictive very quickly.
32. Smoking crack can lead to _____ failure.
33. After the initial high, methamphetamine users become _____ and possibly _____.
34. What does it mean to develop tolerance to a drug?

Making Choices and Weighing Consequences



We are all responsible for our actions. Every time we do something, we are making a choice and weighing the consequences. In order to make thoughtful, responsible, smart decisions that are in our best interest and in the best interest of those around us, it is essential that we think about possible risks and consequences and then determine if the action is worth the consequences.

For each of the actions below, discuss what the possible consequences (both positive and negative) might be, and whether or not the consequences are worth the action.

<i>Action</i>	<i>Possible Risks and Consequences</i>	<i>Is it worth it? Why or why not?</i>
Not doing the dishes for a week		
Being late to work on a regular basis		
Staying up late		
Getting drunk and having sex with a stranger		

<i>Action</i>	<i>Possible Risks and Consequences</i>	<i>Is it worth it? Why or why not?</i>
Getting high and driving		
Sharing needles		
Drinking when you're pregnant		
Hitting your partner		
Selling drugs		
Having sex without a condom		
Smoking cigarettes		
Smoking pot at work		