

Drug and Alcohol Unit Vocabulary

Lesson 1 Teens and Drug Use

amphetamines	A compound or one of its derivatives used especially as a stimulant of the nervous system.
anabolic steroids	Any of a group of synthetic hormones sometimes taken by athletes in training to temporarily increase the size of their muscles.
barbiturate	Drugs that act as central nervous system depressants , and can therefore produce a wide spectrum of effects, from mild sedation to total anesthesia.
club drugs	A group of psychoactive drugs often abused by teens and young adults at concerts, parties and nightclubs. Club drugs include GBH, Rohypnol and ketamine.
depressant	A drug that slows down the central nervous system. Prescription versions may be used to treat anxiety or sleeplessness.
flashback	Incident where a drug user suddenly has drug sensations days or even months after taking the drug.
hallucinogen	A drug that alters users' perceptions and causes changes in the way a person sees, hears or experiences touch.
hypoxia	Lack of oxygen to the brain. Brain damage occurs after 3 to 5 minutes without oxygen.
inhalants	Substances that give off fumes that act on the brain. They're breathed in to cause changes in perception or mental function. Most are household products.
marijuana	A drug that comes from the leaves and flowering tops of the plant <i>Cannabis sativa</i> , with the active ingredient THC, a chemical that acts on parts of the brain that influence feelings, thoughts, memory, concentration, sense of time and movement, and CBD, thought to have medicinal properties.
methamphetamine	A derivative of amphetamine that has a stronger stimulating action.
opiates	Drugs that come from a type of poppy and are used medically as painkillers .
paranoia	A mental disorder characterized by delusions, especially of persecution.
perceived norms	What people think others are doing or believe.
performance drugs	Drugs used to temporarily enhance mental or athletic abilities. The main examples are <i>anabolic steroids</i> , which are synthetic versions of the male hormone testosterone, and prescription drugs that are misused as study aids. Use is prohibited in competitive sports.
protective factor	Something that will lower the chances that a person will engage in risky behaviors.
recreational drug use	Use of a drug to feel the effects rather than for medical or health purposes.
risk factor	Something that increases the chances that a person will engage in a risky

	behavior.
stimulant	A drug that speeds up the central nervous system, used to increase energy or help people stay awake or focus.

Lesson 2 Drug Misuse, Abuse & Addiction

addiction	Physical and/or mental dependence on a drug; chronic, relapsing brain disease characterized by compulsive drug seeking and use, despite harmful consequences.
chronic	On going and long lasting.
compulsive	Caused by an irresistible impulse or obsession.
denial	Refusing to admit to something. It's a sign of addiction when a user won't admit that drug use is causing problems in his or her life.
dopamine	Neurotransmitter (chemical) made by your brain (especially after exercise) that creates feelings of security and happiness.
drug abuse	Drug use that results in problems for the user. It involves the repetitive, purposeful use of illegal drugs, or the inappropriate use of legal drugs, to produce pleasures, alleviate stress, avoid reality or alter perceptions.
drug misuse	The use of a legal prescription or over-the-counter drugs in greater amounts, more often or in different ways from what's prescribed or recommended.
neurotransmitter	A chemical that carries messages from one part of the brain to another; allows communication between neurons.
relapse	To go back to using a drug.
tolerance	When the body adapts to a drug; results in the need for an increased dose to feel the same effects.
withdrawal	Symptoms that occur when users who are dependent on a drug stop taking it.

Lesson 3 Prescription & Over-the-Counter Drugs

dosage	The measured amount and strength of a medicine to be taken or administered at one time.
Food and Drug Administration (FDA)	The federal agency responsible for protecting and promoting public health through the regulation and supervision of food safety, tobacco products, prescription and over-the-counter drugs, and other products and devices. They determine which drugs are going to be prescription and which will be allowed to be sold over the counter. They require labeling to help consumers know how to take drugs in the safest way possible.
over the counter	Refers to drugs or other substances that can be bought without a prescription.

prescription	A written request from a doctor that a drug be given to a patient by a pharmacist.
--------------	--

Lesson 4/5 Tobacco

cerebral palsy	A disorder caused by brain damage, usually before or during birth (often associated w/ a mother who smoked during pregnancy), and marked especially by defective muscle control.
cognitive	Relating to the process of knowing, perceiving; thinking
emphysema	A disease, often from smoking, caused by damage to the alveoli or air sacs in the lungs; causes shortness of breath.
perceived norms	What people think others are doing or believe.
smokeless tobacco	Tobacco products that are placed in the mouth or sniffed into the nose rather than burned or smoked.
sudden infant death syndrome (SIDS)	The sudden death of an apparently healthy infant that is of unknown cause (but often associated w/ smoking tobacco by the mother or in the presence of the baby), usually during sleep.
tobacco	The leaves from plants from the genus <i>Nicotiana</i> and the products made from those leaves, such as cigarettes. Contains the drug nicotine, that is highly addictive.
cessation	A ceasing or stopping.
esophagus	The passage for food from the pharynx to the stomach.
nicotine	A powerful chemical and toxic poison found in the tobacco plant, especially in the leaves; the chief addictive drug in tobacco.

Lesson 6 Alcohol

binge drinking	Drinking a dangerous amount of alcohol at one time. 5 or more drinks in 2 hours or less (4 for women).
blackout	A loss of memory of things said or done while intoxicated after the effects of alcohol wear off.
blood alcohol level (BAL)	The ratio of alcohol to blood volume in a person's body. Legal limit for adults to drive is under .08%.
cirrhosis	A disease of the liver marked by excess formations of connective tissue (scarring). Usually caused from chronic alcohol abuse or hepatitis.
dementia	Loss of brain function. A decline in mental ability severe enough to interfere with daily life. Memory loss is an example. Can be a result of long term alcohol use.

distillation	Process used to increase alcohol content by driving off a gas or vapor from a liquid using heat, and then condensing the gas to a liquid.
DUI / DUII	Driving under the influence (of intoxicants); driving a motor vehicle with blood levels of alcohol in excess of a legal limit (.08%)
fetal alcohol syndrome (FAS)	Serious physical, mental, and behavior problems in a baby, caused by the mother's alcohol use during pregnancy.
inhibitions	Inner checks on free activity, expression or functioning. The conscious or unconscious restraint of a behavioral process, a desire, or an impulse.
intoxicated	Drunk.
proof	How the potency of alcohol is measured. Twice the percentage of alcohol in a beverage. 80 proof means 40% alcohol.
tolerance	When the body adapts to a drug; results in the need for an increased dose to feel the same effects.

Lesson 7 Marijuana

amotivational syndrome	Lack of interest in social situations and activities, ongoing procrastination, feeling bad or guilty, low productivity, low self-esteem, conflicts with friends and family, memory problems and financial difficulties.
anxiety	Painful uneasiness of mind, usually over anticipated ill; abnormal apprehension and fear often accompanied by psychological signs such as sweating and increased pulse.
dependent	A state in which the body relies on the effect produced by a drug; may be physical or mental.
THC (tetrahydrocannabinol)	One of the active ingredients in marijuana; a chemical that acts on parts of the brain that influence feelings, thoughts, memory, concentration, sense of time and movement.
CBD (cannabidiol)	One of the active ingredients in marijuana; considered to have potential medical applications.
withdrawal	Symptoms that occur when users who are dependent on a drug stop taking it.

Lesson 8 Drugs and The Law

drug-impaired learning	The deterioration (break down) of student learning, participation or behavior which is caused by the presence of drugs or alcohol or their residuals in the body.
------------------------	---

drug-related activity	Includes but is not limited to use, transfer, sale or possession of drugs, including alcohol, or drug paraphernalia, drug-impaired learning, drug-influenced behavior, and any act assisting or promoting such activity.
Assisting and promoting	Being where drugs, including alcohol, are being used, transferred, sold or possessed; or engaging in any conduct that aids or facilitates drug-related activity.
commencement disqualification	Requiring that seniors be disqualified from participation in commencement exercises and related activities if with 60 consecutive calendar days of the last senior school day they are found to be in violation of District Alcohol or Drug policy or any violation resulting in three or more days of suspension or more serious disciplinary action.
Schedules I-V	<p>Drugs in Oregon are classified according to “Schedule.”</p> <ul style="list-style-type: none"> • Schedule I drugs include those that are the most dangerous and have a high risk of addiction or dependency and no legitimate medical use • Schedule II substances still have a high risk of abuse but may have legitimate medical uses. • Schedule III drugs are slightly less dangerous than Schedule II substances, but still have a moderate risk of abuse. • Schedule IV drugs have a slight risk of dependency and have very acceptable medical uses. • Schedule V substances have a very low risk of dependency and include things like prescription drugs with very low potency.

Lesson 9 Getting Help

accredited	Officially reviewed, examined and approved.
credentials	Licenses or other things that show qualifications.
denial	Refusing to admit to something. It's a sign of addiction when a user won't admit that drug use is causing problems in his or her life.
enabling	Making excuses for another person's actions, such as drug use.
recovery	Overcoming addiction and drug use problems.

treatment	Techniques or actions used in a situation such as helping people stop the use of alcohol or other drugs.
-----------	--