

ACTIVITY 8A

WATCH FOR THE SIGNS STUDENT HANDOUT

SIGNS AND SYMPTOMS Word Search

Locate and circle each of the drug use symptoms listed.

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

ANGRY
BLURRY VISION
CLENCHED TEETH
COUGH
DEPRESSED
HYPERACTIVE
MEMORY PROBLEMS
NAUSEA
NOT HUNGRY
NOT TIRED

PARANOID
POOR HYGIENE
SECRETIVE
STEALS
TIRED
TREMORS
TWITCHES
VERBALLY ABUSIVE
WEIGHT GAIN
WEIGHT LOSS

SIGNS AND SYMPTOMS CHARADE CARDS

**Becomes disrespectful,
is verbally and physically
abusive**

**Is angry a lot, acts
paranoid or confused,
or suffers from extreme
mood swings**

**Seems depressed and
less outgoing than usual**

**Is secretive, lies about
what she or he is doing
and where she or he
is going**

**Steals or “loses”
possessions she or he
used to value**

**Seems to have a lot
of money or is always
asking for money**

**Withdraws from family
and family activities**

**Not taking care of
hygiene and grooming**

**Not sleeping or
sleeping too much**

Loss of appetite

**Weight loss or
weight gain**

**Too hyperactive or
too little energy**

Drops old friends and activities

Skips school

Loses interest in school work and gets low grades

Sleeps in class

Loses concentration and is having trouble remembering things

Has smelly hair; may be using tobacco, marijuana, or smoking some other drug

**Teeth are getting yellow;
smoking some type of
drug or chewing tobacco**

**Pupils are dilated; could
be from several drugs
including meth and
prescription stimulants**

**Sweats a lot; could be
meth or prescription
stimulants, plus others**

**Has a dry mouth; might
be meth or prescription
stimulants, plus others**

**Has tremors; could be
meth or cocaine**

**Twitches; possible
cocaine use**

Seems to have blurry vision; possible cocaine use

Impaired coordination, although many drugs may cause this...it's more likely alcohol or marijuana

Has memory problems; might be marijuana or alcohol use

Decreased heart rate; possible inhalants or alcohol

Increased heart rate; several possibilities including ecstasy (MDMA), marijuana, or cocaine

Chronic (constant) cough; could be due to smoking tobacco or marijuana

Respiratory rate is decreased; might be a sign of prescription painkiller use

Clenched teeth and jaw; usually a sign of ecstasy use

Is nauseous; may be a sign of prescription painkillers or ecstasy

ACTIVITY 8A

KNOW YOUR DRUGS HANDOUT

ALCOHOL

Alcohol is a depressant which is addictive. It can cause dizziness and talkativeness. Drinking large quantities for many years can lead to permanent damage to the brain and liver.

BATH SALTS

Bath salts refer to an emerging family of drugs containing an amphetamine-like stimulant. They are typically found as white or brown crystalline powder. Bath salts can cause paranoia, hallucinations, and psychotic and violent behavior. They are taken orally, inhaled, or injected.

COCAINE

Cocaine is a drug made from coca plant leaves. It is a very addictive stimulant that affects the brain. It causes a rise in body temperature, heart rate, and blood pressure. It also causes the inability to sleep or eat.

CRACK COCAINE

Crack cocaine is gotten from the powder cocaine. It is processed and broken or cut into “rocks”.

CRYSTAL METH

Crystal meth is a form of methamphetamine that is often referred to as ice or glass. It is extremely addictive.

DMT

A synthetic drug producing a hallucinogenic experience that is short-lived but intense. Physical effects include an increased heart rate, seizures, agitation, and hypertension. At high doses, cardiac and respiratory arrest have occurred.

DXM

Dextromethorphan is a cough-suppressing ingredient found in cold medicine. It can cause confusion, dizziness, blurred vision, slurred speech, rapid heartbeat, drowsiness, and disorientation.

ECSTASY

MDMA or Ecstasy is a synthetic (designer) drug with hallucinogenic properties. It can cause teeth clenching, loss of inhibitions, chills, and/or sweating. It can also increase heart rates and blood pressure. Ecstasy use can interfere with memory. Another form of MDMA called “Molly” is becoming more popular. While Ecstasy is typically laced with meth or caffeine, “Molly” is considered to have a higher level of purity. “Molly,” short for molecule, comes in powder or crystal form.

GHB

This depressant, gamma hydroxybutyric acid, (GHB) is referred to as the “date rape” drug because it can be put into liquid and not detected. It causes sweating, tremors, nausea, confusion, lower heart rate and blood pressure, and can be fatal in high doses.

HEROIN

Heroin is a highly addictive depressant. It affects the brain's pleasure systems and gets in the way of feeling pain. Users can have slurred speech, droopy eyelids, impaired night vision, vomiting, and constipation. Withdrawal is very painful with many symptoms.

INHALANTS

Inhalants are household products that are sniffed to get high. There are hundreds of household products that can be used as inhalants. (See Glossary, Appendix D) Inhalant users experience symptoms similar to being drunk. Users may have slurred speech, be uncoordinated, dizzy, and confused. They may lose weight and have weak muscles. Abusers can also die.

KETAMINE

A veterinary medicine used as an anesthetic but in humans is a dissociative (feel detached or disconnected) drug. It acts as an anesthetic causing temporary memory loss, loss of motor control, and suppresses pain. It has been used in sexual assaults and can cause convulsions, flashbacks, coma, and even death.

LSD

LSD, also known as "acid," is odorless, colorless, and usually taken orally. Often it is added to absorbent paper. It is divided into small, decorated squares of one dose each. Physical effects include dilated pupils; increased body temperature, heart rate, and blood pressure. Users may sweat, not eat or sleep, and have tremors. Some users experience severe, terrifying thoughts, and a fear of insanity and death.

MARIJUANA

Marijuana is the most commonly used illegal drug. Marijuana is much stronger than years ago. This makes it more dangerous to use. Use can cause problems with memory, learning, thinking, and problem-solving. Loss of coordination, increased heart rate, anxiety, and panic attacks are also experienced. A regular user may have the same lung problems as tobacco smokers. Tar and carbon monoxide from smoking marijuana is three to five times greater than found in tobacco. Street names include grass, pot, and weed.

MESCALINE

Mescaline is a hallucinogen taken from the peyote cactus but also produced synthetically. It causes disorientation; increased heart rate, blood pressure, and body temperature; and hallucinations.

METHAMPHETAMINE

Methamphetamine is a highly addictive stimulant that affects the central nervous system. Meth use can cause insomnia, decreased appetite, euphoria, and increased body temperature. It also causes convulsions, anxiety, paranoia, and aggressiveness. Its use can result in death.

MUSHROOMS

Mushrooms are hallucinogens that cause different levels of effects on the user. Mushrooms cause hallucinations, disorientation, confusion, and aggression.

OPIOID

Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl and pain relievers available by prescription such as oxycodone, hydrocodone codeine, morphine and many others. Opioids can be very addictive. Prescription opioids should only be used under the careful watch of a doctor.

OXYCONTIN®

Oxycontin® is a prescription narcotic used as a painkiller. It contains oxycodone and, taken without a prescription, can be very dangerous. Often used as a substitute for heroin, it causes nausea, confusion, breathing difficulty, and possibly loss of consciousness and coma.

PCP

PCP is a hallucinogen which is very dangerous. It has similar effects as LSD. PCP causes illusions, hallucinations, blurred vision, convulsions, and more plus can cause effects that imitate schizophrenia. It is also known for its bad trips.

ROHYPNOL

Rohypnol is a powerful sedative. It was once a common “date rape” drug but GHB seems to be more widely used now. It can cause drunk like symptoms, blackouts, memory loss, disorientation, nausea, lack of motor coordination, and speaking difficulty.

STEROIDS

Steroids are drugs used by athletes and others as a performance enhancer by promoting muscle growth. Its use causes premature baldness, mood swings, paranoia, nausea, vomiting, and joint aches. The risk of developing heart problems and some cancers is increased.

TOBACCO

Nicotine, the main drug in tobacco, is one of the most used drugs in the United States. Nicotine is highly addictive. It is both a stimulant and sedative. Cigarette smoke has dozen of gases (mainly carbon monoxide) and tar. Tar exposes users to higher rates of lung cancer, emphysema, and bronchial disorders. Carbon monoxide increases the chance of cardiovascular diseases. The Environmental Protection Agency has concluded that secondhand smoke causes lung cancer in adults. It also greatly increases the risk of sudden infant death and respiratory illnesses in children.