



Alcohol & Other Drugs

6th grade

Lesson 4

Inhalants, Marijuana, OTC, and Heroin

Central Bucks School District

Objectives

- Students will identify the effects of inhalants, marijuana, heroin, and OTC (Over The Counter) drug use on the brain and other body systems.
- Students will identify appropriate sources for information about the effects of inhalant, marijuana, heroin, or OTC drugs.



Influences and Pressures

- Influence can be defined as the capacity or power of persons or things to be a compelling force on or produce effects on the actions, behavior, opinions, etc., of others.
- How can one be influenced to try drugs?
- How can someone be pressured to try drugs?

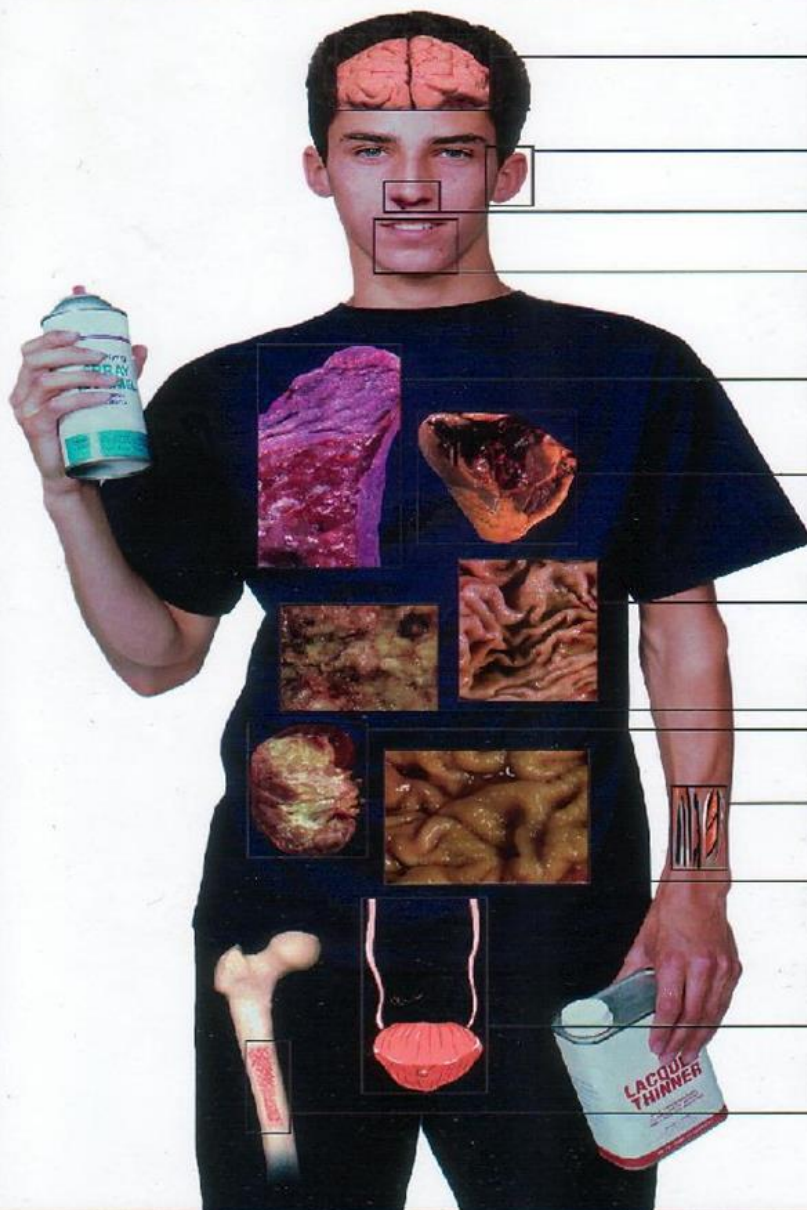


Inhalants

- **Inhalants:** chemicals that are sometimes inhaled to produce a “high.”
- Over 1,000 household and chemical products are possible inhalants: glue, spray paint, rubber cement, nitrous oxide, bleach



INHALANTS



HARMFUL EFFECTS

**PERMANENT
BRAIN DAMAGE
MEMORY LOSS**

**HEARING
LOSS**

**NOSE BLEEDS
LOSS OF SMELL**

**SLURRED
SPEECH**

**SUFFOCATION
SUDDEN DEATH**

**IRREGULAR
HEART BEAT
HEART ATTACK
AND DEATH**

**NAUSEA AND
VOMITING**

**LIVER
DAMAGE**

**KIDNEY
DAMAGE**

**MUSCLE WEAKNESS
AND CRAMPING**

**ABDOMINAL
PAIN**

**INVOLUNTARY
PASSING OF
URINE & FECES**

**BONE MARROW
DEPRESSION**



Marijuana



- Marijuana is a greenish-gray mixture of the dried, shredded leaves, stems, seeds, and flowers of *Cannabis sativa*—the hemp plant that are smoked for a “high.”

Effects on the body:

- effects memory and coordination
- long-term use may cause lung disease/cancer

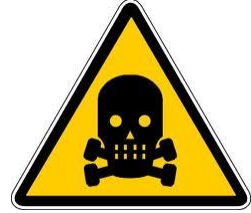
Over the Counter Drugs (OTC)



- Over-the-counter (OTC) medicines are drugs you can buy without a prescription. Some OTC medicines relieve aches, pains, and itches.
- OTC drugs are abused when they are not taken exactly as prescribed and for the purpose intended.



Over the Counter Drugs (OTC)



- Effects on the body:
 - Both liquid cough syrups and the tablet or capsule forms of medicine that contain DXM can distort your visual perceptions and damage your sense of judgment. High doses can lead to loss of coordination, dizziness, nausea, hot flashes, and hallucinations.
 - With diet pills, it sometimes starts by trying just a few, but then can quickly turn into a full addiction. Ephedrine is one of the dangerous stimulants that can be found in diet pills. But even herbal or "natural" weight-loss products can often contain this and other ingredients that are just as dangerous.
 - Among the many possible side effects of diet pills are hair loss, insomnia, urinary tract infections, diarrhea, vomiting, blurred vision and anxiety.

Heroin

- Heroin is an addictive drug that is processed from morphine and usually appears as a white or brown powder or as a black, sticky substance. It is injected, snorted, or smoked.



Heroin



Effects on the body

- Slows central nervous system
- Induces high by releasing endorphins (hormones that block pain and anxiety)

Risks

- Can cause vomiting, respiratory failure, and pneumonia
- Chronic users may develop collapsed veins, heart infections, and liver disease
- Sharing needles to inject heroin increases risk of contracting HIV, Hepatitis B and C, and other infectious diseases





Reflection

- How could drug use affect your daily routines?
- What kind of health concerns do you feel drugs can create?



Assessment



- Research the effects of inhalants, marijuana, heroin, or OTC drugs.
 - In small groups, locate on the internet or elsewhere, information about how the brain is affected by inhalant, marijuana, heroin, or OTC drug use. You should also research inhalant, marijuana, heroin, or OTC and the risks of their use.
- Use the information you find as a basis for a ten-line “rap”, poem, or song about the effects of inhalant, marijuana, heroin, or OTC drugs on the brain or body.

Time to Share

- Share your “rap”, poem, or song to the class to share your research findings.



Valuable Websites

- www.abovetheinfluence.com
- www.drugabuse.gov
- www.kidshealth.org
- www.cdc.gov

