

Activity 9

Harmful Substances

The use of alcohol, cigarettes, and illegal drugs is extremely dangerous. The physical effects of using these substances can be severe or even fatal.

Directions: The chart below describes many of the serious effects certain drugs have on the body. Use information from the chart to answer the questions on the next page.

Substance	Examples	Physical Effects and Related Problems
Alcohol	Beer, wine, whiskey	Nausea, vomiting, unconsciousness, coma, heart failure, brain damage
Cannabis	Marijuana, hashish	Hallucinations, loss of short-term memory, delayed sexual development, lung cancer, heart disease
Nicotine	Cigarettes, cigars, chewing tobacco	Addiction, lung cancer, dental disease, heart attack, impaired healing processes, respiratory disease
Cocaine	Powdered cocaine, crack	Anxiety, depression, addiction, damaged nostrils, brain seizures, heart failure, respiratory failure, AIDS, other infections from unsterilized needles
Narcotics	Opium, heroin	Addiction, tremors, nausea, diarrhea, sleeplessness, panic, respiratory failure, AIDS, other infections from unsterilized needles
Hallucinogens	LSD, PCP, mescaline	Nausea, delusions, memory loss, seizures, flashbacks, permanent brain damage, heart damage
Inhalants	Aerosols, glue	Confusion, dizziness, hallucinations, permanent brain damage, heart failure, respiratory failure
Over-the-counter medications	Cough and cold medicines	Confusion, blurred vision, slurred speech, dizziness, nausea, vomiting, life-threatening seizures, hallucinations

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Activity 9 *continued*

1. What are the harmful effects of using alcohol? _____

2. What are three harmful effects of using cocaine or crack? _____

3. What are the harmful effects of using more than the recommended dosage of over-the-counter cough and cold medicines?

4. Which substances can cause heart failure, damage, or disease? _____

5. Which substances cause lung cancer? _____

6. Which substances can cause damage to the brain? _____

7. Why do you think people who know about these dangers still use drugs? _____

8. What can you do to avoid harmful substances? _____

