**Unit 4 Study Guide**

**Alcohol, Tobacco and Other Drugs (Chapters 19-22)**

A **drug** is (definition p. 524)… \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1** |  |  |  |  |  |  | **2** |  | **3** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | **4** |  |  |  |  |  |  |  |  |
| **5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | **6** |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **7** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | **8** |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | **9** |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **10** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |
| --- |
|  |

**ACROSS**

1. When an individual is fully awake while taking a substance but doesn't remember
3. The \_\_\_\_\_\_\_ of an alcoholic drink is a measure of the percentage of alcohol in the beverage
4. When the body goes into coma, heart attack or shuts down from substance use
5. Chemical in alcohol that causes intoxication
6. The unwanted after affects of drinking or substance use
7. Stepping in to help someone with a substance abuse problem
9. Dependant on alcohol
10. BAC for person under 21 (2 words)

**DOWN**

1. Drinking a lot in a short amount of time (2 words)
2. Mind altering chemical in marijuana
3. Avoiding negative behaviors to stop something from happening
8. Group of birth defects caused by the effects of alcohol on the unborn child

**Word Bank: FAS, BLACKOUT, PREVENTION, INTERVENTION, OVERDOSE, THC, BINGE-DRINKING, ZERO TOLERANCE, ALCOHOLISM, ETHANOL, PROOF, HANGOVER**

**Match the term to the definition** (p. 450 – 451):

Dependence (p. 594) a) A group of symptoms that occur when a dependent person stops taking a drug

Tolerance (p 529) b) When the body develops a resistance to a drug to function normally

Withdrawal (p 529) c) Dependence on a drug

Addiction (p.582) d) When the body is accustomed to or builds up a resistance to a drug

Give an example of a healthy **refusal skill** (statement) to avoid drugs and alcohol (p. 611-612 & 571-577 & 202-204)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Give 3 effects **tobacco** has (p. 546).

1.
2.
3.

With each puff on a cigarette, cigar, or pipe, a smoker inhales over \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ different chemicals (pg. 697).

* **Medicines** are \_\_\_\_\_\_\_\_\_\_\_\_ drugs that help the body fight \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_ (p.524 ).
* **Over-the-counter drugs** may be purchased legally in pharmacies and other stores that sell medicines \_\_\_\_\_\_\_\_\_\_\_\_\_ a physician’s prescription (p. 531).
* **Prescription drugs** must be obtained through a written \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from a physician (p.531).

**Signs of Drug Abuse** (notes from class)

|  |
| --- |
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |

The test will include the following:

* Multiple choice questions
* Application questions that require reading a scenario/story and answering questions following
* Performance Event

***The following Practice Test includes questions similar to those that will be asked on the test.***

***Good Luck Studying!***

**Practice Unit 4 Test**

**Provide 3 examples of the following: Make sure that they are just one category and not two.**

1. Depressant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Stimulant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Hallucinogen: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Narcotic/Opiate:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Match the term on the left to the definition on the right:**

5. Depressant a) Drugs that are only available by prescription & relieve pain

6. Stimulant b) Drugs that alter thought, moods and perception

7. Hallucinogen c) Drugs that tend to slow down the central nervous system

8. Narcotic d) Drugs that tend to speed up the central nervous system

9. The following guidelines are used for what?

* *Keep medicine in the original container*
* *Store medicines in a safe place where children can't reach*
* *Never disable child resistant cap*
* *Flush any unused or expired medicines*
* *Never use another individual's unused medicines*

 a) Guidelines for helping a friend in need or a sick friend

 b) Guidelines for a not being a drug addict

 c) Guidelines for safe medicine use

 d) Guidelines for a drug free life

**Story:** Tommy was an honor roll student in middle school and his first couple years of high school. He is now a junior at Maple Valley High School. He is an athlete on the basketball team and was all conference for the varsity squad last year. He had a great group of friends that supported each other. Lately, he has withdrawn from those friends, has been fighting with his parents, has skipped basketball practice twice and has a new friend Matt who has a known reputation of being a “druggy.” He also skipped school with Matt. His math teacher, Mrs. Johnson, noticed him sleeping in her class several times and he looked very tired and not like his normal self lately.

10. Based upon this scenario, what can we assume about Tommy?

 a) He is depressed and is suicidal

 b) He could be experimenting with drugs and alcohol

 c) He is being bullied by the girls on the soccer team

 d) Nothing, this is normal behavior for a junior in high school

11. How did you come up with your conclusion for #10?

1. Depressed
2. Sleeping in class
3. He’s in math class
4. Change of/withdrawn from friends
5. Bothe B and D
6. None of these are correct

12. Your friend since 2nd grade has been experimenting with drugs and alcohol lately. What should a caring

 friend do?

 a) Nothing

 b) Intervene by telling a trusted adult

 c) Yell at them reminding them that they are a loser

13. Why do females become intoxicated faster and stay that way longer than do males of comparable size?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_