

The background features a faded, light blue illustration of a syringe on the left and the word "Drugs" written in a large, elegant cursive font across the center. The overall color scheme is a gradient of blue tones.

Zipporah Bell and Hayden Daugherty

# Drugs

# What are drugs?

- A drug is something that affects your body by interfering with the brain's neurotransmitters, producing psychoactive effect.
- Not all drugs are illegal.
- Drugs like cannabis, ecstasy and cocaine are illegal
  - Other drugs include speed, heroin, LSD, and magic mushrooms
- Many are legal, such as alcohol, headache tablets, cigarettes and glue (inhalants)

# 2 Main Legal Drugs

Alcohol  
Tobacco



# ohol

## Heavy Alcohol Use Higher in College Students than Non-College Peers

### HEAVY DRINKING

5 or more drinks in a row



Past 2 Weeks

### INTOXICATION

Having been drunk



Past Month



College Student Group



Non-College Group

- #1 cause of preventable death among college students
- Students are more likely to drink recklessly
- Peer pressure
- Drinking culture on campus

# Safe Drinking Habits/ Preventative Measures

- CHOOSE
  - Choose when to drink and when not to drink. Remember, you don't have to drink at all events, and the legal drinking age is 21
- EAT
  - Be sure to eat a full meal before you start drinking
- DESIGNATE
  - Designate a driver
  - Don't get in the car with someone who has been drinking

# Safe Drinking Habits/ Preventative Measures

- HYDRATE
  - Drink water before you start consuming alcohol
  - Drink a nonalcoholic beverage between each alcoholic beverage
- TRACK
  - Track how many drinks you have had
  - Track how long you have been drinking
- PACE
  - Pace yourself as you drink
  - Try to space out your drinks to no more than one per hour

# Alcohol Abuse

## Treatment Options

- Brief interventions
  - Alcohol Skills Training Program; Brief Alcohol Screening and Intervention for College Students (BASICS); AlcoholEdu
- Inpatient and outpatient treatment
  - Residential facilities
    - Detoxification and withdrawal
    - Medications
    - Counseling
- Self-help programs
  - Support groups (AA, Al-Anon, Alateen, Adult Children of Alcoholics, others)



# Short Videos on Alcohol

- <https://www.youtube.com/watch?v=zGhtdov6mQo>
- <https://www.youtube.com/watch?v=y2DoHg8eX34>



# Tobacco Use In U.S.

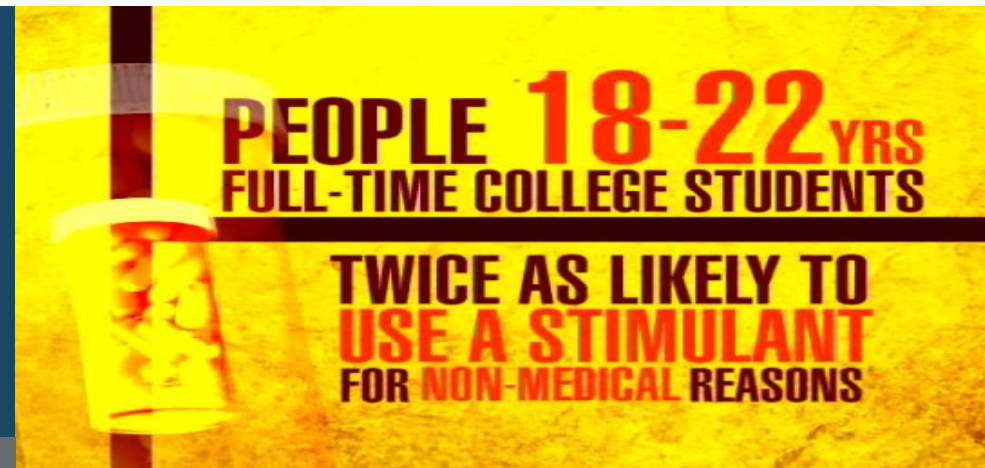
- College smoking trending upwards
  - 30% full time students
  - 42% part time students smoke
- Rates of smoking in the general population
  - Men- 23%
  - Women- 18%
- Direct relationship to drinking and smoking cigarettes



# Tobacco and Social Issues

- Single most preventable cause of death
- 438,000 deaths per year
- 50x that of illegal drug death
- Teen smokers = 27.5% of all smokers

# Prescription Drugs



**DRUGS ABUSED IN COLLEGE**

Ritalin, Adderall, Concerta)  
S/Sleeping pills (Xanax, Valium, Ambien)  
OxyContin, Oxycodone, Vicodin)

- Improve concentration
- Reduce stress
- Diet
- Be a better athlete
- Ignore problems
- Get high

**1 in 3** college students use stimulants that aren't prescribed to them to stay up late and study.

**90%** of students can get stimulants from their peers or friends.

**54%** of undergrads with stimulant prescriptions have been asked to sell, trade or give away their medication.

**90%** **3x**

Many college students believe that prescription drugs are safe and even believing they're safer than illegal drugs they are only if they're taken the right way. The danger comes when those drugs are abused.

90% - binge drink  
3x more likely to  
with weed

# Prescription Drugs Continued

## Four Major Kinds:

1. **Opioids** - used for pain relief
2. **CNS Depressants (sedatives/tranquilizers)** - for anxiety and or sleep disorders, tolerance is a problem
3. **Stimulants**— for diet control and asthma, also to stay awake and pay attention
4. **Anabolic Steroids** - Legally used to treat victims of testicular cancer, male pituitary malfunctions, and to build up muscle tissue after surgery Illegal usage primarily by males seeking to increase strength and musculature

# Illegal Drugs



1 IN 5

College students (between 18-22)  
use illegal drugs regularly.

25%

OF MALE  
COLLEGE  
STUDENTS  
ARE DRUG  
USERS

The use of hard drugs  
among college students has

**DOUBLED**

in the last 10 years.

Opioid use among  
college students has

**TRIPLED**

since the 1990s.

Abuse of tranquilizers has

**QUADRUPLED**

in the past two decades.

- 5 Most Common:
1. Marijuana
  2. Ecstasy
  3. Heroin
  4. Cocaine
  5. Methamphetamine (Meth)

# Illegal Drugs Continued

- Weed produces pleasant high but the chronic use leads to lethargy, lung infections, and cancer.
- Ecstasy (MDMA, designer drug) gives pleasant high for several hours while leading to obsessive behavior, increased anxiety, paranoia and sleep problems
- Heroin – highly addictive, HIV risk (shared needles), and users develop tolerance which pushes them to use more heroin to get the desired effect.

## Cocaine

- Powder is snorted
- Crack is smoked
- Euphoria
- Sudden cardiac arrest followed by death is a possible case



## Meth

It is easily "cooked" and produces euphoria, alertness, activity, and appetite. It leads to binges, crazy behavior, becomes very paranoia, and rage with violent behavior.



# CollegeHumor: Roast of Weed

- [https://www.youtube.com/watch?v=HP\\_aGGgR4Vs](https://www.youtube.com/watch?v=HP_aGGgR4Vs)



# Works Cited

- [www.google.com/images](http://www.google.com/images)
- [www.youtube.com](http://www.youtube.com)

Some information from Dr. Kardas' Drugs page