

9th Grade Health

Description of Course:

The topics covered in this course will provide students with the skills necessary to:

- Manage their life in effective ways
- Promote positive health behaviors
- Enhance the quality of life

Health Topics:

Mental Health	~1.5 weeks
Drug Education	~2.5 weeks
Sex Education	~2.5 weeks
AIDS	~ 2 weeks

8.5 weeks

*Notebook + Folder
5 in Binder Health w/ papers + folder*

Your **GRADE** will be based on the following:

- Participation/Effort/Behavior
- You will be given anywhere from 0-2 points/day
(Counts as a **MAJOR** portion of your grade!)
- Quizzes/Tests
- Group Assignments/Projects
- Individual Reports/Homework

****IF YOU ARE ABSENT FOR A CLASS YOU MUST SEE ME AS SOON AS POSSIBLE TO RECEIVE ANY WORK MISSED. ALL TESTS/QUIZZES MUST BE MADE UP IF YOU ARE ABSENT.**

RULES:

- **** #1: RESPECT:** to the teacher and classmates
- Raise your hand when you want to speak
- **ALWAYS** come prepared for class: **BRING** your **notebooks and folders** with you to **EVERY CLASS!!**
- Bathroom/Lockers: **GO BEFORE CLASS!!**
- **ALL** assignments **MUST** be turned in on time to receive **FULL CREDIT!**
- Class starts as soon as the bell ring so please be in you seat and ready to start!!
- Lateness: **BE SMART** and get to class **ON TIME!!** Every late will be 1 point deducted from your grade!! No warnings!

COAT OF ARMS PROJECT

- You will design a "coat of arms" shield representing the different areas of your life:
 - Something I Hope to Do Someday
 - People In My Life That Mean A Lot To Me
 - Something I Want to Change About Myself
 - Things I Fear
 - Something that Makes Me Uncomfortable
 - Things I Enjoy Doing
- You may design the shield in any way you choose to, BUT it **MUST** be:
 - **ON POSTERBOARD** and
 - **EACH** area represented must be labeled !
(the different areas are shown on the shield)
- Use pictures, drawings, cut out words or pictures from magazines, etc.-**BE CREATIVE!!**
- Remember this project is representing YOU-make it as fun & interesting as you can!!

Due Date: ^{Wed} 2/8/06

Can do other designs
Sentences + pictures
~ 24" x 24" min size

Name _____

Date _____

PERSONAL COAT OF ARMS (SM-79)

DIRECTIONS: In each section of the Personal Coat of Arms, draw or cut out pictures that apply to each area of your life mentioned.

Something I Hope to Do Someday

Things I Fear

People in My Life That Mean A Lot to Me

Something That Makes Me Uncomfortable

Something I Want to Change About Myself

Things I Enjoy Doing

Handwritten notes on the left:

- 2
- 3
- wine
- Diff sizes
- Colors or background
- or shapes
- Base 60° each

Can do other design

Sentences + pictures

24 x 24 in min size

Mental Health

Michael Plasmeier

2/2/06

Mental health:

- feeling good about oneself
- feeling good about your relationships w/ others
- being able to meet the demands of life

Self-esteem: how you feel + think about yourself

Influences - positive/negative feedback

- messages from others that tell how they feel about you

2/6/06

Emotions

Influence everything we do

your thinking, your relationships w/ other people, your behavior and success or failure at accomplishing a task

Hormones

- causes growth + changes to occur within our body
- ↑ + ↓ emotions during adolescents years

Handling emotions

- learn to recognize your emotions
 - dealing w/ emotions in a positive way
- are the 2 best skills to have to improve one's mental health

Mr. Fort H. H. H.

1. The first part of the report is a general statement of the work done during the year. It is a summary of the work done during the year and is not a detailed report of the work done during the year.

2. The second part of the report is a detailed report of the work done during the year. It is a detailed report of the work done during the year and is not a summary of the work done during the year.

3. The third part of the report is a detailed report of the work done during the year. It is a detailed report of the work done during the year and is not a summary of the work done during the year.

4. The fourth part of the report is a detailed report of the work done during the year. It is a detailed report of the work done during the year and is not a summary of the work done during the year.

5. The fifth part of the report is a detailed report of the work done during the year. It is a detailed report of the work done during the year and is not a summary of the work done during the year.

5:1 What Is Mental Health?

The National Association for Mental Health defines mental health as (1) being comfortable with yourself, (2) feeling good about your relationships with others, and (3) being able to meet the demands of life. This definition might also include being able to express emotions in healthful ways and being able to cope successfully with circumstances in your daily life.

The association also has a list of 27 characteristics that describe a person who has positive mental health (Table 5-1).

Table 5-1 Characteristics of Positive Mental Health

- Woken
1. I feel comfortable with myself.
 2. I am not overwhelmed by my emotions—fear, anger, love, jealousy, guilt, or worry.
 3. I can take life's disappointments.
 4. I have a tolerant, easygoing attitude toward myself and others; I can laugh at myself.
 5. I neither underestimate nor overestimate my abilities.
 6. I can accept my shortcomings.
 7. I have self-respect.
 8. I feel able to deal with most situations that come my way.
 9. I get satisfaction from simple, everyday pleasures.
 10. I feel good about my relationships with other people.
 11. I am able to give love and to consider the interests of others.
 12. I have personal relationships that are satisfying and lasting.
 13. I like and trust others and expect that others will like and trust me.
 14. I respect differences I find in people.
 15. I do not push people around, or allow myself to be pushed around.
 16. I feel that I am part of a group.
 17. I feel a sense of responsibility to my neighbors and other persons with whom I come in contact.
 18. I am able to meet the demands of my life.
 19. I do something about my problems as they arise.
 20. I accept my responsibilities.
 21. I shape my environment whenever possible; I adjust to it whenever necessary.
 22. I plan ahead but do not fear the future.
 23. I welcome new experiences and new ideas.
 24. I make use of my natural capacities.
 25. I set realistic goals for myself.
 26. I am able to think for myself and make my own decisions.
 27. I put my best effort into what I do and get satisfaction out of doing it.

25 Word Essay

Use the following words to create a story:

- 1) emotions ✓
- 2) fear ✓
- 3) anger ✓
- 4) healthy ✓
- 5) relationships ✓
- 6) friends ✓
- 7) family ✓
- 8) stress ✓
- 9) self-esteem ✓
- 10) negative ✓
- 11) happy ✓
- 12) unhealthy ✓
- 13) responsible ✓
- 14) respect ✓
- 15) personality ✓
- 16) positive ✓
- 17) decisions ✓
- 18) depressed ✓
- 19) goals ✓
- 20) communicate ✓
- 21) change ✓
- 22) life ✓
- 23) problems ✓
- 24) attitude ✓
- 25) worry ✓

Mental Health

25/25

Michael Plasmeier

25 Words Story

2/2/06

Joe was ^{once} a healthy kid, however he was ^{now} not happy. He had problems in his life. He was always worrying about his family and his friends. His relationships were going down-hill. people were not respecting him. He was one stressed out kid.

The problem was that Joe was depressed. Nothing seemed to light up his face any more. He had a negative self-esteem. He felt as if he was not worth anything. He feared going to school each day. He yelled at his teachers and became angry at them. He could not control his emotions when he communicated with them. They thought he had a attitude problem, so they sent him to the office. The principal recommended counseling and sent Joe away.

He became unhealthy and quit his sport.

Joe began to visit the school counselor after school who told Joe to set goals and make positive decisions. Joe's personality began to change. He was happy again. He re-joined his sports team and made more friends. Joe's teachers now thought that Joe was responsible and he did his homework and began to get good grades. Joe has changed.

25/12/20

2/1/21

was an old, heavily worn, and very noisy car. It was a 1960s Ford, and it was in a very poor state of repair. The engine was very noisy, and the car was very slow. It was a very old car, and it was in a very poor state of repair. The engine was very noisy, and the car was very slow. It was a very old car, and it was in a very poor state of repair.

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Stress

2/8

Q1.

How do you feel when you are stressed?

- tired, overloaded, must get things done now
anxious, nervous

- others

What happens to your body physically when you are stressed?

- ~~get sick~~ exhausted, tired
muscles tense, feel hot, don't do anything
butterflies in stomach, headaches, shaking, hands sweat

What do you do to relax or de-stress?

- Make a sch-plan things out so don't feel overworked, sleep or nap, listen to music, focus on something else, write, drink tea

What is stress?

your body + mind's reactions to everyday demands

Types of stress

- eustress - healthy stress - ex. before a game
- distress - unhealthy stress

- a certain amt. of stress is necessary for life

Stressors

- any stimulus that produces a stress response
- can be people, objects, places, events

Things Causing No stress

school

Family

catching up on TV, podcasts, books

Further edu

friends

Moving towards GF

after school activities must go to

worried about talking meeting people

" " new class

The Stress Response:

Nerve Centers in the

HYPOTHALAMUS activate the



PITUITARY GLAND

- Secretes hormone that stimulates the



ADRENAL GLANDS

- Produce & Secrete



ADRENALINE ("emergency hormone")



Causes "Fight or Flight" Response



Body is Now STRESSED!

Things on next page —
happens

What Happens to the Body When It Is Stressed?

PUPILS:

- Dilate

THROAT:

- Throat muscles contract ("lump")

HEART:

- Beats faster
- Speeds up activity—providing more blood for the brain and muscles

LUNGS:

- Breathing becomes faster and deeper to provide more oxygen to the body
- Air passages increase as saliva and mucus dry up

SKIN:

- Perspiration increases (sweat)

MUSCLES:

- Tense and tighten

LIVER & KIDNEYS:

- Constrict

DIGESTIVE ORGANS: + stomach

- Slow down to conserve energy + tighten

ADRENAL GLANDS

- Secrete the hormone, adrenaline to prepare for "fight or flight"

Stress Causes ... (Long term Effects)

2/10

contributing factor in many health related problems

- cardiovascular (heart) disease
- hypertension - (high blood pressure)
- asthma
- ulcers in stomach
- Fatigue (exhausted) *
- colitis (bathroom problems)
- migraine headaches

Others

- not thing clearly
- higher chance for accidents/injuries
- more risk taken
- relationships suffer (EBA withdrawn)

2/10/2020
S. J. (S. J. J.)
(S. J. J.)

1. The first part of the paper is a review of the literature.

2. The second part of the paper is a description of the methodology.

3. The third part of the paper is a discussion of the results.

4. The fourth part of the paper is a conclusion.

5. The fifth part of the paper is a list of references.

6. The sixth part of the paper is a list of figures.

7. The seventh part of the paper is a list of tables.

8. The eighth part of the paper is a list of appendices.

9. The ninth part of the paper is a list of acknowledgements.

10. The tenth part of the paper is a list of footnotes.

11. The eleventh part of the paper is a list of references.

STRESS & ILLNESS* (SM-29)

DIRECTIONS: Check each event that you've experienced over the past year. Each event represents a change in a person's life. Whether it is a positive or negative change, it may threaten one's sense of security. Next to each event is a number representing the "stress points" that the event is worth. After you have checked the list, add the stress point values and refer to the **SCORING FOR STRESS & ILLNESS** worksheet to interpret your score.

_____	1. Being pregnant and unwed	92
_____	2. Death of a parent	87
_____	3. Death of a sister or brother	85
_____	4. Death of a friend	83
_____	5. Divorce or separation of parents	77
_____	6. Becoming an unwed father	77
_____	7. Becoming involved with alcohol or other drugs	76
_____	8. Family member's alcohol or other drug problem	75
_____	9. Having a parent go to jail for a year or more	75
_____	10. Having a change in acceptance by peers	67
_____	11. Discovering that you are adopted	64
_____	12. Loss or death of a pet	63
_____	13. Having a parent remarry	63
_____	14. Having a visible deformity	62
_____	15. Having a serious illness that requires hospitalization	58
✓	16. Going to a new school	56
_____	17. Moving to a new home	55
_____	18. Failing a grade in school	55
_____	19. Not making a team or extracurricular activity	54
_____	20. Having a parent become seriously ill	54
✓	21. Beginning to date	51
_____	22. Being suspended from school	50
_____	23. Having a newborn brother or sister	50
✓	24. Arguing more with parents	47
✓	25. Having an outstanding personal achievement	46
✓	26. Parents arguing more	46
_____	27. Having a parent lose his or her job	46
_____	28. A change in parents' financial status	45
_____	29. Being accepted to college	43
_____	30. Having a brother or sister leave home	37
_____	31. Death of a grandparent	36
_____	32. Having a grandparent move in	33
_____	33. Marriage of a brother or sister	30

*Adapted from *HEALTH Choosing Wellness*, Second Edition, P. 49, © 1992 by Prentice Hall, Inc. Used by permission.

Name _____

Date _____

SCORING FOR STRESS & ILLNESS (SM-30)

What your score means:

- 150 and below: You have experienced little stress.
151-300: You have experienced moderate life change.
Over 300: Your life has changed greatly. According to experts you have a 50% greater chance of illness.

189 though I
fudged a bit
+56 New School

ANSWER THE FOLLOWING QUESTIONS:

1. Into which category does your score place you?

Moderate Life changes

2. Are you satisfied or dissatisfied with your score?

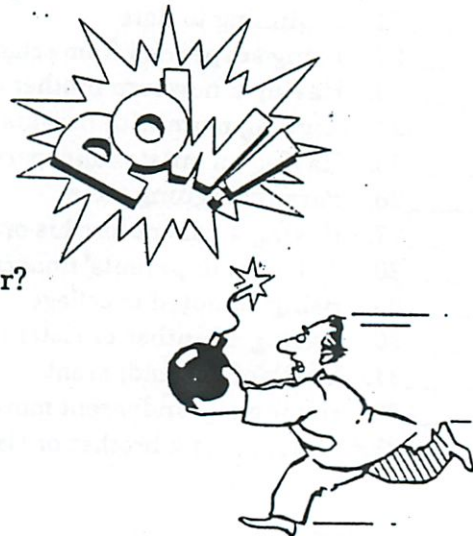
dissatisfied

3. In a paragraph, explain the kind of year you've had.

I think I checked some things off that were not really true. This year seems no different then previous other then highschool and trying to expand my friends

4. What could you do, if anything, to have a better year?

Nothing



Stress Management

2/10

influence the way we cope w/ stress

Personality Types

Type A - rushed, time-oriented, organized, perfectionist

- when something goes wrong, they flip out

Type B - more flexible, laid-back

- when something goes wrong, they deal or don't do anything

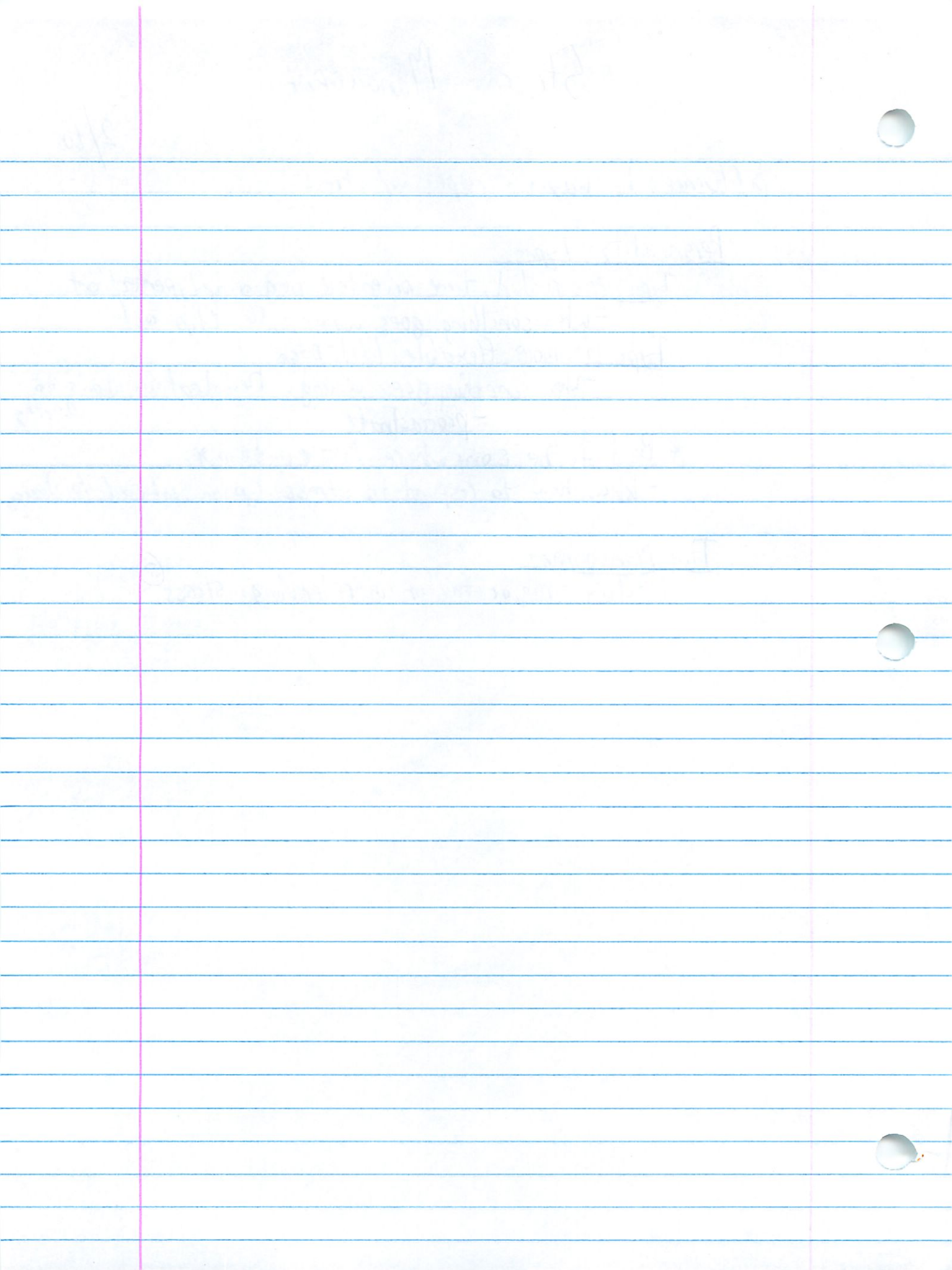
- procrastinate

* Best to be somewhere in the middle *

- know how to respond to stress + plan ahead to decrease it

Time Management

- time - major factor in relieving stress ⑥



My Stress Management Plan

15/18

2/10

- What is my biggest stressor is now?
School
- Why?
Just the biggest thing so far. Not really all that stressed about it. I just had to pick something and I felt that it was the biggest.
- How have you been dealing w/ it?
 - Just go with the flow, try not to think too much about too much (this paper isn't helping) I just plan my day to best through it and try not to dwell on it.
- Do you have control over this stressor?
No but I have control over how I think about or dwell on it. I just go on day after day and try not to feel too tired.
OK - keep organized & just stay focused.

12/12

OK - keep everything in just stuff

MENTAL HEALTH PAMPHLET

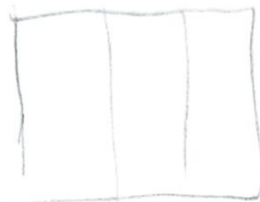
Working with a partner, you will design a pamphlet that advocates/advertises for Mental Health:

- **Your target audience:** People who have poor mental health and are seeking ways to improve it!!
- **Your pamphlet must include the following:**
 - The differences between having good mental health vs. poor mental health (Characteristics of each)
 - Signs/Symptoms that one may be experiencing due to poor mental health
 - Offer ways that these people can improve their mental health ^{ways}
 - **BE CREATIVE:** Use any other ideas you feel would help ^{biggest section} someone improve their health!!

You will be graded on the following:

- All required information is included (15 points)
- Organization of Pamphlet (5 points)
- Creativity of Pamphlet Design and Information (5 points)
- Neatness (5 points)

TOTAL: 30 Point Project



Smiles
Smiley faces



Do you have
poor mental health?
Make yourself feel better...

How you can improve your mental health...

- Ut wisi enim aminim veniam quis nostrud exerci tation ullam
- Ret iusto odio nissim qui blandit praesent luptatum zril delenit augue dui dolore.
- Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nmy nibismod.
- Tincidunt ut laoreet dolore magna quam erat volutpat.
- Ut wisi enim ad minim veniam quis exerci tation corper suscipit lobortis.

154

GET YOUR PROBLEM SOLVED TODAY!



Change to non transparent

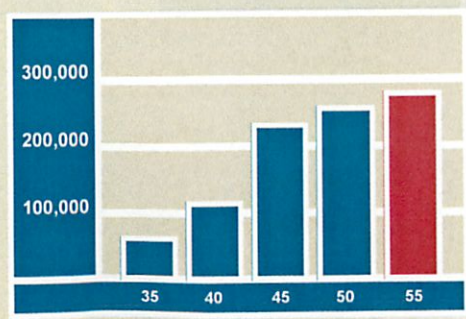


Health Matters

Michael Plasmeier

5432 Any Street West
Townsville, State 54321 USA
(543) 555-0150
(543) 555-0151 fax

FINANCIAL ANALYSIS CHART



replace picture

Layout

font

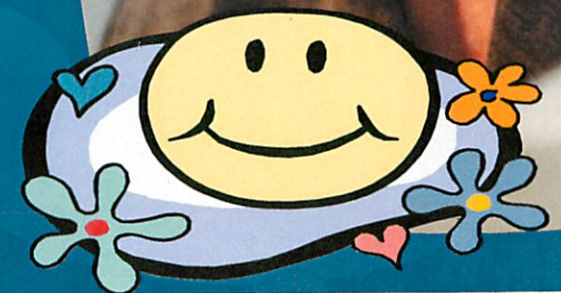


Health Matters

Do You Have Poor Mental Health?



Make yourself feel better TODAY!



Mental Health

- Self-esteem
- emotions
- hormones

- Stress
- feelings
- thoughts

- Asset Accumulation
- Estate Planning
- Asset Allocation

- Education Planning
- Income Taxes
- Disability

What is good mental health?

Good mental health is feeling good about yourself. It is feeling good about the relationships you have with people. It's having a positive attitude toward things. It's recognizing your emotions. It is also being able to meet the demands of life.

What is bad mental health?

Bad mental health is having a negative attitude toward things. It's when you don't feel comfortable with yourself. It's when you feel overwhelmed with emotions. It's when you don't respect yourself. It's when you are not able to meet the demands of life.

What mental health do you have?

Answer these questions to find out.

1.) Do you feel comfortable with yourself?

Yes No

2.) Can you laugh at yourself?

Yes No

3.) Do you feel satisfied with everyday pleasures?

Yes No

4.) You do something about your problems?

Yes No

5.) You can accept your short comings?

Yes No

6.) You don't freak out over the small thing?

Yes No

7.) You welcome change?

Yes No

8.) You have self respect?

Yes No



9.) You can deal with whatever comes your way?

Yes No

10.) You can meet the demand of life?

Yes No

If you said yes to most of these question you most likely have good mental

health. If you said no to most of these questions you most like have bad mental health.

Ut wisi enim ad minim veniam, quis exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo.

SECURING YOUR FUTURE

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Definitions

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Health Matters



How you can improve your mental health...

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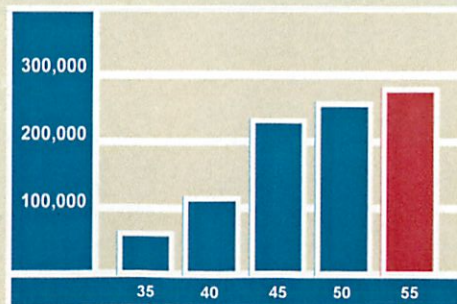
GET YOUR PROBLEM SOLVED TODAY!



Health Matters

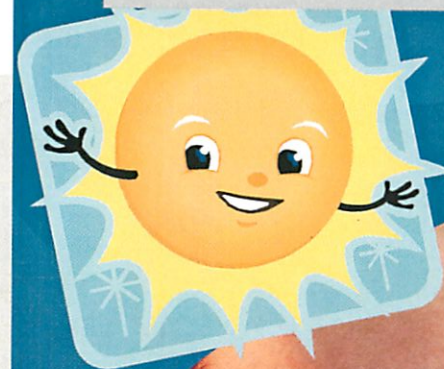
Michael Plasmeier
Jennifer Unger
Parminder Singe

FINANCIAL ANALYSIS CHART

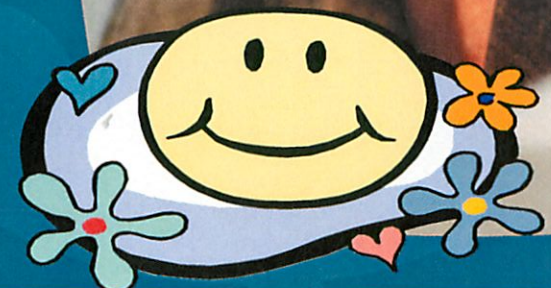


Health Matters

Do You Have Poor Mental Health?



Make yourself feel better TODAY!



Mental Health

- Self-esteem
- Emotions
- Hormones
- Stress
- Feelings
- Thoughts

WHAT IS GOOD MENTAL HEALTH?

Good mental health is feeling good about yourself. It is feeling good about the relationships you have with people. It's having a positive attitude toward things. It's recognizing your emotions. It is also being able to meet the demands of life.

WHAT IS BAD MENTAL HEALTH?

Bad mental health is having a negative attitude toward things. It's when you don't feel comfortable with yourself. It's when you feel overwhelmed with emotions. It's when you don't respect yourself. It's when you are not able to meet the demands of life.

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Yes No

10.) You can meet the demand of life?

Yes No

If you said yes to most of

these question you most likely have good mental health. If you said no to most of these questions you most like have bad mental health.



• Mental Health: feeling good about one's self, one's relationships with others and being able to meet the demands of life

• Self-esteem: how you think about yourself

• Emotions: what we feel about somebody or something

• Hormones: body chemicals that affect the way we think or grow

• Stress: your body and mind's reaction to everyday demands

• Stressors: a stimulus that causes stress, such as people, objects, places, or events



Health Matters

Depression + Suicide

2/14

Depression - feelings of sadness or hopelessness lasting more than a few weeks

- Interferes w/ daily activities/interest, ability to sleep, concentrate and/or perform effectively at school/work
- Can occur over a single big event or life in general

Suicide Warning Signs

- increased withdraw (from friends, families, activities)
- change in eating/sleeping habits
- talking or joking about suicide
- anxiety/agitation, poor coping response (fighting)
- beginning to use or increase use of drugs/alcohol
- feeling hopeless or paralyzed
- confused or unhappy about how you are as a person

Suicide Risk Factors

- depression
- previous suicide attempt
- situational stresses like failing/death
- social isolation
- substance use/abuse
- being bullied/abused (physical, mental, sexual)
- disciplinary crisis
- giving away possessions (that are imp. to ya)

2/1/2

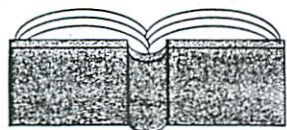
Depression

Following a diagnosis of depression, the patient was referred to a psychiatrist for further assessment and management. The patient was also referred to a psychologist for cognitive behavioural therapy (CBT) and to a social worker for support.

The patient was prescribed antidepressant medication and was advised to continue with this for a period of 6-8 weeks. The patient was also advised to engage in regular exercise and to maintain a healthy diet. The patient was also advised to avoid alcohol and to avoid taking any other medication without the approval of their doctor.

The patient was also advised to seek support from their family and friends. The patient was also advised to seek support from their GP. The patient was also advised to seek support from their local community. The patient was also advised to seek support from their local council.

WHAT ARE EATING DISORDERS?



STUDENT READING

In the United States, we often see messages that seem to say being thin is very important. Many of the dancers, actors and models we see on television, in movies and in advertising are thin, and many people think they want to look like them.

Trying too hard to be thin can lead to eating disorders, or problems around eating. Some dancers, actors and models have eating disorders. So do some jockeys and flight attendants. More women than men have eating disorders, but men are affected, too. Many young people have eating disorders.

Often people with eating disorders have low self-esteem. They may think: If I am thin, I will be happy, popular, successful and self-confident.

The most common eating disorders are *anorexia nervosa* (an-uh-reks'-e-uh ner-vo'-suh) and *bulimia* (byoo-le'-me-uh).

ANOREXIA NERVOSA

Anorexia means "a lack of appetite for food." People with *anorexia nervosa* feel fat even if they are very thin. They are very concerned about body size. They spend a lot of time thinking about eating, food, weight and body image.

They cut down the amount of food they eat and exercise a lot to lose weight. They may hide food or throw it away. Sometimes, people with *anorexia nervosa* also have *bulimia*. They may eat a lot and then make themselves throw up.

People with *anorexia nervosa* don't believe they have a problem with food or

eating. Sometimes, they have to be put in the hospital to keep them from starving to death. Some people with this eating disorder die.

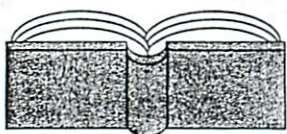
People with *anorexia nervosa* need help. They may need to talk to a counselor or a doctor. If you think someone you know has this problem, you should talk to an adult you trust about it. You could talk to the school nurse or counselor, your teacher or an adult family member.

Warning Signs of Anorexia Nervosa

These signs may mean that a person has *anorexia nervosa*:

- losing 25% of her or his body weight for no known reason
- eating less and less food
- not feeling hungry
- worrying a lot about foods that have fat and not eating them
- exercising for a long time, even when feeling very tired and weak
- feeling very afraid of gaining weight
- handling food in strange ways

(continued...)



WHAT ARE EATING DISORDERS?

CONTINUED

BULIMIA

Bulimia is an eating disorder that involves bingeing and purging. *Bingeing* means eating a lot of food in a short time. *Purging* means trying to get rid of the food by vomiting or using laxatives or diuretics (water pills).

People with bulimia may feel they are out of control when they are bingeing. They often buy food that is sweet and high in Calories, such as ice cream, to eat during a binge. They try to keep the bingeing a secret.

A binge usually ends when the eater's stomach starts to hurt. After a binge, people with bulimia may make themselves vomit to get rid of the food. They may also use laxatives or diuretics to try to keep their weight down. They may feel very depressed after a binge.

Most people with bulimia weigh close to a normal weight. But they are very worried about their body shape and weight. They may try many other ways to keep their weight down. They may go on strict diets or do lots of exercise.

Vomiting can harm teeth. It can cause chemical imbalances in the body. It can also cause people to be dehydrated, or to lack water in the body. These problems can even cause death.

Warning Signs of Bulimia

These signs may mean that a person has bulimia:

- worrying about weight
- using vomiting, laxatives or diuretics to lose weight
- bingeing or fasting
- being secretive about binges and vomiting
- eating a lot of food that's high in Calories
- feeling depressed

Mental Health Study Review

Name: Michael Plösch

1. What the 2 most important characteristics leading to GOOD mental health?

learn to recognize your emotions + deal w/ them in a positive way

2. How do hormones affect our emotions? (especially in the teen years)

Yes, hormones are chemicals that cause certain actions to happen

3. Name and define the 2 types of stress.

+ control emotions
Eustress - good stress
Distress - bad stress

4. What is self-esteem? What can influence one's self-esteem?

how you feel about yourself
pos-neg feedback
messages from others about how they feel about us

5. How does stress affect the following:

Skin

perspiration increases

Stomach

slow down + tighten

Throat

muscles contract (lump)

Eyes

pupils dilate

Liver/Kidneys

constrict

Muscles

tighter + tense

Heart

beats faster to give more blood

Lungs

breathing = faster

Adrenal glands

secrete adrenaline

6. What types of health problems can result from being stressed over a long period of time?

Cardiovascular disease fatigue
hypertension colitis
asthma migraines
ulcers in stomach

7. List 4 ways people can manage or relieve their stress.

relax listen to music
make a schedule journal
talk to someone
Sleep (power nap)

8. Name 1-2 characteristics that describe each eating disorder:

- Anorexia

don't eat, think you are fat

- Bulimia

binge + purge

9. Suicide is the 2nd leading cause of death in teens 15-24.19

10. What are 5 warning signs of suicide?

increased withdrawal

change in eating habits

talking/joking about suicide

4-increased drug/alcohol use

5-giving away possessions

11. Teenagers have a very high suicide rate. Explain why this is.

They get depressed and peers don't support them
and they don't know who to trust. ^{peer pressure} don't know answer

12. How is depression different from having the blues?

lasts a long time + interferes w/ life events

13. Describe how the stress response occurs in the body.

hypothalamus activates pituitary glands which stimulates
adrenal glands which produce adrenaline which

(causes fight or flight response)

Women on a Binge Article

Michael Plasencia

10 Things I learned

2/21

1. Number of girls drinking has increased
2. But still it is not more than boys.
3. There has been an increase in women at hospitals w/ alcohol problem
4. Georgetown U: 35% rise in woman sanctioned alcohol violations over 10 years
5. Students at coed colleges drink more than gender-separated ones
6. Women get drunk more quickly than men.
7. Supposedly: liquor corrodes a woman's body faster than a man's
8. Women don't like to admit that they are biologically different from men.
9. Colleges want to stop bars from offering gender discounts.
10. Drinking = calories gained

Where is a good Article

to find I found

3/11

1. I found a good article about the environment

2. I found a good article about the environment

3. I found a good article about the environment

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9. I found a good article about the environment

10. I found a good article about the environment

Alcohol Notes

2/23

- ethyl alcohol (ethanol)

- type of alcohol found in alcoholic beverages
- produces the "intoxicating" effects

80% proof = 40% alcohol

- Amts of Alcohol in different drinks

- 12oz beer

- 8oz wine

- 1.5oz shot of whiskey

) all have same amt. of alcohol

- Effects on people's bodies

- the way alcohol affects your body depends on several factors
 - amt of alcohol (volume + proof)
 - how much you weigh
 - gender
 - alcohol tolerance level (how long you have been drinking)
 - amt of food in stomach
 - state of mind you are in - happy, sad, depressed
 - where you are when you drink (hot, cold)
bad
 - medication mixing
- alcohol dehydrates your body

Alcohol

1/2

Alcohol (ethanol)
- type of alcohol found in alcoholic beverages
- produced by fermentation of sugars

Alcohol (ethanol)

Alcohol (ethanol) is a colorless liquid

- it is flammable

Alcohol (ethanol) is a colorless liquid

- it is flammable

Alcohol (ethanol) is a colorless liquid

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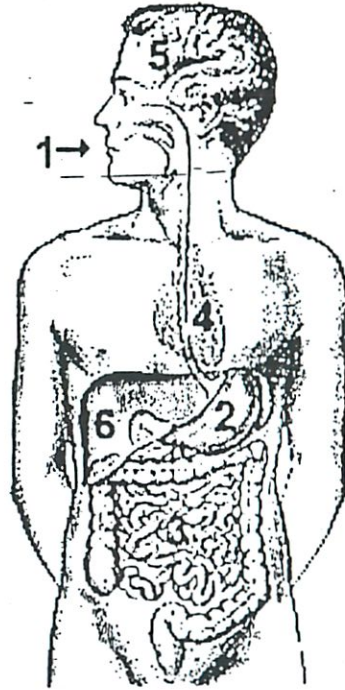
Alcohol (ethanol) is a colorless liquid

- it is flammable

- age
- gender
- physical condition
- amount of food eaten
- other drugs or medicines taken



The Path of Alcohol in the Body



1. Mouth: alcohol enters the body.
2. Stomach: some alcohol gets into the bloodstream in the stomach, but most goes on to the small intestine.
3. Small Intestine: alcohol enters the bloodstream through the walls of the small intestine.
4. Heart: pumps alcohol throughout the body.
5. Brain: alcohol reaches the brain.
6. Liver: alcohol is oxidized by the liver at a rate of about 0.5 oz. per hour. Alcohol is converted into water, carbon dioxide and energy.

EFFECTS OF ALCOHOL ON THE BODY

(Short Term)

Brain/Central Nervous System:

- Depressant, but also creates a feeling of mild and pleasant stimulation
- Affects thinking, judgment, reasoning abilities first
- Increased amounts of alcohol—breathing and reflexes impaired
- Heavy drinking over time may cause brain to deteriorate
- Will become less sensitive to alcohol's effects over time

Stomach:

- Quickly absorbs alcohol and then into the bloodstream
- Amount of food in stomach helps determine the effect alcohol has on a person
- More stomach acid is secreted
- Prolonged heavy drinking may cause ulcers and cancer of the stomach

Lungs:

- Alcohol is exhaled through the breathing process (Smell)
- High levels of alcohol may result in unconsciousness, coma or death due to suppression of the brain's breathing center (cerebellum)

Liver:

- Oxidizes alcohol at the rate of 1/4 to 1/2 ounce of pure alcohol per hour (2 hours for the body to fully oxidize ONE typical alcoholic drink)
- Teens: Will not oxidize alcohol as quickly since liver is not fully mature yet
- Prolonged heavy drinking will cause fat to accumulate in the liver
 - Fatty Liver, Cirrhosis

Kidneys:

- Alcohol increase the production of urine from the kidneys
- Increased risk of dehydration

Small Intestine:

- Almost all alcohol consumed is absorbed from here into the bloodstream

Cardiovascular System:

- Alcohol opens up blood vessels—will give feeling of warmth even though body temperature may go down

Reproductive System:

- Decreases production of testosterone-male sex hormone
- Women who drink during pregnancy put their child at risk for Fetal Alcohol Syndrome

Alcohol effects

2/27

Snowball effects

- Tolerance increases - need to drink more and more for the alcohol to have the same effect
- Dependence - body develops a chemical need for alcohol
 - marked by increased tolerance + withdrawal symptoms
- * - A person will try to avoid the symptoms of * alcohol so they increase drinking which increases tolerance

Long-term effects

- Alcoholic hepatitis (fatty liver)
 - inflammation of the liver
 - can cause fever, jaundice (skin turning yellow), abdominal pain
 - is reversible if drinking stops
- Cirrhosis of the liver
 - Flattening/scarring of the liver
 - not reversible, even if drinking stops, but greater chance of survival
- Heart Disease
 - Increased risk of high blood pressure + stroke
 - moderate drinking is OK - some studies show that it helps decrease heart disease

Brain Damage

- over time alcohol kills brain cells
- over time leads to memory loss, brain shrinkage

Cancer + Fetal Alcohol Syndrome

Cancer

- prolonged heavy drinking is related to cancers of the stomach, mouth, tongue, esophagus and an increased risk of breast cancer in women

Fetal Alcohol Syndrome

- woman who drinks while pregnant risks giving birth to a child with Fetal Alcohol Syndrome
- causes heart malformation, joint problems, deformities of the body + mental retardation

Drinking + Driving

3/1

- the most serious and widespread problem involving drinking + the law
- leading cause of death among teens (15-19)
- not only will you hurt yourself you can kill other people

How does Alcohol Affect driving?

- you have a decreased ability to judge distance, speeds + turns
- decreased ability to judge one's own capabilities + limitations
- increased tendency to take risks
- Slows your reflexes
- decreased ability to concentrate

Distilling - Distilling

The most common method of separating mixtures is by distillation.

Distillation is a process of separating mixtures based on differences in their boiling points.

It involves heating a mixture to its boiling point and then condensing the vapor.

The condensed liquid is then collected in a separate container.

Distillation is used to purify liquids and to separate mixtures of liquids.

It is a very important process in many industries, including chemical, pharmaceutical, and food processing.

There are many different types of distillation, each with its own specific applications.

Some of the most common types of distillation are simple distillation, fractional distillation, and vacuum distillation.

Each type of distillation has its own advantages and disadvantages, and is chosen based on the specific requirements of the process.

Underage Drinking — 21 It's the Law

You should know that *your driving privilege will be suspended* if you are convicted of:

- Lying about your age to obtain alcohol
- Purchasing, consuming, possessing, attempting to purchase, or transporting alcohol
- Carrying a false I.D. card

You will be charged as a criminal and have a criminal record.

Alcohol related driving privilege suspensions are:

- First offense — 90 days
 - Second offense — 1 year
 - Third and subsequent offenses — 2 years
- (Any multiple sentences imposed shall be served consecutively.)

Even if you don't have a license and get caught drinking or carrying a false I.D., you will be penalized.

You will be unable to apply for a learner's permit for the time period of the suspension. For youth under 16 or without a driver's license, penalties go into effect when the minor applies for a learner's permit.

In addition to driving privilege suspensions, *you may pay a fine up to \$500* and the police are also required to notify your parents.

The court may require that you successfully complete a program of alcohol education, intervention, or counseling. *You must also pay a \$25 restoration fee* before you can get your license back or be considered for a learner's permit.

Remember, you don't have to be in or near a car, have a driver's license, or be old enough to drive for the laws to apply. Just being caught with a false I.D., drinking, being intoxicated, transporting alcohol, having alcohol in your possession, or just attempting to purchase will result in the suspension of your driving privilege!



21
UNDER

Underage drinking laws also affect those over 21!

Any adult who buys alcohol for anyone under 21 — even their own children — or anyone who makes or sells false I.D. cards *may receive a mandatory fine of \$1,000* for their first offense and \$2,500 for each subsequent offense.

An adult who supplies minors with alcohol may also be liable for any resulting injuries and/or property damage caused by the minor.

Driving Under the Influence

In Pennsylvania, DUI offenders who are minors (18 to 21 years old) are processed like adults while offenders who are juveniles (under 18 years old) are processed through juvenile court. Penalties for juvenile offenders may differ from adult DUI offenders. *Anyone under the age of 21 driving with a blood alcohol content of .02 or higher can be charged with DUI.* This law states that any person over the age of 18 arrested for driving under the influence (DUI):

- will be required to complete an Alcohol Highway Safety course
- may face a license suspension of one year, 48 hours in jail, and a fine up to \$5,000
- Will pay all additional costs such as:
 - high auto insurance
 - court costs

If you are under the age of 18 and are stopped for DUI you:

- may be arrested and detained for blood, breath and/or urine testing
- will have your parents notified of the arrest by the police
- may have a juvenile complaint filed against you within 5 days
- may be an adjudicated delinquent
- may have your fate decided by juvenile authorities

NEVER DRINK AND DRIVE

ALCOHOL IMPAIRMENT CHART

Each 1 1/2 oz. of 80 proof liquor, 12 oz. of beer or 5 oz. of table wine = 1 drink.

Your body can get rid of one drink per hour.

Drinks	100	120	140	160	180	200	220	240	
0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	ONLY SAFE DRIVING LIMIT
1	0.04	0.03	0.03	0.03	0.03	0.02	0.02	0.02	IMPAIRMENT BEGINS
2	0.08	0.06	0.05	0.05	0.05	0.04	0.04	0.04	DRIVING SKILLS SIGNIFICANTLY AFFECTED
3	0.11	0.09	0.08	0.07	0.07	0.06	0.06	0.06	POSSIBLE CRIMINAL PENALTIES
4	0.15	0.12	0.11	0.10	0.09	0.08	0.08	0.08	
5	0.19	0.16	0.15	0.14	0.13	0.12	0.12	0.11	LEGALLY INTOXICATED - CRIMINAL PENALTIES
6	0.23	0.19	0.18	0.17	0.16	0.15	0.14	0.13	
7	0.26	0.22	0.21	0.20	0.19	0.18	0.17	0.16	
8	0.30	0.25	0.24	0.23	0.22	0.21	0.20	0.19	
9	0.34	0.28	0.27	0.26	0.25	0.24	0.23	0.22	
10	0.38	0.31	0.27	0.23	0.21	0.19	0.17	0.16	

APPROXIMATE BLOOD ALCOHOL PERCENTAGE

Body Weight in Pounds

NEVER DRINK AND DRIVE

ALCOHOL IMPAIRMENT CHART

Each 1 1/2 oz. of 80 proof liquor, 12 oz. of beer or 5 oz. of table wine = 1 drink.

Your body can get rid of one drink per hour.

Drinks	100	120	140	160	180	200	220	240	
0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	ONLY SAFE DRIVING LIMIT
1	0.05	0.05	0.04	0.03	0.03	0.03	0.02	0.02	IMPAIRMENT BEGINS
2	0.10	0.09	0.08	0.07	0.06	0.05	0.05	0.04	DRIVING SKILLS SIGNIFICANTLY AFFECTED
3	0.15	0.14	0.11	0.10	0.09	0.08	0.07	0.06	POSSIBLE CRIMINAL PENALTIES
4	0.20	0.18	0.15	0.13	0.11	0.10	0.09	0.08	
5	0.25	0.23	0.19	0.17	0.14	0.13	0.11	0.10	LEGALLY INTOXICATED - CRIMINAL PENALTIES
6	0.30	0.27	0.23	0.19	0.17	0.15	0.14	0.12	
7	0.35	0.32	0.27	0.23	0.20	0.18	0.16	0.14	
8	0.40	0.36	0.30	0.26	0.23	0.20	0.18	0.17	
9	0.45	0.41	0.34	0.29	0.26	0.23	0.20	0.19	
10	0.51	0.45	0.38	0.32	0.28	0.25	0.23	0.21	

APPROXIMATE BLOOD ALCOHOL PERCENTAGE

Body Weight in Pounds

ALCOHOL AD ASSIGNMENT

After choosing an alcohol ad, your group will re-design it to be persuasive, persuading someone **NOT** to drink that product.

What you need to include within your "new" ad:

- How alcohol effects the body:
 - Short Term Effects (at least 5)
 - What Long Term Drinking may cause (problems, etc) (at least 5)
- Dangers of drinking and driving (at least 3)
- How to drink responsibly (when one is 21 or older)
- Creativity/neatness/organization

You must design your new "ad" on another sheet of paper, not on the original ad!!

Be **CREATIVE**—(you can draw, come up with a slogan, etc)—**REMEMBER YOU REALLY WANT SOMEONE FROM DRINKING ALCOHOL!!!**

GOOD LUCK!!

The Macallan Sherry Oak 12-years-old Single Malt

YOUR FATHER
WASN'T PUSHY.
HE JUST KNEW
THE REWARDS
THAT WERE OUT
THERE FOR YOU.



©2005 THE MACALLAN DISTILLERS LTD.
THE MACALLAN® SCOTCH WHISKY
43% ALC./VOL.
REMY COINTREAU USA, INC., NEW YORK, N.Y.
WWW.THEMACALLAN.COM
PLEASE SAVOR RESPONSIBLY.

ALCOHOL AD ASSIGNMENT

After choosing an alcohol ad, your group will re-design the ad so that it is persuading someone **NOT** to drink that product.

What you need to include within your "new" ad:

- How alcohol effects the body:
 - Short Term Effects (at least 5) **5 points**
 - What Long Term Drinking may cause (diseases, other health problems, etc) (at least 5) **5 points**
- Dangers of drinking and driving (at least 3) **5 points**
- How to drink responsibly (when one is 21 or older!)
- Creativity/neatness/organization **5 points**

You must design your new "ad" on another sheet of paper, **not on the original ad!!**

Be CREATIVE—(you can draw, come up with your own anti-alcohol slogan, etc)—REMEMBER YOU REALLY WANT TO DISCOURAAGE SOMEONE FROM DRINKING ALCOHOL!!!

GOOD LUCK!!

The Macallan Sherry Oak 12-years-old Single Malt

YOUR FATHER
WASN'T PUSHY.
HE JUST KNEW
THE REWARDS
THAT WERE OUT
THERE FOR YOU.



©2005 THE MACALLAN DISTILLERS LTD.
THE MACALLAN® SCOTCH WHISKY
43% ALC./VOL.
REMY COINTREAU USA, INC. NEW YORK, N.Y.
WWW.THEMACALLAN.COM
PLEASE SAVOR RESPONSIBLY.

The Macallan Sherry Oak 12-years-old Single
Malt (AKA Poison)

YOUR FATHER
WASN'T PUSHY. HE
JUST KNEW THAT
ALCOHOL
COULD KILL



- **CAUTION:** Alcohol can kill.
- Alcohol is an addictive substance.
- **Excessive consumption may lead to addiction and will increase your risk of illness, such as heart disease and cancer, as well as regretted sex**
- **Don't drink and drive, so pick a designated driver before you drink**
- **So please drink responsibly**

Plaz



Michael Plasmeier – Health - 2/27/2006

The Macallan Sherry Oak 12-years-old Single Malt

YOUR FATHER
WASN'T PUSHY.
HE JUST KNEW
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THAT WERE OUT
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YOUR FATHER WASN'T PUSHY. HE JUST
KNEW THAT ALCOHOL
COULD KILL

Short Term Effects:

- Thinking and reasoning abilities reduced
- Reproductive system suffers
- Takes water from you – DOES NOT Hydrate you
- False feeling of warmth
- Overdose may result in death



Long Term Effects:

- Liver problems (body can't process waste)
- Heart disease or stroke
- Permanent Brain Damage
- Cancer in stomach and other places
- Snow ball effect of tolerance and dependence causes you to drink more

- **CAUTION:** Alcohol can kill.
- Alcohol is an addictive substance.
- **Excessive consumption may lead to addiction and will increase your risk of illness, such as heart disease and cancer, as well as regretted sex**
- Don't drink and drive
 - Drinking and driving is the biggest killer of teens ages 15-19
 - Even if you are not driving someone else home, you are putting everyone else on the road at risk of being killed
 - .08 is the legal limit for adults on many states
 - Even one sip can make people intoxicated.
- So please drink responsibly
 - That means know what your limit is and select a designated driver or call a cab to take you home. And please protect your friends as well.

Plaz



Michael Plasmeyer – Health - 3/2/2006

25/25

Nice Job!

Michael Plasmer



DRUG AWARENESS KNOWLEDGE QUIZ

Do you know what drugs are being used by people today and what those drugs can do to you? Test yourself and find out what you know. You may be surprised by some of the answers! (See downloaded page for answers).

1. The most commonly abused drug in the U.S. is:
☐ Marijuana
☒ Alcohol
☒ Cocaine
☐ Heroin
2. Most drug users make their first contact with illicit drugs:
☒ Through drug dealers
☒ Through friends
☐ Accidentally
☐ On their own
3. More people die each year in the U.S. as a result of:
☐ Alcohol
☒ Tobacco
☒ Heroin
☐ Cocaine
4. The majority of inhalant users are:
☐ Men
☒ Children *~ Middle School age*
☐ Women
☐ The elderly
5. Marijuana in small amounts is legal in the U.S.
☐ True
☒ False
6. Marijuana is much stronger today than it was 10 years ago.
☒ True
☐ False
7. Marijuana can stay in the body up to:
☐ 2 days
☐ 1 week
☒ 1 month
8. The use of alcohol and other drugs during pregnancy:
☐ Should stop after 12 weeks
☒ Is a risk at any point
☐ In small doses is not a risk.
9. LSD is a hallucinogen.
☐ True
☒ False
10. A shot of hard liquor contains the same amount of pure alcohol as a can of beer.
☒ True
☐ False
11. One must be ____ years old to legally purchase cigarettes.
☒ 18
☐ 20
☐ 21
12. One must be ____ years old to legally purchase alcohol.
☐ 20
☒ 21
☐ 19
13. A cold shower or a cup of black coffee will sober up a person that has been drinking.
☐ True
☒ False
14. More teenage males drink alcohol than teenage females.
☐ True
☒ False
15. The chemical in marijuana that causes the high is:
☐ Nicotine
☒ THC
☐ MDMA
16. A blunt is marijuana in a:
☐ Cigarette
☒ Cigar
☐ Pipe
17. Crack is one of the most addictive drugs available today.
☐ True
☒ False
18. The high from a typical dose of crack lasts:
☐ 1 hour
☐ 30 minutes
☒ 5 minutes
19. PCP is also known as:
☐ Acid
☐ Smack
☒ Angel dust
☐ Ludes
20. Physical dependence can involve painful withdrawal symptoms when the drug is no longer being used.
☐ True
☒ False

ACDE

The American Council for Drug Education

Marijuana

Notes

8/7

- comes from the hemp plant (cannabis)
- THC is main mind-altering chemical
- marijuana is much more potent (more THC) today than in past
- can not actually become physically addicted but will have mentally produced cravings

How is marijuana used

- ↳ most commonly rolled cigarettes known as "joints"
- usually smoked - pipes, water pipes
- can be injected - doesn't affect you as fast

- "Joints" and "Blunts" may be laced with other substance
- usually PCP + crack cocaine or others
 - w/o your knowledge or consent
 - this makes marijuana very dangerous or deadly

Short Term Affects on the body - 10-15 min after

- people start acting drunk
- red, blood shot eyes - lost depth perception
- feeling dizzy, lightheaded, disoriented
- impaired coordination and balance
- depressed - slows body down - slower reaction time
- heart rate increases
- paranoia + hallucinations from weird experience

Long Term Affects - 1-2 years

- kills brain cells at significant rate *
- short term memory loss mainly
- damage to learning area of brain
- Amotivational Syndrome
 - people tend to be lazy, lack effort + drive
- any type of smoking is bad for you.
 - lung damage

- one joint = 5 cigarettes
- more prone to sickness
- decreased sperm production
- can disrupt girls' menstrual cycle

Inhalants

3/9

- Substances w/ fumes that are sniffed and inhaled to give a hallucinogenic "high"
- examples: glue, spray paint, aerosols, gasoline,
- cuts off the oxygen to your brain

Short Term Effects

- nausea
- nose bleed
- fatigue
- loss of coordination
- many "pass out"
- slurred speech

Heavy Users Effects

- liver and kidney damage

A single use can equal permanent brain damage + death

- don't build up tolerance to it

nitrous oxide = ^{modified} "balloons"

- Sudden sniffing death syndrome = heart stops

1. Poland

2/

2. Poland - 1. 1945 - 1946

2. Poland - 1. 1945 - 1946

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Ecstasy

3/9

- designer drug
- real name: MDMA
- Combo of stimulant + hallucinogen
 - ↳ speeds body up
- each pill different mixture - mixture of many drugs
- gives a feeling of euphoria (really happy)
- makes you really sensitive to touch
- results in long-term damage to brain
- comes in the form of pills usually, but can be snorted or injected (and become more deadly)
- can't really control temperature w/ it
- increase in heart rate + blood pressure
- causes
 - sweating, restlessness, insomnia, tremors, teeth grinding (may occur)
 - rages (party mood)
 - serotonin level cut in half (short term memory)
- really hard to come off of
- high lasts ~8hrs

3/4

Feb 12/2023

1. Introduction
2. Background
3. Methodology
4. Results
5. Discussion
6. Conclusion
7. References
8. Appendix
9. Glossary
10. Acknowledgements
11. Funding
12. Conflicts of Interest
13. Ethics Statement
14. Data Availability Statement
15. Author Contributions
16. Correspondence
17. Contact Information
18. Supplementary Materials
19. Additional Information
20. Notes

Cocaine

3/13

- white powder made from coca bush
- stimulant - speeds up Central Nerv
- may be sniffed, smoked or injected

Effects

- increases your heart rate
- increases blood pressure + breathing
- "high" may last 20min to an hour
- "high" followed by "letdown" (crave more)
- get addicted to it fast
- very expensive people will do everything for \$ \$

Long Term Effects

- paranoia
- hallucinations
- physiological + psychological dependency
- can build up a tolerance
- if you shoot it, you seriously damage your nose

06010

White powder made from rice
+ 1/2 cup of oil
may be used for frying

Effects

Increases blood pressure
Increases heart rate
Increases blood sugar
(increases blood sugar)

Increases blood pressure

Increases blood pressure

Increases blood pressure

Increases blood pressure
Increases blood pressure
Increases blood pressure

Increases blood pressure

Increases blood pressure

Crack

3/13

- free base
- form of cocaine (same plant) that can be smoked
- Extremely addictive
- "high" lasts 5 minutes
- effects visible immediate
- cheaper/easier to get than cocaine
- combines dangers of cocaine + smoking

Effects ↗

- sore throat
- hoarseness of throat
- lung damage
- cardiac or respiratory failure

Crack Babies

- similar to FAS
- many defects
- baby addicted to crack

8/19

(10/1)

1. (10/1) 10/1

2. (10/1) 10/1

3. (10/1) 10/1

4. (10/1) 10/1

5. (10/1) 10/1

6. (10/1) 10/1

7. (10/1) 10/1

8. (10/1) 10/1

9. (10/1) 10/1

10. (10/1) 10/1

11. (10/1) 10/1

Heroin

3/13

- narcotic
- white, powdery substances
- usually injected by needle in the arm
- brownish color
- depress (slow down) the Central Nervous System and slows breathing/pulse
- Coma/death can occur immediately
- can build up a tolerance very quickly
- withdraw - extremely painful
 - difficult for users to overcome addiction
- methadone is a treatment for it
- people look white and have circles around eyes, small - look gaunt
 - forget to eat or take care of themselves
 - don't think about anything else

8/18

History

The first part of the paper discusses the importance of the American Revolution. It begins by stating that the Revolution was a turning point in the history of the United States. The authors argue that the Revolution established the principles of democracy and self-government that are the foundation of the American way of life.

The second part of the paper discusses the impact of the Revolution on the world. It argues that the Revolution inspired other nations to fight for their own independence and to establish democratic governments. The authors also discuss the role of the Revolution in the development of the American nation.

The third part of the paper discusses the legacy of the Revolution. It argues that the Revolution has shaped the American identity and the American dream. The authors conclude by stating that the Revolution remains a source of inspiration and pride for the American people.

LSD

3/15

Lysergic Acid Diethylamide

Responsible for initiating an awareness of hallucinogens
in American Society

Effects

Causes increased heart rate and blood pressure

Chills, fever, loss of appetite and nausea

Bad experiences - panic, anxiety, accidental suicide
or bad "trips" - can last up to 12 hours

Long Term Effects

Flashbacks (even after use stops)

Death can often result because false sense of
security (like you think you can fly)

025

2/3

1. The first step in the process of the scientific method is to ask a question. This question should be based on something you have observed or something you are curious about. For example, you might ask, "Does the amount of water I drink affect my energy levels?"

2. Next, you need to do some background research. This means looking up information about the topic you are interested in. You can find this information in books, articles, or on the internet. This research will help you to understand what is already known about the topic and what you need to find out.

3. Once you have done your research, you can come up with a hypothesis. A hypothesis is a statement that you think is true, but you need to test it to see if it is. For example, you might hypothesize that "If I drink more water, then my energy levels will increase."

4. The next step is to design an experiment. This means deciding how you will test your hypothesis. You need to make sure that your experiment is fair and that you are only testing one thing at a time. For example, you might decide to drink a certain amount of water each day and then measure your energy levels.

5. After you have designed your experiment, you need to carry it out. This means following the steps of your experiment and recording the results. You should also make sure that you are keeping track of any variables that might affect your results.

6. Once you have finished your experiment, you need to analyze the data. This means looking at the results and seeing if they support your hypothesis. You should also think about any other factors that might have affected the results.

7. Finally, you need to write a conclusion. This means summarizing what you have learned from your experiment and stating whether or not your hypothesis was supported. You should also think about any questions that remain and what you might do next.

Absent
for

PCP

3/15

Phencyclidine
aka "Angel Dust"

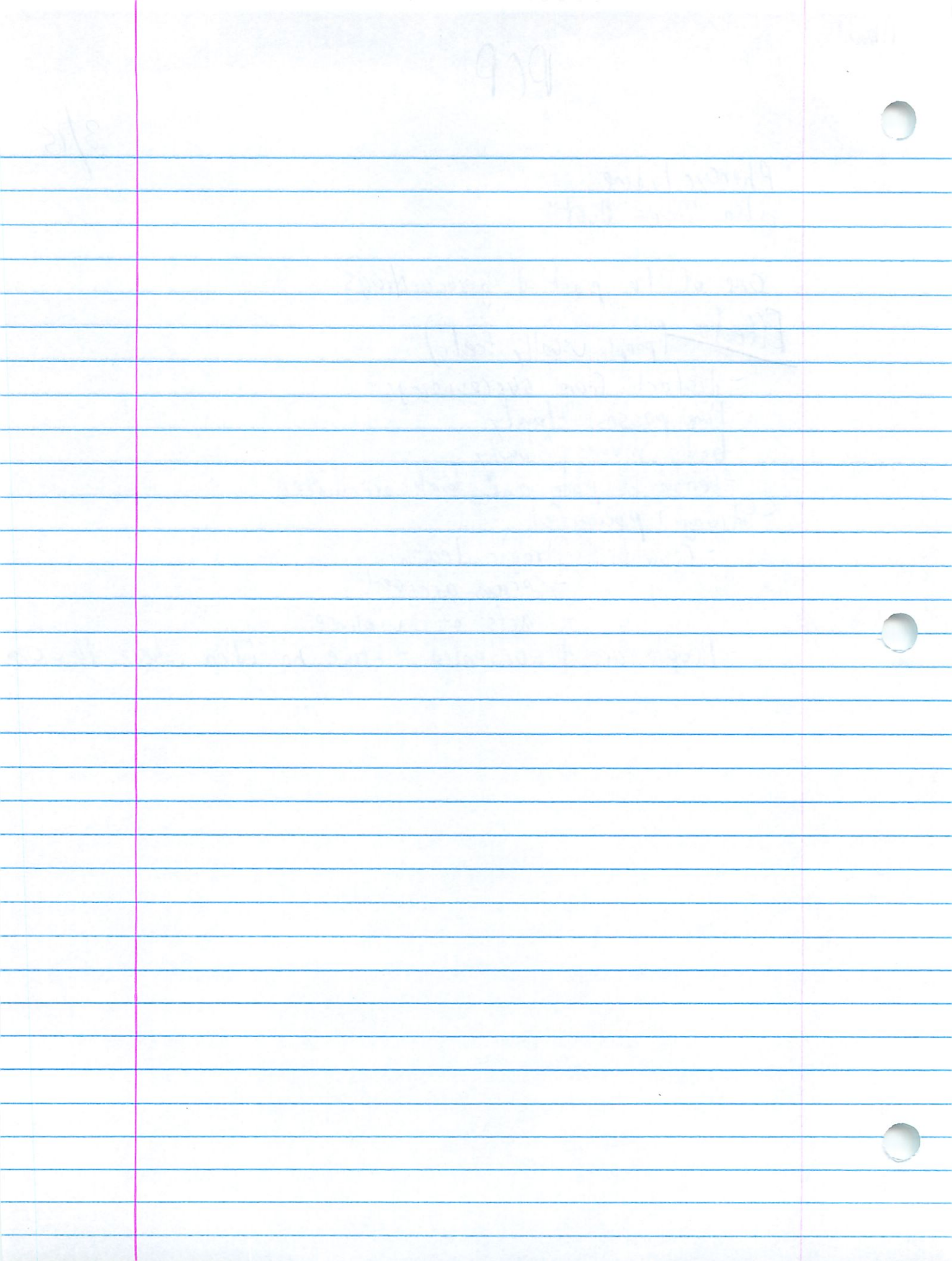
- One of the most dangerous drugs

Effects (people usually feel:)

- distant from surroundings
- time passes slowly
- body moves slowly
- sense of pain and touch are dulled
- Strong + powerful
 - results in tragic death
 - serious accidents
 - acts of violence
- People are disoriented - have no idea where they are

9/9

2/3



OXYCONTIN

- Used to treat moderate → severe pain - *pain killer*
 - Delivers to the patient a CONTROLLED release of a drug known as Oxycodone—when taken WHOLE over a period of 12 hours
 - Used ILLEGALLY, tablets are crushed to obtain full dose of oxycodone ALL at once by ingesting, snorting, or injecting it
 - Overdose and Death very likely to occur because effects of the drug are so strong, especially when in combination with another drug (ex. alcohol, marijuana) *legal w/ doctor*
-

TOBACCO

- Smoking cigarettes: #1 factor in causing:
 - Heart disease
 - Lung Cancer
 - Emphysema
- Nicotine (contained in tobacco)
 - Increases heart rate to 10-15 beats/minute immediately so body is working harder even though some smokers claim that cigarettes relax them
 - Stimulates brain, then causes a "letdown" period
 - Narrows blood vessels—makes it more difficult for blood to be pumped out through the body and to the heart
- Lung tissue/Alveoli
 - Layers of spongy, elastic tissue to allow lungs to expand for breathing
 - Alveoli contained within the lung tissue help keep the lungs clean, germ-free
 - Tar within cigarette smoke will cause the alveoli to become brittle and often they will burst—decreasing the function of the lungs (emphysema)
 - Smoker can no longer exhale without effort

Cordrey, Me, Gwen

DRUG PRESENTATION PROJECT

My group will be presenting: inhalants

Your group will design a poster on the drug that was assigned. You are to present your findings in a short presentation as you would to parents within the school district at a PTA meeting. These are concerned parents that are worried about the possibility that their child may be using drugs. Your report should be presented in a very professional, informative manner as you are educating these parents about the dangers of using these drugs.

Included in the presentation **MUST** be:

- Visual Aid (Poster, Pictures, etc.--this can actually serve as your fact sheet) *Gwen*
- What the drug is
- How it is used *Cordrey*
- What to look for in a person who may be using: Signs/Symptoms *Plaz*
- How it affects the body
- Dangers associated with the drug
- **Additional information:**
(Recent discoveries or new findings about the drug or any other additional research or facts you feel would be interesting and noteworthy to include!)
- Cited Sources *Design-Gwen*

You may design the fact sheet in any way you like, **BUT all of the above MUST** be included to receive the full point value in each area. When presenting your drug to the class, **EVERY PERSON** in the group **MUST** speak. Your presentation should be no longer than 2-3 minutes.

You may use your notes from class to help you get started, but this is more of a research project--I want you to research lots of additional information using the Internet, magazines, newspapers, etc.) Make it as interesting and creative as you can!!

DUE DATE: 3/21

Sites

acde.org

stopdrugaddiction.com

health.org

harcanon.org

hida.nih.gov

webmd.com

DRUG PRESENTATIONS GRADING SHEET

Group Member Names: _____

Drug presented: _____

Visual Aid /20

- Gwen
- Contains a variety of pictures, graphs, charts, statistics, etc that clearly represent much information about the drug
 - Is creative and grabs audience attention

~~Content/(All Information Included)~~ /25

ALL information is included:

- (orkney)
- Plaz
- What the drug is (defined)
 - Clear explanation of how it is used- illegally and legally (in some cases)
 - How to know if one is using the drug: signs/symptoms
 - Description of how that drug specifically affects the different areas of the body
 - Dangers associated in using the drug

Presentation/Organization Of Material/Creativity /15

- All group members speak
- Each speaker presents in a clear, audible voice and are knowledgeable about their topic
- Serious when presenting information (no laughing, fooling around, etc.)
- Answer any and/or all questions with confidence and seriousness

Additional Information /15

- Gwen
- Group has made significant effort in additionally researching new and recent discoveries about the drug
 - Information is relevant and interesting

Cited Sources /5

Total Points /80

Inhalant Dangers

From PlazWiki

Inhalant Dangers Health Poster Due 3/21/2006 with Michael Plasmeier, Cortney, and Gwen.

We must put on a 3 minute presentation to concerned PTA parantes about Inhalants. We must also produce a poster with all of the information.

Contents

- 1 Poster (Gwen)
- 2 What the drug is (Cortney)
 - 2.1 Examples
 - 2.1.1 Volatile solvents
 - 2.1.2 Aerosols
 - 2.1.3 Gases
 - 2.1.4 Nitrites
- 3 How Inhalants are used (Cortney)
- 4 Signs and Symptopms (Plaz)
- 5 How it affects the body (Plaz)
- 6 Dangers of Inhalants (Plaz)
- 7 Any Additional Information (Gwen and Plaz)
 - 7.1 Origin
 - 7.2 How many/who uses it
 - 7.2.1 Profile of a Sniffer
 - 7.3 How to prevent its use
- 8 Sources (Everyone shoud put these in)
- 9 Pictures
- 10 Valuable sites to use

Poster (Gwen)

Gwen, this is your section.

- See pictures below
- Some info I put on this site, I copied straight from the source (aka just notes)

What the drug is (Cortney)

Substances with fumes that are sniffed or inhaled in order to give a hallucinogenic "high"

Examples

Inhalants are divided into four categories:

Volatile solvents

- Industrial or household solvents or solvent-containing products, including paint thinners or removers, degreasers, dry-cleaning fluids, gasoline, and glue
- Art or office supply solvents, including correction fluids, felt-tip-marker fluid, and electronic contact cleaners
- nail polish remover, lighter fluids, cleaning products,

Aerosols

- Household aerosol propellants and associated solvents in items such as spray paints, hair or deodorant sprays, fabric protector sprays, and aerosol computer cleaning products or anything that comes from an aerosol can.

Gases

- Gases used in household or commercial products, including butane lighters and propane tanks, whipped cream aerosols or dispensers (whippets), and refrigerant gases
- Medical anesthetic gases, such as ether, chloroform, halothane, and nitrous oxide ("laughing gas")
- Helium, freon

Nitrites

- Include the chemicals cyclohexyl nitrite, amyl nitrite and butyl nitrite. Amyl nitrite is a prescription drug to treat angina. The nitrites are sealed in capsules and are "popped" to release the vapors and are referred to as "poppers" in street lingo.
- Organic nitrites are volatiles that include cyclohexyl, butyl, and amyl nitrites, and are commonly known as "poppers." Amyl nitrite is still used for medical purposes. Volatile nitrites are often sold in small brown bottles and labeled as "video head cleaner," "room odorizer," "leather cleaner," or "liquid aroma."

How Inhalants are used (Cortney)

They are used in many different ways depending on their type. For keyboard cleaner, they put the straw that is supposed to blow air from between the keyboard keys into their mouth and inhale. Items with strong fumes are easy to sniff from containers, like markers or glue. Soaking a rag and stuffing it into one's mouth is known as huffing. Some inhalant abusers will spray an aerosol can contents directly into their mouth or nose, or they'll do what is called "bagging," spraying a substance into a plastic or paper bag and inhaling. Another popular way to inhale is to fill a balloon and inhale, similar to the popular sucking helium.

- sniffing (inhaled by the nose)
- huffing (inhaled by the mouth)
- when in a large plastic bag, people can suffocate

8 people can be injured when a chemical they are heating explodes

Signs and Symptoms (Plaz)

- Chemical odors on breath or clothes
- Paint stains, particularly on the face
- Soaked rags
- Hidden empty cans
- Appearing drunk, (loss of coordination) especially without alcohol on the breath
- Slurred speech or a unusually deep voice

- Frequent or unusual nose bleeds
- Nausea
- Lack of coordination
- Inattentiveness
- Irritability
- Fatigue
- many pass out or faint

- Depression

How it affects the body (Plaz)

- cuts off oxygen to your brain

Although they differ in makeup, nearly all abused inhalants produce short-term effects similar to anesthetics, which act to slow down the body's functions. When inhaled in sufficient concentrations, inhalants can cause intoxication, usually lasting only a few minutes.

However, sometimes users extend this effect for several hours by breathing in inhalants repeatedly. Initially, users may feel slightly stimulated. Repeated inhalations make them feel less inhibited and less in control. If use continues, users can lose consciousness.

Sniffing highly concentrated amounts of the chemicals in solvents or aerosol sprays can directly induce heart failure and death within minutes of a session of repeated inhalations. This syndrome, known as "sudden sniffing death syndrome," can result from a single session of inhalant use by an otherwise healthy young person. Sudden sniffing death is particularly associated with the abuse of butane, propane, and chemicals in aerosols.

High concentrations of inhalants also can cause death from suffocation by displacing oxygen in the lungs and then in the central nervous system so that breathing ceases. Deliberately inhaling from a paper or plastic bag or in a closed area greatly increases the chances of suffocation. Even when using aerosols or volatile products for their legitimate purposes (i.e., painting, cleaning), it is wise to do so in a well-ventilated room or outdoors.

Chronic abuse of solvents can cause severe, long-term damage to the brain, the liver, and the kidneys.

Harmful irreversible effects that may be caused by abuse of specific solvents include:

- Hearing loss—toluene (spray paints, glues, dewaxers) and trichloroethylene (dry cleaning chemicals, correction fluids)
- Peripheral neuropathies, or limb spasms—hexane (glues, gasoline) and nitrous oxide (whipped cream dispensers, gas cylinders)
- Central nervous system or brain damage—toluene (spray paints, glues, dewaxers)
- Bone marrow damage—benzene (gasoline)

Serious but potentially reversible effects include:

- Liver and kidney damage—toluene-containing substances and chlorinated hydrocarbons (correction fluids, dry cleaning fluids)
- Blood oxygen depletion—aliphatic nitrites (known on the street as poppers, bold, and rush) and methylene chloride (varnish removers, paint thinners)

Dangers of Inhalants (Plaz)

- People don't think it dangerous because it is found around the house.
- Also the substances are legal

- No tolerance built up to it
- Inhalant use can kill the first time – or any time – because the lack of oxygen can cause cardiopulmonary arrest. Regular or chronic use of inhalants can damage the brain, liver, kidneys, heart and lungs. Freon can cause internal frostbite. Users can suffocate (from putting plastic bags over the head, for example) or choke to death.
- cheap and easy high

Any Additional Information (Gwen and Plaz)

Origin

- Has a long history
- goes back to the ancient Greeks
- priests at Delphi would inhale carbon dioxide produced by burning laurel leaves
- Perfumes and ointments were used widely in ancient Egypt and biblical Palestine
 - They burned incense made of aromatic spices and woods (contained psychoactive drugs)
- in Africa, smoke was inhaled from burning marijuana leaves
- native Americans inhaled hallucinogenic substances in their religious observances
- none of these people knew that this was wrong
- many instances of drug abuse stem from the legitimate treatment of a medical problem
- In the 18th and 19th century nitrous oxide, ether, and chloroform were the commonly abused drugs in North America and Europe

How many/who uses it

- cheap and convenient to get
- legal
- used in poor countries (cheap)
- useage starts early
- popular among middle school children
- their first drug useage, leads them then to other drugs
- useage peaks around 8th grade
- useage still rising
- female useage has been rising to be closer to males
- 13 year olds that use inhalants are much more likely to use other illegal drugs latter
- peer pressure is involved in making kids start

Profile of a Sniffer

- most are unhappy
- want to escape
- makes them do foolish acts and take inhalants

How to prevent its use

"First, parents must make it very clear to their children both with words and their own behavior that they are against use of any drugs, and explain to them that inhalants are a dangerous drug. Second, keeping track of what children do and who they hang out with is vital to preventing many risky behaviors, including use of inhalants. Third, it is very important to help children pursue things that help them mature in healthy ways. This can be done by spending time with them doing things like reading, things that the child enjoys and helping them to pursue the good activities or hobbies that they want to. Fourth, children need to learn ways to handle difficult emotions such as sadness,

frustration or disappointment. These days, many people express these feelings as anger or irritation and get themselves into trouble. Children are learning to handle difficulties using anger and irritation, and they are getting into trouble, too." -Ty Ridenour, a research associate in Penn State University's Prevention Research Center

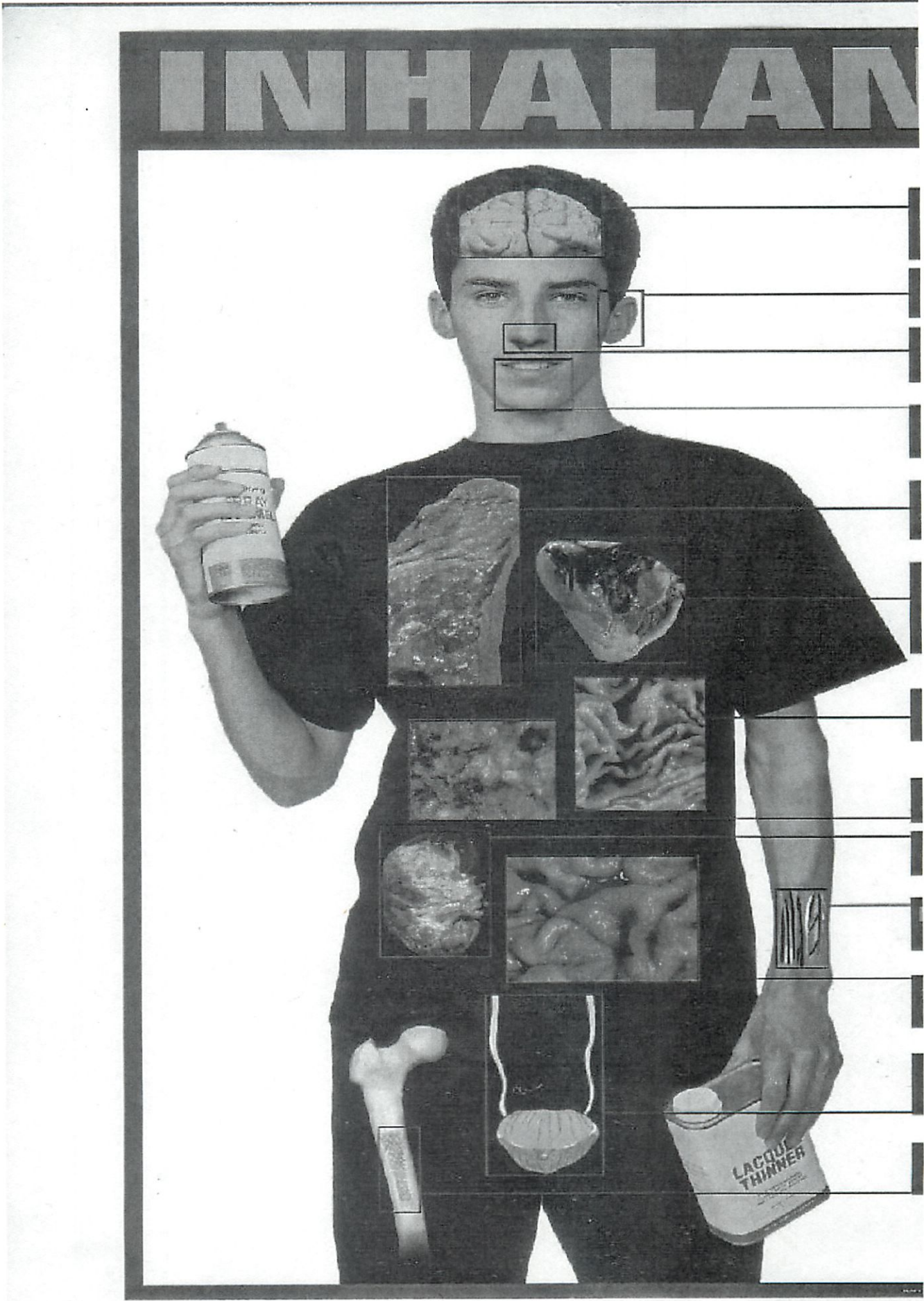
Sources (Everyone should put these in)

- <http://preteenagerstoday.com/resources/articles/inhalents.htm>
- <http://www.drugabuse.gov/Infofacts/Inhalants.html>
- Class Notes
- Book: The Drug library: Inhalents by: Myra Weatherly ISBN: 0894907441

Pictures







Valuable sites to use

- <http://www.acde.org>
- <http://www.stopdrugaddiction.com>
- <http://www.health.org>
- <http://www.hardonon.org>
- <http://www.nida.nih.gov>
- <http://www.webmd.com>

Retrieved from "http://theplaz.com/wiki/index.php?title=Inhalant_Dangers"

- This page was last modified 20:18, 13 March 2006.
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DRUG PRESENTATIONS GRADING SHEET

Group Member Names: Gwen & Mike
Drug presented: Inhalants

Visual Aid

19/20

- Contains a variety of pictures, graphs, charts, statistics, etc that clearly represent much information about the drug
- Is creative and grabs audience attention

*Neat, Organized, Colorful explained pics
Writing a little small*

Content/(All Information Included)

25/25

ALL information is included:

- ✓ What the drug is (defined)
- ✓ Clear explanation of how it is used- illegally and legally (in some cases)
- ✓ How to know if one is using the drug: signs/symptoms
- ✓ Description of how that drug specifically affects the different areas of the body
- ✓ Dangers associated in using the drug

Presentation/Organization Of Material/Creativity

15/15

- ✓ All group members speak
- ✓ Each speaker presents in a clear, audible voice and are knowledgeable about their topic
- Serious when presenting information (no laughing, fooling around, etc.)
- Answer any and/or all questions with confidence and seriousness

Additional Information

15/15

- Group has made significant effort in additionally researching new and recent discoveries about the drug
- Information is relevant and interesting

*popular in m.s. - easy to get.
History & slang terms*

Cited Sources

Total Points

5/5
79/80

Nice job!!

Drug Presentations

3/21

Marijuana

cooked into brownies

THC

most widely used illegal product

Cocaine

kills brain cells

very addictive

can kill you

hallucinations

crack / rock form, easier to get + smoke.

Heroin

made from morphine (pain killer)

kills blood vessels while - can inject it

sharing needles = bad

Inhalants

US

LSN

aka acid

discovered 1938

hallucinations + mood change largest effect

comes on paper sometimes

PCP

crystal + powder

popular starting 1960s

numbing effect on mind

makes people violent

Ecstasy

MDMA

invented by Germany 1912

club drug

tablets w/ designs on it

rape drug

grind teeth

ADDICTION

- A Psychological or Physiological Dependence on a Substance (or activity)

Psychological dependence:

- When your body depends on the FEELING received from a drug (your mind craves the drug)

Physiological Dependence:

- When your body has become accustomed to a drug and now NEEDS these chemicals in order to function normally
- Involves craving, tolerance and withdrawal symptoms

STEPS OF ADDICTION:

- 1) First use/occasional use of the drug
- 2) Occasional trouble with drug
- 3) Regular use of the drug
- 4) Multiple Drug Use
- 5) Increasing Dependency
- 6) Total Dependency on the Drug ✓✓

WITHDRAWAL:

- The body's reaction to the drug NOT being there (within the body) (Basically, the body becomes so used to the drug being there that without it—it can no longer function normally!)
- Negative, painful effects will usually occur leading the user to continuously go back to the drug leading to further addiction
- Effects of withdrawal include:
 - Chills, tremors, nausea, vomiting, insomnia, sweating, possible seizure, paranoia and anxiety

Other important TERMS:

- INTERVENTION:

- Interrupting the addiction before the alcoholic/addict "hits bottom"
- Family, friends, significant people in the addict's life intervene

- RECOVERY:

- The process of getting well again and learning to live a drug-free life

- DETOXIFICATION:

- The process of removing all drugs from the body (first 24-48 hrs or rehab)

- RELAPSE

- "Slips"—periodic returns to drinking and or drug use after the user has stopped

Michael Plasmer

2

ALCOHOL & DRUGS TEST REVIEW

**TEST : ~~XXXXXXXXXX~~

Define and answer the following questions. You may use your notes!

1. Ethyl Alcohol: type of alcohol in alcoholic beverages
produces alcoholic effect

2. What are the factors that influence the way alcohol affects your body?

weight, gender, tolerance, food in stomach, age, physical condition
State of mind, medication, environment, how fast you drink

3. What are the problems associated with long-term drinking?

alcoholic hepatitis, ^{fatty liver} cirrhosis, heart disease

4. How does alcohol affect: brain damage, cancer

- Brain/CNS:

Slows down, mild stimulation

- Liver:

affects judgement - ten reflexes

Clogs up - causes fat to accumulate

- Stomach/intestines:

2 hrs to oxidize 1 drink (ten) (1hr-adult)

eats away

- Reproductive system:

more acid produced - can cause ulcers + cancer

Shuts down/slows - decreased production of testosterone

- Kidneys:

makes work overtime - increased urine production
increased risk of dehydration

5. What is fetal alcohol syndrome?

mothers who drink affect the baby

who is born addicted and goes thru

w/draw after birth or born w/ mental retardation

6. Define:

- Tolerance-

how much you need to drink to be affected/drink
increase over time

- Dependence-

chemical need for substance -

w/o it goes to withdraw

7. Name 5 reasons why teens choose to drink/5 reasons they choose not to drink.

friends tell them
its "cool"
want to fit in
makes them feel a certain way

became
addicted

don't want to get in trouble
don't want to kill someone (driving)
don't want unprotected sex
know its wrong
want to live

8. Drinking & Driving is the leading cause of death in teens ages

15 to 19.

9. Give a BRIEF description of the following drugs and how they affect the body.

- Marijuana

THC - stronger today
joints + blunts - act drunk - kills brain cells (memory loss)

- Cocaine

powerful, stimulant, increases heart rate, people do anything

- Crack

cheaper than cocaine, rock form, 5 min "high" - smoked

- Heroin (methadone)

very addicting & deadly, injected, methadone is treatment

- Inhalants

easy to get, around house, middle schoolers

- Steroids

- Ecstasy

teeth grinding / dehydration
tablet w/ things mixed in, club drug

- PCP

angel dust, dangerous + powerful - many ways
distant + slow disoriented
hallucinate
* violent

8 hrs
MOMENT, speeds things up
brain damage / depression after use

- LSD

acid, halloigen, flashbacks 60's

- Oxycontin

legal pain killer - suppose to last 12 hrs. - people crash it to hit them at once

10. Smoking cigarettes/using tobacco is the leading cause of what 3 diseases?

heart disease
lung cancer

emphysema

11. Name the steps of addiction.

1. First Use

4. Multiple Drugs

2. Trouble

5. Increased Dependence

3. Regular Use

6. Total Dependency

12. Define:

- Intervention-

family remembers get help before bottom is hit

- Recovery-

getting well + learning to live drug free

- Detoxification-

24-48 hr process of getting drugs out of body

- Relapse-

going back to drug temp. "slips"

13. What is the difference between psychological and physiological dependence?

mind craves it

mind + chemical need from body

14. If you are under the age of 21, you are legally drunk when your blood alcohol level is what?

.02

15. If you are 21 or over, you are legally drunk when your blood alcohol level is what?

.08

16. Describe what it means when someone is going through "withdrawl".

body mad be-cause it isn't there anymore

Relationships/Dating Questions

1. Dating is . . . *hanging out someone casually*
2. "Going out" means . . . *Going out to a movie or dinner after asking someone of the opposite sex to go with you*
3. Being in a relationship with someone involves . . . *more serious dating*
4. Problems that can occur in relationships are . . . *Caring + supporting that person (commitment) Communicating - compromise, trust, respect*
5. Girls should date guys who . . . *spending too much time; fighting, cheating*
6. Guys should date girls who . . . *care back*
7. Love is . . . *a feeling you have when you truly like that person*
8. Marriage means . . . *going together for life + having kids*
9. Living with someone before marriage is . . . *seeing if you like that person*
10. How would you feel if either of the following happened to you as a teenager:
 - You got married? *That would be my decision and I wouldn't allow it till at least after 21.*
 - You or your girlfriend became pregnant? *That I made such a big mistake, I guess I would need to care for her*

Committed Relationship

different opinions different words

or other way - you go out w/ your friends

Communication important "Where are we" in this relationship

Good personality - respect make them laugh, Physical characteristics look forward to be w/ them

STDs

3/29

- Sexually transmitted disease
- Diseases that spread from person to person through sexual contact
- 90% of STDs occur to those ages 15-29
- Many people often don't know they have an STDs (Symptoms don't always show)
- Anyone who has had sexual contact with another person is at risk

How are STDs Spread

- | | | | |
|--------------|---|------------|--|
| <u>Fluid</u> | <ul style="list-style-type: none">- breast milk- semen- blood- Vaginal fluid | <u>Beh</u> | <ul style="list-style-type: none">- sexual intercourse- oral sex- needle sharing- mother → child- blood to blood contact* Using alcohol/drugs (improves judgement, doesn't directly affect) |
|--------------|---|------------|--|

210

1/2

1. All the following are true

2. The following are true for the following

3. The following are true for the following

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27. The following are true for the following

BIRTH CONTROL

WHAT DOESN'T WORK:

- Saran Wrap
- Having intercourse standing up
- Going to the bathroom after having sex
- Just doing it once
- Douching
- Wishful thinking: "It won't happen to me".
- Withdrawal or "Pulling out"

It is **LEGAL** for anyone, no matter how old they are, to get birth control. Some doctors and clinics are confidential, others are not and may tell your parents.

TYPES OF BIRTH CONTROL:

- **Abstinence:** 100% effective
- **Condoms:** When used correctly in combination with birth control pills—almost 100% effective, 90-96% effective when used alone
 - Also helps prevent STD's/ AIDS
 - Female Condoms-80-90% effective when used correctly
- **Birth Control Pills:** 97%-99% effective when used correctly:
 - Contain hormones that stops the ovaries from releasing eggs
 - Pills need to be taken every single day or you can become pregnant
 - Can cause unwanted side effects at first but usually will go away
 - Available only with doctor's prescription
- **Contraceptive Implants/Injections**
 - Implants last for 5 years, Injections last for 3 months
 - 97-99% effective
 - Procedures done in a doctor's office or clinic
- **Diaphragm**
 - Soft rubber cup that fits inside the vagina and blocks sperm from entering the uterus—coated with a spermicidal cream before inserted and it must be left inside for 6-8 hours after sex
 - Must be properly fitted by a doctor
 - More spermicide must be added each time you have sex
 - Not as effective as hormone-based birth control methods
- **Cervical Cap**
 - Little rubber cup that fits over the cervix—used with spermicide—it also blocks sperm from entering the uterus
 - Do not need to add more spermicide each time you have sex, but it needs to be left in for 8 hours after sex
- **Natural Birth Control Methods**
 - Basal Body Temperature Method
 - Mucous Ovulation Method
 - Are both used to help females recognize when they are ovulating