

- Long-Term Effects – First-hand smoke (one who is smoking):
 - Increased risk of heart attack and stroke.
 - Cancer of mouth, larynx, pharynx, esophagus, lungs, pancreas, cervix, uterus and bladder.
 - Emphysema.
 - Increased risk of cataracts.
 - Increased risk of ulcers.
 - Increased gum disease and cavities.
 - More wrinkles, aging of skin.
 - Substantial amount of money up in smoke, the average smoker burns up about \$1000 a year.
- Short-Term Effects – First-hand smoke (one who is smoking):
 - Smelly hair, breath, clothing.
 - Reduces blood supply and oxygen to fetus.
 - Bad taste in mouth.
 - Decreased circulation.
 - House fires.
 - Reduced lung capacity.
 - Spending money up in smoke.
 - Shortness of breath.
 - Less energy, strength and endurance because less oxygen is available for working muscles.
 - Chronic cough, phlegm, wheezing.
 - More severe and more frequent asthma attacks.
 - Yellow teeth and skin.
 - Decreased athletic ability.
 - Increased heart rate and blood pressure.
 - Increased amounts of carbon monoxide in the blood, which reduce the blood's ability to carry oxygen.
 - Frequent colds, flu, ear infections and bronchitis.
- Long-Term Effects – Second-hand smoke (anyone exposed to smoke):
 - Increased risk of heart disease.
 - Increased risk of lung cancer and other cancers.
 - Asthma, chronic bronchitis.
- Short-Term Effects – Second-hand smoke (anyone exposed to smoke):
 - Smelly hair, clothing.
 - Dizziness.
 - Nausea.
 - Coughing, itchy eyes, sore throat, wheezing.
 - Aggravating asthma.
 - Increased heart rate and blood pressure.
 - Increased amounts of carbon monoxide in the blood, which reduces the blood's ability to carry oxygen.
 - Increased incidence of colds, flu ear infections, pneumonia and bronchitis.
 - Reduces blood supply and oxygen to fetus.
 - House fires.

Alcohol

- Some important factors:
 - It is illegal to sell alcoholic beverages to anyone under the age of 19 or to serve alcohol to an intoxicated individual.
 - Alcohol is a depressant...it slows down the central nervous system.
 - Alcohol interferes with coordination and reaction time.
 - Alcohol plays a role in almost 45% of all motor vehicle deaths.
 - An estimated 30% to 50% of violent crimes are alcohol related.
 - Alcohol plays a role in 30% to 40% of all falls, drownings and fires.
- Short-Term Effects on the Body
 - First increases then decreases heart rate.
 - Slows down breathing.
 - Impairs judgment.
 - Impairs reflexes and reaction time.
 - Can cause nausea and vomiting.
 - Slurred speech.
 - Red eyes and discolouration of the skin.
 - Impaired motor function.
 - Higher blood pressure.
 - Relaxes the eye muscle making it difficult to focus.
 - Increased frequency of urination.
 - Alcohol poisoning.
 - Cuts down of flow of oxygen to the brain.
 - Affects judgement, mood, thinking, speech and memory.
 - Can cause depression, anger, violence or suicidal thoughts.
- Long-Term Effects on the Body (chronic use):
 - Increased alcohol liver disease.
 - Diseases of the stomach, digestive system and pancreas.
 - Memory loss.
 - Permanent brain and nerve damage.
 - Reduced production of sex hormones.
 - Prone to infections due to decreased immune system.
 - Malnutrition.
 - Vitamin deficiency.
 - Inflammation of the stomach and ulcers of the mouth.
 - Cancer of the stomach.
 - Dependence.
 - Hypertension.
 - Heart disease.

Cannabis

There is a great deal of controversy about the use of cannabis. Students are impacted by the media in what they see and what they read. It is a fact that while cannabis will not "fry your brains," there are causes for concerns about use, particularly as these relate to developing bodies and minds. Research indicates that there are short-term and long-term negative side effects.

- Short-Term Effects of Use
 - Cannabis impairs the central nervous system, much in the way alcohol does (e.g., affects vision, impairs judgment, reduces reaction time).
 - Affects the respiratory system and delivers more tar to the lungs than cigarettes do.
 - Cannabis is an illegal drug, and possession is still considered a criminal offense.
 - People find it more difficult to concentrate and learn new facts.
 - We are not clear about all the effects of cannabis, but because a young person's body is growing and developing, the impact could be much more serious than on an adult.
- Long-Term Effects of Use:
 - Psychological dependence can occur, with some people experiencing physical withdrawal if they stop using. There is evidence that THC the active ingredient in cannabis may be physically addictive.
 - Accumulation in the fatty tissues around vital organs (e.g., reproductive organs, brain).
 - May cause hallucinations.
 - If using regularly, a person may decide to sell some of his or her personal amount, in order to be able to buy more. This is considered trafficking and is a criminal offense.
 - If using regularly, a young person's circle of friends may change, and he or she may move towards a group that uses regularly.
 - Research continues to examine the effects of regular use cannabis, over the long-term, as this relates to memory and to emotional/behavioural aspects.

There are also some positive side effects, which impact on medical conditions, such as reducing nausea for people on chemotherapy. We will know more about this in the next few years but in the meantime, it is important to acknowledge that people use all kinds of drugs to feel good, either to enhance pleasure or relieve pain. This is why they continue to use these drugs. It is the negative side-effects which cause concern, particularly for young people for whom the side-effects could be enhanced because of their size, body weight and cell distribution.

It is very important that students get accurate information. They may be acquainted with someone who smokes cannabis and will know if the information is a “Scare Tactic” and not the truth.

If students ask about drug names that you do not know, be aware that this is very common, since new drugs and street names for drugs are developing all the time. To clarify information and to answer questions about drug use and abuse, teachers and students can get in touch with the local Health Unit or call the Centre for Addiction and Mental Health (1-800-661-1111).

Parts of the preceding activities and background information are excerpted or adapted from **Educating Students about Drug Use and Abuse: Ready-To-Use Lesson Plans for Drug Education in Your Classroom** with permission from the Centre for Addiction and Mental Health.

Appendices

Unit 3 Appendix A	Key Information on Cannabis
Unit 3 Appendix B	Cannabis Test