

# Health and Family Life Study Guide

## Effect of Illegal drugs

**Medicines** are legal drugs if they are used correctly. Illegal drugs are drugs that are not medicines and that are against the law to sell, buy, have or use. Illegal drugs used in any amount can harm the body. Common drugs are Cocaine, Crack and Marijuana.

**Marijuana** is made from the hemp plant and is sometimes called grass, weed or pot.

- Marijuana users usually smoke it.
- Marijuana is sometimes eaten in high doses in food rather than smoked.
- Marijuana users experience short and long term effects.

### **Marijuana Short Term Effects**

- Distorted perception (sight, sound, time, touch)
- Causes problems with memory, learning and coordination, trouble with thinking and problem solving
- Increased heart rate and reduced blood pressure

### **Marijuana Long Term Effects**

- Lowers the body's defenses against other diseases
- Can also produce anxiety, fear, distrust or panic
- It affects the brain and interferes with memory, coordination, speech, reading, comprehension and problem solving

### **Cocaine and Crack Effects**

- Increase blood pressure
- Is addictive
- User hears and see things that are not there
- Speed up breathing and heart beat rate
- Make user violent (can lead to death)
- Destroy the inside of the nose

### **Effect of Illegal drugs**

Using illegal drugs can prevent you from doing well in school and sports. They can stop you from caring about family, friends and important things. These actions hurt everybody around you because the user no longer positively contributes to the family and community. Many innocent people become victims of crime committed by drug users.

# Stages in Human Life

All human beings experience a series of growth stages during their lifetime (from birth to old age).

## **1. Prenatal - Nine months before birth to birth**

- Most rapid growth period taking place inside the mother's body.
- Development of all body parts, tissues, organs and systems needed for life support

## **2. Infancy - Birth until two years**

- Body becomes bigger and stronger (changes from an infant to a toddler)

## **3. Childhood (toddler to school age years) - Three years to ten years**

- Mastery of skills and independence
- Learning and getting ready for school
- Development of a wide range of skills and ability
- Puberty, or sexual development, begins during the later years of this stage.

## **4. Adolescence - Ten to eighteen plus years**

- Rapid mental, emotional and physical growth and development

## **5. Adulthood - Nineteen years until death**

- Period of greatest strength and stamina.
- Physical growth ceases, but growth continues mentally, emotionally and socially
- Physical abilities decline with age

## Physical & Emotional Changes

**Sexual abuse** is when someone subjects an individual male or female, to fondling (inappropriate touching) or rape, or lures him/her to be part of some sexual activity.

### **Forms of sexual abuse are:**

- **Incest** is sexual activity between people who are closely related.
- **Rape** is forced sexual intercourse.
- **Molestation** is touching or being touched in a sexual way, exposure of genitalia, taking of pornographic pictures or variations of these acts by **pedophiles**.

### **Protection from abuse**

Any form of abuse is against the law and should be reported.

**Article 34 of the UN Convention on the Rights of the Child** provides protection from any form of sexual abuse.

It is important to report sexual abuse to a trusted adult. Always say 'NO', get away and seek help. Reporting these abuses also raises awareness about pedophiles in the community.

Sometimes, it is okay for others to touch private parts e.g. parents, doctors or nurses sometimes need to touch private parts when they take care of you or examine you for health reasons.

Children need to know what to do when someone touches private parts inappropriately. Children should not keep 'inappropriate touching' secret.