

Subject: Family Life and Health Education

Topic: Drugs: Medicines and 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 illegal drugs are Cocaine, Crack and Marijuana.

Effects of Illegal Drugs

DRUG	EFFECTS
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. 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. Long Term Effects - Impairs speech, reading, comprehension and disorientation - Causes asthma, heart disease and lung cancer (burning and stinging of the mouth & throat and causes heavy coughing and lung infections) - 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 	- Increase blood pressure - Speed up breathing and heart beat rate - Is addictive - Make user violent (can lead to death) - User hears and see things that are not there - Destroy the inside of the nose

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.