

Skills Worksheet

Directed Reading

Lesson: Facts About Drugs

DRUGS CHANGE THE MIND AND BODY

1. A _____ is any substance that changes how the mind or body works.

DRUGS ARE UNPREDICTABLE

2. List six factors that affect a person's reaction to drugs.

3. Besides unpredictable effects, what are two other risks from taking drugs?

Lesson: Medicine

WHAT IS A MEDICINE?

4. Define *medicine*.

Directed Reading *continued*

DIFFERENT FORMS OF MEDICINE

- 5.** Name five different forms medicines can take.

OVER-THE-COUNTER MEDICINES

- 6.** What are over-the-counter medicines?

- 7.** Unexpected changes in the body or mind that are caused by medicines are called a _____.

PRESCRIPTION MEDICINES

- 8.** What are prescription medicines?

READING A MEDICINE LABEL

- _____ **9.** What information is found on a medicine label?
- a.** how much to take
 - b.** how often to take it
 - c.** possible side effects
 - d.** All of the above

USING MEDICINES SAFELY

- 10.** List three ways to use medicines safely.

Directed Reading *continued*

Lesson: Illegal Drugs

MARIJUANA

11. Which of the following is another name for marijuana?

- a.** pot
- b.** grass
- c.** weed
- d.** All of the above

12. What is a gateway drug?

INHALANTS

_____ **13.** Which of the following are chemical products that have strong fumes or odors?

- a.** anabolic steroids
- b.** inhalants
- c.** stimulants
- d.** depressants

ANABOLIC STEROIDS

14. Anabolic steroids can cause fast _____ gain and
muscle _____.

STIMULANTS AND DEPRESSANTS

15. What is the difference between a stimulant and a depressant?

OTHER ILLEGAL DRUGS

16. What are some effects of hallucinogens?

Directed Reading *continued*

_____ **17.** Which of the following is a form of opiate?

- a.** heroin
- b.** marijuana
- c.** cocaine
- d.** sleeping pills

Lesson: Drug Abuse
MISUSE AND ABUSE

18. What is the difference between misuse and abuse of a drug?

THE COST OF ABUSING DRUGS

19. What risks and costs are involved with abusing drugs?

DRUG ABUSE AFFECTS DECISIONS

20. What types of decisions can drug abuse affect?

Lesson: Drug Addiction
FORMING AN ADDICTION

_____ **21.** A condition in which a person needs more of a drug to feel the original effects of the drug is called

- a.** withdrawal.
- b.** dependence.
- c.** tolerance.
- d.** drug addiction.

Directed Reading *continued*

22. What is withdrawal?

23. The need to take a drug in order to feel normal is called

24. The inability to control one's use of a drug is called _____.

RECOVERY

25. Why is withdrawal painful?

Lesson: Refuse to Abuse

AVOIDING DRUG ENVIRONMENTS

26. What is one way to avoid social pressure to use drugs?

DRUG-FREE COPING

27. What is one drug-free way to cope with problems?

REFUSING OFFERS

28. List three different ways to refuse drugs.
