

Skills Worksheet

Directed Reading

Lesson: Tobacco and Alcohol as Drugs

1. Why are alcohol and tobacco considered drugs?

AFFECTING THE MIND AND BODY

2. A plant with leaves that can be dried and mixed with chemicals to make products such as cigarettes and cigars is _____.
3. What effect does alcohol have on the body?

TOBACCO AND ALCOHOL ARE UNPREDICTABLE

4. List three factors that affect how a person will react to alcohol.

Lesson: Tobacco Products

CHEMICALS IN TOBACCO PRODUCTS

- _____ 5. What is the name of the addictive drug found in tobacco products?
- a. carbon monoxide
 - b. nicotine
 - c. tar
 - d. ETS

EARLY EFFECTS OF CIGARETTES

6. What is tar?

7. List three physical effects of smoking cigarettes.

Directed Reading *continued*

ENVIRONMENTAL TOBACCO SMOKE

8. What is environmental tobacco smoke?

9. What health problems can be caused by ETS?

SMOKELESS TOBACCO

_____ **10.** Which of the following is a form of smokeless tobacco?

- a.** spit tobacco
- b.** snuff
- c.** chewing tobacco
- d.** All of the above

TOBACCO-RELATED DISEASE AND DEATH

11. Describe two serious diseases that smoking can cause.

Lesson: Alcohol

EARLY EFFECTS OF ALCOHOL

12. List three possible effects of consuming alcohol.

BLOOD ALCOHOL CONCENTRATION

13. Define intoxication.

Directed Reading *continued*

14. The percentage of alcohol in a person's blood is called the _____.

LONG-TERM EFFECTS OF ALCOHOL

_____ **15.** Which of the following is a disease caused by consuming large amounts of alcohol?

- a.** emphysema
- b.** asthma
- c.** cirrhosis
- d.** None of the above

_____ **16.** Alcohol can increase the risk of

- a.** stroke.
- b.** high blood pressure.
- c.** heart disease.
- d.** All of the above

ALCOHOL AND PREGNANCY

17. A group of birth defects that can occur when an unborn baby is exposed to alcohol is called _____.

DRUNK DRIVING

_____ **18.** Driving when even slightly intoxicated is dangerous because alcohol

- a.** slows down your ability to react.
- b.** impairs the ability to respond as quickly as usual.
- c.** impairs the ability to make responsible decisions.
- d.** All of the above

Lesson: Addiction

FORMING AN ADDICTION

19. The body's ability to resist the effects of a drug is called

_____.

20. When a person needs a drug to feel normal, he or she has a(n)

_____.

Directed Reading *continued*

ALCOHOLISM

21. Define *alcoholism*.

KICKING A HABIT

22. How can quitting an addiction to alcohol be dangerous?

Lesson: Feeling Pressure
PRESSURE FROM OTHER PEOPLE

23. Pressure from a friend or group of friends is called _____.

ADVERTISEMENTS

24. How do advertisements for tobacco and alcohol depict drug use?

GETTING THROUGH ROUGH TIMES

25. Can drugs solve problems? Explain your answer.

Directed Reading *continued*

Lesson: Refusing Tobacco and Alcohol

WAYS TO REFUSE

26. Explain two ways you can refuse drugs.

PROVIDING ALTERNATIVES

27. List two alternatives to drinking alcohol you could suggest to a friend.

BUILD AN ACTIVE SOCIAL LIFE

28. Are drugs necessary for having fun? Explain your answer.
