

Programmed Learning Activity

Cover the column of answers on the right side of the page with a blank sheet of paper. Read the information and fill in each blank. Then uncover the answer in the right column to check immediately if you answered correctly before you go on to the next piece of information.

Drug Categories

1. There are five main categories of commonly abused drugs, according to many classification systems. The first, called *depressants*, are drugs that depress, or slow down, the central nervous system. These drugs that slow down the central nervous system are called _____ .
depressants
2. Other drugs are called *stimulants* because they have the opposite effect on the brain. They stimulate, or speed up, the central nervous system. These drugs that speed up the central nervous system are called _____ .
stimulants
3. To review:
The drugs that slow down the central nervous system are called _____ , and the drugs that speed up the central nervous system are called _____ .
depressants
stimulants
4. Drugs that cause hallucinations form the third category of commonly abused drugs in our society. They are called *hallucinogens*. These drugs that cause hallucinations are called _____ .
hallucinogens
5. The three categories that have been described so far are _____ , _____ , and _____ .
depressants,
stimulants,
hallucinogens
6. The earliest known abused drugs were derived from opium. These drugs became known as *narcotics*. Some people think all drugs are called narcotics. This may be because narcotics agencies were originally formed to combat the problems with opium and other drugs derived from opium. These agencies then began to include drugs from other categories as they were discovered or invented. But originally, and for classification purposes, only the drugs that are derived from opium are included in the category of _____ .
narcotics

7. To review:

Drugs that slow down the central nervous system are called _____ . depressants

Drugs that speed up the central nervous system are called _____ . stimulants

Drugs that cause hallucinations are called _____ . hallucinogens

Drugs that are derived from opium are called _____ . narcotics

8. The final group of drugs are labeled *inhalants* because they are inhaled or breathed into the lungs. These drugs which are sniffed into the lungs instead of being swallowed, injected, or absorbed into blood vessels through the nose, are called _____ . inhalants

9. To review:

Drugs that slow down the central nervous system are called _____ . depressants

Drugs that speed up the central nervous system are called _____ . stimulants

Drugs that cause hallucinations are called _____ . hallucinogens

Drugs that are derived from opium are called _____ . narcotics

Drugs that are breathed into the lungs are called _____ . inhalants

10. To review:

List the five main categories of drugs.

a. _____ depressants

b. _____ stimulants

c. _____ hallucinogens

d. _____ narcotics

e. _____ inhalants

Drug Effects

11. The drugs that slow down the central nervous system, called _____, have many harmful effects on people who abuse them. Death may occur when people who have become seriously addicted suddenly stop all use of the drug, not knowing that their bodies have become dependent on the drug. A potential harmful effect, therefore, is the risk of *death due to sudden withdrawal* from the drug. Addiction has caused the person's body to require the drug, so the person dies when suddenly unable to get it. Depressants can have the effect of causing _____ due to sudden _____.

depressants

death
withdrawal

12. Another harmful effect of depressants is the appearance of *muscle tremors* or shaking. Due to the inactivity of the muscles for extended periods of time, resulting from the slowing down of the body functions, the muscles can react by trembling. People who trembled like this because of the abuse of depressant drugs were said to have muscle _____.

tremors

13. To review:

Depressant drugs can cause death due to sudden _____ and muscle _____.

withdrawal
tremors

14. To review:

There are many harmful effects of depressant drugs, two of which are _____ and _____.

death due to
sudden withdrawal
muscle tremors

15. To review:

Drugs that slow down the central nervous system are called _____, and those which speed up the central nervous system are called _____. A third category of drugs causes hallucinations. These drugs are called _____. Some drugs are made from opium and are called _____. A final group of drugs is inhaled into the body, so these drugs are called _____.

depressants
stimulants

hallucinogens
narcotics

inhalants

16. To review:
Two main harmful effects of depressants are _____
and _____ .
death due to sudden withdrawal
muscle tremors
17. The drugs that speed up the central nervous system, called _____ , also have serious side effects. One harmful effect is the risk of having *heart attacks* due to the increased rate of the heart. Someone who abuses a stimulant drug such as cocaine risks having heart _____ .
stimulants
attacks
18. Besides causing heart attacks, stimulants can also cause a person to have convulsions. Using a drug that speeds up the central nervous system can cause seizures, or _____ .
convulsions
19. To review:
Using stimulants can speed up a person's heart, causing _____
_____. It also speeds up the entire body functioning,
and may cause _____ .
heart attacks
convulsions
20. To review the harmful effects of depressants and stimulants;
Depressants can cause _____ and
_____.
Stimulants can cause _____ and
_____ .
death due to sudden withdrawal
muscle tremors
heart attacks
convulsions
21. To review:
List the five main categories of drugs.
- a. _____ depressants
 - b. _____ stimulants
 - c. _____ hallucinogens
 - d. _____ narcotics
 - e. _____ inhalants

22. To review the harmful effects of the first two drug types:

Depressants can cause _____ and _____.

death due to sudden withdrawal
muscle tremors

Stimulants can cause _____ and _____.

heart attacks
convulsions

23. The third category of drugs causes hallucinations. These drugs are called _____. One harmful effect of using a hallucinogen such as LSD is the experience of having *flashbacks*, which means that people can have a hallucination days or months after using the drug even if they haven't used the drug again. This could happen in a very embarrassing or dangerous situation. When people experience a hallucination much later, even when not using the drug, these experiences are called _____.

hallucinogens

flashbacks

24. Another harmful effect of using hallucinogens is the possibility of developing *psychological disorders*. Due to the action of the drug in the brain cells, some people who use hallucinogens lose touch with reality and become mentally ill because they have developed _____.

psychological disorders

25. Two harmful effects of hallucinogens, therefore, are experiencing hallucinations even when not using the drug, called _____, and becoming mentally ill, that is, developing _____.

flashbacks
psychological disorders

26. To review:

Two harmful effects of depressants are _____ and _____.

death due to sudden withdrawal
muscle tremors

Two harmful effects of stimulants are _____ and _____.

heart attacks
convulsions

Two harmful effects of hallucinogens are _____ and _____.

flashbacks
psychological disorders

27. To review:

List the five main categories of drugs.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

depressants
stimulants
hallucinogens
narcotics
inhalants

28. To review:

Two harmful effects of depressants are _____
and _____.

death due to
sudden withdrawal
muscle tremors

Two harmful effects of stimulants are _____
and _____.

heart attacks
convulsions

Two harmful effects of hallucinogens are _____
and _____.

flashbacks
psychological
disorders

29. The fourth category of drugs, those derived from opium, are called _____ . Because narcotics, such as heroin, are usually injected into the blood, a harmful effect is the risk of *exposure to infectious diseases*, including AIDS, resulting from using unsterilized needles. People who are under the effect of a drug or hurrying to get the drug into their system due to the pressures of addiction are not often careful about sterilizing the needle and risk _____ .

narcotics

exposure to
infectious
diseases

30. A second harmful effect results from drug dealers mixing other chemicals with the narcotics they sell, in order to make a higher profit. Some people who are used to a very small amount of narcotic being in the mixture may not realize it when a particular batch has a higher content of the drug in it. This may result in *death by overdose*. People who inject a more potent batch of narcotic into the bloodstream may experience this second harmful effect, _____ .

death by overdose

31. To review:

Two harmful effects of using narcotics are _____
and _____ .

exposure to
infectious
diseases
death by overdose

32. To review:

List the five main categories of drugs.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

depressants
stimulants
hallucinogens
narcotics
inhalants

33. To review again:

Two harmful effects of depressants are _____
and _____ .

death due to
sudden withdrawal
muscle tremors

Two harmful effects of stimulants are _____
and _____ .

heart attacks
convulsions

Two harmful effects of hallucinogens are _____
and _____ .

flashbacks
psychological disorders

Two harmful effects of narcotics are _____
and _____ .

exposure to infectious
diseases
death by overdose

34. The drugs that are breathed into the lungs, called _____, are the last main category. Because they are often inhaled using a plastic bag, there is a danger of *accidental suffocation*. This happens particularly after using the drug since the person is not thinking clearly due to the use of the drug. Whenever a person is breathing into a plastic bag and not thinking clearly, the harmful effect of accidental _____ can result.

inhalants

suffocation

35. Another harmful effect of the use of inhalants is *impaired brain functioning*. Inhalants can damage brain cells so that they do not function imperfectly in the processing of information. The use of inhalants decreases the ability of the brain to function properly, so this is called _____ .

impaired brain
functioning

36. To review:

The two harmful effects of using inhalants are _____
and _____.

accidental suffocation
impaired brain
functioning

37. To review:

List the five main categories of drugs.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

depressants
stimulants
hallucinogens
narcotics
inhalants

List two harmful effects of depressants.

- a. _____
- b. _____

death due to
sudden withdrawal
muscle tremors

List two harmful effects of stimulants.

- a. _____
- b. _____

heart attacks
convulsions

List two harmful effects of hallucinogens.

- a. _____
- b. _____

flashbacks
psychological disorders

List two harmful effects of narcotics.

- a. _____
- b. _____

exposure to
infectious diseases
death by overdose

List two harmful effects of inhalants.

- a. _____
- b. _____

accidental suffocation
impaired brain
functioning