

Identifying Drugs - Definitions

Drug: any substance which when ingested, inhaled, absorbed or injected, changes the way the mind or body functions. This includes changing the way a person thinks, acts or feels.

There are three major groups of mood-altering drugs. They are Stimulants, Depressants and Hallucinogens.

Stimulants

Stimulants speed up mental processes and therefore make the user feel a perception of being more alert, giving the user a LIFT or a HIGH. Drugs of this type include amphetamines, cocaine and caffeine.

Depressants

Depressants make the users relaxed and less conscious of events around them. Alcohol, sleeping pills, tranquilizers, pain killers, and narcotics such as heroin and morphine have these effects. Some allergy and cold remedies also may have depressant effects.

Hallucinogens

Hallucinogens are sometimes called MIND-ALTERING or psychedelic drugs. They mainly change the kinds of sensations experienced by the user. Marijuana, hashish, LSD, mescaline, and overdoses of some drugs used to regulate such organs as the heart, blood vessels, or stomach are classified as hallucinogens.

Generally, substances which fall into these three classifications act on the central nervous system by either speeding it up (stimulants), slowing it down (depressants) or changing the way the external environment is perceived (hallucinogens).

Drug Identification Table

Depressants

wine
beer
whisky
sleeping pills
tranquilizers
glue
gasoline
heroin
rohypnol
alcohol
inhalants
barbiturates
morphine
codeine
quaalude
methadone
valium
opium

Hallucinogens

LSD
mushrooms
PCP
peyote
ketamine

Stimulants

caffeine
cocaine
dexedrine
crack
nicotine
diet pills
crystal
amphetamines
methamphetamine

Notes:

- Cannabis falls into a couple of categories – Depressants and Hallucinogens
- Ecstasy falls into two categories – Stimulants and Hallucinogens
- Alcohol first stimulates, then depresses the central nervous system
- Barbiturates are known as downers, barbs, blue heavens, yellow jackets, red devils
- Amphetamines are known as speed, ice, glass, crystal, crank, bennies, uppers, beans
- Cannabis is known as marijuana, joint, pot, grass, hashish, hash, hash oil
- Cocaine is known as crack, coke, C, flake, snow
- Caffeine is used in many medications such as painkillers, cold and cough remedies, antihistamines

Substance Use and Abuse - Questionnaire

Indicate whether each statement is True or False with either a T or an F.

1. A pregnant woman who smokes is not likely to harm her unborn child. _____
2. It is very difficult to quit smoking once you are a constant smoker. _____
3. If you are in a room with smokers, but you are not smoking yourself, the smoke is not harmful. _____
4. Filters on cigarettes eliminate any danger to the health of a smoker. _____
5. Parents play a significant role in their children's decisions about smoking. _____
6. Nicotine use can result in addiction. _____
7. After a person lights a cigarette, the heart begins to work 25 percent harder. _____
8. Drugs can be used for medicinal purposes. _____
9. Prescription drugs can be harmful if not used properly. _____
10. Drinking coffee is not habit-forming. _____
11. Use of household inhalants can cause death. _____
12. There are no after-effects from Rohypnol (roofies). _____
13. Cocaine is an illegal drug. _____
14. More boys than girls smoke cigarettes. _____
15. Glue sniffing may cause brain damage. _____
16. Reactions from drugs may continue for two years even though the user has quit taking drugs. _____
17. Emotions, not behaviour, are affected by drugs. _____
18. Drugs artificially change how we feel. _____
19. Drinking alcohol affects the whole brain. _____
20. You will never die taking an overdose of drugs. _____