

Unit #3 Review Packet

Mental and Emotional Health

- Chapter 19 Medicines and Drugs (pgs. 522-539)
- Chapter 20 Tobacco (pgs.540-563)
- Chapter 21 Alcohol (pgs. 564-589)
- Chapter 22 Illegal Drugs (pgs. 590-621)



Chapter 19 Medicines and Drugs

Lesson 1 The Role of Medicines

Directions: Use the following outline to help organize your notes as you read through the lesson.

Key Concept

Consider and Reconsider Before reading the lesson, list what you know about how cold medications affect your body. After you have finished reading, use what you have learned to write a sentence describing how antihistamines work.

Before Reading	After Reading

New and Academic Vocabulary

Write the correct vocabulary term under each definition.

medicines _____

1. occurs when medicines work together in a positive way

drugs _____

2. substances other than foods that change the structure or function of the body or mind _____

vaccine _____

3. to counteract the effect of _____

side effects _____

4. occurs when one medicine's effect is canceled or reduced when taken with another _____

additive interaction _____

5. drugs that are used to treat or prevent diseases or other conditions _____

synergistic effect _____

6. the interaction of two or more medicines that results in a greater effect than when the medicines are taken alone

antagonistic interaction _____

7. reactions to medicines other than the one intended

neutralize _____

8. a preparation that prevents a person from contracting a specific disease _____

Types of Medicines

I found this information on page(s) _____.

Explain how medicines are classified.

List the four broad categories that treat or prevent illness.

- 1.
- 2.
- 3.
- 4.

List four types of medicines that fight pathogens and **explain** how each works.

Medicine	Pathogen(s)

List four types of medicines that people use to control chronic conditions.

- 1.
- 2.
- 3.
- 4.

List four ways in which medicines can be delivered to the body.

- 1.
- 2.
- 3.
- 4.

List three types of medicine interactions.

- 1.
- 2.
- 3.

Describe the difference between tolerance and withdrawal.

Chapter 19

Taking Medications

I found this information on page(s) _____.

Note Taking

Chapter 19 Medicines and Drugs

Lesson 2 Using Medicines Safely

Directions: Use the following outline to help organize your notes as you read through the lesson.

Key Concept

Consider and Reconsider Before reading the lesson, write a sentence describing some reasons why you think people may abuse medicines. After you have read the lesson carefully, use what you have learned to write a sentence describing three pieces of advice you would give people to help them avoid abusing medicine.

Before Reading	After Reading

New and Academic Vocabulary

Write a vocabulary word to answer each question.

Chapter 19

- prescription medicines
- over-the-counter (OTC) medicines
- medicine misuse
- medicine abuse
- drug overdose

1. Using medicines at a "pill party" is an example of which term?

2. Which is a potential result of medicine abuse?

3. Which types of medicines can be purchased without a doctor's prescription?

4. Mixing medicines without the knowledge or approval of your health care provider is an example of which term?

5. Which type of medicine should be taken only by the person whose name appears on the label?

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Name _____ Date _____ Class _____

Standards for Medicine
I found this information
on page(s) _____.

List some pieces of information that the FDA requires drug manufacturers to supply before approving a drug for use.

Give two criteria that the FDA tests for during clinical trials.

List the information that drug makers must include on all OTC and prescription medicine labels.

List the additional information that must be included on a prescription medicine label.

Medicine Misuse
I found this information
on page(s) _____.

Explain the difference between medicine misuse and medicine abuse.

List six examples of medicine misuse.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

List three behaviors that will help you avoid medicine abuse:

Note Taking

Chapter 20 Tobacco

Lesson 1 The Health Risks of Tobacco Use

Directions: Use the following outline to help organize your notes as you read through the lesson.

Key Concept

Consider and Reconsider Before reading the lesson, write a sentence describing why it is so difficult for some individuals to quit smoking. After you have finished reading, use what you have learned to rewrite your sentence.

Before Reading	After Reading

New and Academic Vocabulary

Write the correct vocabulary term under each definition.

addictive drug

1. a cancer-causing substance

nicotine

2. the addictive drug found in tobacco leaves

stimulant

3. a colorless, odorless, and poisonous gas

carcinogen

4. a substance that causes physiological or psychological dependence

tar

5. thickened, white, leathery spots on the inside of the mouth that can develop into oral cancer

carbon monoxide

smokeless tobacco

leukoplakia

6. a thick, sticky, dark fluid produced when tobacco burns

decade

7. a group or set of ten

8. a drug that increases the action of the central nervous system, the heart, and other organs

9. tobacco that is sniffed through the nose, held in the mouth, or chewed

Toxic Substances in Tobacco Products

I found this information on page(s) _____.

List three toxic substances found in tobacco products and briefly **describe** how each one affects the body.

Substance	Affects

Pipes, Cigars, and Smokeless Tobacco

I found this information on page(s) _____.

Identify some of the evidence to support the claim that pipes and cigars are just as dangerous, if not more so, than cigarettes.

Harmful Effects of Tobacco Use

I found this information on page(s) _____.

List four short-term effects of tobacco use.

- 1.
- 2.
- 3.
- 4.

List five health problems caused by long-term tobacco use.

- 1.
- 2.
- 3.
- 4.
- 5.

Other Consequences of Tobacco Use

I found this information on page(s) _____.

List three other consequences of tobacco use.

- 1.
- 2.
- 3.

Note Taking

Chapter 20 Tobacco

Lesson 2 Choosing to Live Tobacco Free

Directions: Use the following outline to help organize your notes as you read through the lesson.

Key Concept

Consider and Reconsider Before reading the lesson, write a sentence describing the last time you saw smoking on TV, in an advertisement, or in a movie. After you have read the lesson carefully, use what you have learned to write a sentence describing how you can resist being tempted by media efforts that make tobacco use look appealing.

Before Reading	After Reading

New Vocabulary

Write a vocabulary word to answer each question.

nicotine withdrawal

1. Which physical symptom do people often experience when they stop using tobacco?

nicotine substitutes

tobacco cessation program

2. Which is a course that provides information and help to people who want to stop using tobacco?

3. Which substances do people often use to relieve the symptoms of nicotine withdrawal?

Teens and Tobacco

I found this information on page(s) _____.

Identify some reasons for tobacco use among teens.

List four factors that have contributed to a reduced number of high school students who use tobacco products.

- 1.
- 2.
- 3.
- 4.

Benefits of Living Tobacco Free

I found this information on page(s) _____.

Identify the benefits of living tobacco-free.

List three strategies that will help you avoid tobacco use.

- 1.
- 2.
- 3.

Quitting Tobacco Use

I found this information on page(s) _____.

Describe some of the symptoms of nicotine withdrawal.

List four strategies for people who want to quit using tobacco.

- 1.
- 2.
- 3.
- 4.

Note Taking

Chapter 20 Tobacco

Lesson 3 Promoting a Smoke Free Environment

Directions: Use the following outline to help organize your notes as you read through the lesson.

Key Concept

Food for Thought As you read this lesson, think about how smoking can affect people other than the smoker. After you have finished reading the lesson carefully, write a sentence or two describing what you have learned about the health risks of tobacco smoke for nonsmokers.

New and Academic Vocabulary

Unscramble and define each vocabulary term.

environmental tobacco smoke

meartsdesi omske

mainstream smoke

eramtsnima osmek

sidestream smoke

latmenonirenv oacbot ekosm



Name _____ Date _____ Class _____

Health Risks of Tobacco Smoke

I found this information on page(s) _____.

Explain the difference between mainstream smoke and sidestream smoke.

Identify some effects of ETS on nonsmokers.

Explain how nicotine and carbon monoxide can be dangerous to a mother and her fetus.

Reducing Your Risks

I found this information on page(s) _____.

List some strategies you can use to reduce the effects of ETS in your home.

Creating a Smoke-Free Society

I found this information on page(s) _____.

Identify three actions that have aided efforts to curb smoking in public places.

- 1.
- 2.
- 3.

Describe the purpose of *Healthy People 2010*.

Note Taking

Chapter 21

Chapter 21 Alcohol

Lesson 1 The Health Risks of Alcohol Use

Directions: Use the following outline to help organize your notes as you read through the lesson.

Key Concept

Skim and Scan Before reading the lesson, skim all section titles, pictures, tables, and graphs. Write a question that you expect the lesson to answer. After you have finished reading, write the answer to your question.

Before Reading	After Reading

New Vocabulary

Write the correct vocabulary term under each definition.

ethanol

1. a drug that slows the central nervous system

fermentation

2. drinking five or more alcoholic drinks at one sitting

depressant

3. a severe and potentially fatal physical reaction to an alcohol overdose

intoxication

4. the type of alcohol in alcoholic beverages

binge drinking

5. the state in which the body is poisoned by alcohol or another substance, and the person's physical and mental control is significantly reduced

alcohol poisoning

6. the chemical action of yeast on sugars

Alcohol

I found this information on page(s) _____

Explain why adolescents are at a particularly high risk for the negative health effects of alcohol use.

Short-Term Effects of Drinking

I found this information on page(s) _____

Identify some short-term effects of alcohol consumption.

List six factors that influence the onset and intensity of alcohol's effects.

1.	4.
2.	5.
3.	6.

Describe three ways that alcohol can change the way a medicine affects your body.

- 1.
- 2.
- 3.

Long-Term Effects of Alcohol

I found this information on page(s) _____

Identify ways in which alcohol can damage the following body systems:

Brain _____

Cardiovascular System _____

Digestive System and Pancreas _____

Pancreas _____

Bing Drinking and Alcohol Poisoning

I found this information on page(s) _____

Describe the dangerous effects of binge drinking.

Chapter 21 Alcohol

Lesson 2 Choosing to Live Alcohol-Free

Directions: Use the following outline to help organize your notes as you read through the lesson.

Key Concept

Consider and Reconsider Before reading the lesson, write a sentence describing how alcohol abuse differs from alcoholism. After you have read the lesson carefully, use what you have learned to rewrite your sentence.

Before Reading	After Reading

New and Academic Vocabulary

psychological dependence

physiological dependence

alcohol abuse

alcoholism

isolation

Write a vocabulary word to answer each question.

1. In which type of dependence does an individual develop a chemical need for a drug? _____
2. Which is a disease in which a person has a physical or psychological dependence on drinks that contain alcohol?

3. Which type of abuse is characterized by an excessive use of alcohol? _____
4. Which type of dependence causes people to think they need a drug in order to feel good or function properly?

5. Which term describes being withdrawn or separated?

Alcohol Use

I found this information on page(s) _____.

List three factors that influence alcohol use.

- 1.
- 2.
- 3.

Chapter 21

Health Risks of Alcohol Use

I found this information on page(s) _____.

Identify some consequences that teens may face if caught buying, possessing, or consuming alcohol.

Describe the relationship between alcohol and violence for teens.

Explain why alcohol use can cause teens to compromise their values regarding sexual activity.

Identify the risks faced by teens who live in a household in which a family member abuses alcohol.

- 1.
- 2.
- 3.
- 4.

List some negative consequences teens may face at school if they use alcohol.

Avoiding Alcohol

I found this information on page(s) _____.

List seven benefits that you will enjoy throughout your life by remaining alcohol-free.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Note Taking

Chapter 21

Chapter 21 Alcohol

Lesson 3 The Impact of Alcohol Abuse

Directions: Use the following outline to help organize your notes as you read through the lesson.

Key Concept

Food for Thought As you read this lesson, think about the many times you have heard about the dangers of drinking and driving. After you have finished reading the lesson carefully, write a sentence stating the ways in which alcohol consumption impairs drivers.

New Vocabulary

Write the correct vocabulary term in the left column for each definition below.

1. an addict who is dependent on alcohol
2. living without alcohol
3. the process of learning to live an alcohol-free life
4. the amount of alcohol in a person's blood, expressed as a percentage
5. a group of alcohol-related birth defects that include physical and mental problems

Alcohol and Driving

I found this information on page(s) _____.

Identify the factors that go into calculating blood alcohol concentration.

List some consequences that teens who drink and drive may face.

Alcohol and Pregnancy
I found this information on page(s) _____.

Explain why pregnant females should not use alcohol at any time during their pregnancy.

Identify some problems associated with fetal alcohol syndrome.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Alcoholism
I found this information on page(s) _____.

List some symptoms of alcoholism.

Describe some behavioral characteristics of an alcoholic.

Effects on Family and Society
I found this information on page(s) _____.

List the stages of alcoholism.

Identify behaviors that people close to alcoholics sometimes exhibit.

Treatment for Alcohol Abuse
I found this information on page(s) _____.

List the stages of recovery from alcoholism.

Note Taking

Chapter 22 Illegal Drugs

Lesson 1 The Health Risks of Drug Use

Directions: Use the following outline to help organize your notes as you read through the lesson.

Chapter 22

Key Concept

Skim and Scan Before reading the lesson, read all section titles, pictures, tables, and graphs. Write a question that you expect the lesson to answer. After you have finished reading, use what you have learned to answer your question.

Before Reading	After Reading

New and Academic Vocabulary

Write the correct vocabulary term under each definition.

substance abuse

- the use or sale of any substance that is illegal or otherwise not permitted

illegal drugs

- chemical substances that people of any age may not lawfully manufacture, possess, buy, or sell

illicit drug use

alter

- a strong, sometimes fatal reaction to taking a large amount of a drug

overdose

addiction

- to make different

- a physiological or psychological dependence on a drug

- any unnecessary or improper use of chemical substances for nonmedical purposes

Substance Abuse

I found this information on page(s) _____.

Explain what substance abuse means.

Explain how the following factors can influence teens' choices about drug use.

Peer pressure	
Family members	
Role models	
Media messages	
Perceptions	
Misleading information	

How Drugs Affect Your Health

I found this information on page(s) _____.

Identify three areas of your health that drug use affects.

- 1.
- 2.
- 3.

Name some negative consequences that are part of the addiction cycle.

Drugs Take a Heavy Toll

I found this information on page(s) _____.

Identify some consequences of drug use for different groups of people.

- 1.
- 2.
- 3.

Chapter 22 Illegal Drugs

Lesson 2 Marijuana, Inhalants, and Steroids

Directions: Use the following outline to help organize your notes as you read through the lesson.

Key Concept

Consider and Reconsider Before reading the lesson, write a sentence describing some consequences that an athlete may face if caught using steroids. After you have read the lesson carefully, use what you have learned to rewrite your sentence.

Before Reading	After Reading

New and Academic Vocabulary

marijuana

paranoia

inhalants

anabolic-androgenic steroids

intense

Write a vocabulary word to answer each question.

1. Which drug can cause weight gain, acne, high blood pressure, and liver and kidney tumors?

2. Which are often prescribed by doctors for allergies, asthma, and other medical conditions?

3. Which is a symptom that marijuana users often experience?

4. Which drug is considered a “gateway drug” and may lead the user to try other, more dangerous drugs?

5. Which term means existing in an extreme degree?

Name _____ Date _____ Class _____

Chapter 22

Marijuana
I found this information
on page(s) _____.

Identify three types of consequences that are affiliated with marijuana use.

Name some physical consequences of marijuana use.

Identify some mental and emotional consequences of marijuana use.

Explain why driving while under the influence of marijuana is dangerous.

Inhalants
I found this information
on page(s) _____.

Identify some immediate effects of inhalant use.

Identify some long-term effects of inhalant use.

Consequences of Steroid Use
I found this information
on page(s) _____.

Name the effects of steroid use on both males and females.

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Note Taking

Chapter 22 Illegal Drugs

Lesson 3 Psychoactive Drugs

Directions: Use the following outline to help organize your notes as you read through the lesson.

Chapter 22

Key Concept

Food for Thought As you read this lesson, think about what you have heard about the drug Ecstasy. After you have finished reading the lesson carefully, write a sentence describing the negative health effects of Ecstasy.

New and Academic Vocabulary

Unscramble each vocabulary term. Then **write** the definition of each term.

psychoactive drugs

1. Inatsumsti

designer drugs

2. nergsied urdgs

hallucinogens

euphoria

3. taiesop

depressants

4. hporaieiu

stimulants

opiates

5. ivectaochpsy rsgud

available

6. llicunogensah

7. assentspesrd

8. elblaiava

Name _____ Date _____ Class _____

**Effects of Psychoactive
Drugs**

I found this information
on page(s) _____.

Name the four main groups of psychoactive drugs.

**Club Drugs, Stimulants,
and Depressants**

I found this information
on page(s) _____.

List six types of club drugs.

Explain what stimulants are and **list** three types of stimulants.

Explain why depressants are dangerous.

Identify two types of depressants.

**Hallucinogens and
Opiates**

I found this information
on page(s) _____.

Explain what hallucinogens are and why they are dangerous.

Name four types of hallucinogens.

Explain what opiates are and why they are dangerous.

Identify four types of opiates.

Note Taking

Chapter 22 Illegal Drugs

Lesson 4 Living Drug-Free

Directions: Use the following outline to help organize your notes as you read through the lesson.



Key Concept

Skim and Scan Before reading the lesson, read all section titles, pictures, tables, and graphs. Write a question that you expect the lesson to answer. After you have finished reading, use what you have learned to answer your question.

Before Reading	After Reading

New and Academic Vocabulary

Define each vocabulary term. **Write** the correct definition on the line next to each term.

drug-free school zones

drug watches

rehabilitation

community

Name _____ Date _____ Class _____

Resisting Pressure to Use Drugs

I found this information on page(s) _____.

Name the best way to resist the pressure to use drugs.

List some strategies that can help you avoid drug use.

Refusal Strategies	
1.	
2.	
3.	

List four activities that can serve as healthy alternatives to using drugs.

1.	3.
2.	4.

Drug Prevention Efforts

I found this information on page(s) _____.

Describe some efforts communities have made to make schools safe from the dangers of drugs.

Becoming Drug-Free

I found this information on page(s) _____.

Identify four ways a teen can help a friend or family member deal with a drug problem.

1.	
2.	
3.	
4.	

List four types of drug treatment centers.

1.	3.
2.	4.