Alcohol, Tobacco and other Drugs

**Definition**

*What is the definition of a drug?*

A substance other than food that affects a person's mental, emotional, or physical state.

**Psychoactive drugs**

Mood altering-affecting mental/emotional states.

*What is the definition of an addiction?*

Continuing to engage in a behaviour despite the negative consequences.

**Types of drug use**

**Drug use**

Taking a drug for medically intended purpose in an appropriate manner.

**Drug misuse**

Taking drugs for its medically intended purpose, but in an inappropriate manner.

**Drug abuse**

The deliberate taking of a drug for other than medical purpose and in a manner that may damage your health.

**Cycle of drug addiction**

**Endorphins i.e dopamine**

Responsible for natural highs you feel from everyday activities “brain’s reward system”

*When a drug is introduced…*

This causes a dopamine release that is stronger, more intense and longer lasting.

Causes more dopamine receptors inside the brain.

Brain cannot repeat; cannot fill receptors naturally.

No longer feel good from everyday activities.

Need drug to feel normal.

Drug hijacks brain’s natural reward system.

**Tolerance**

Need more of the drug to get the same effect.

**Types of addiction**

**Physical Addiction**

Once your body becomes accustomed to the drug it cannot function without it. If you stop the drug, you go through withdrawal symptoms - pain, sickness.

Use drug to avoid painful withdrawal symptoms.

**Mental Addiction**

Driven by overwhelming desire to repeat the feelings from the initial high “chasing the high”

Using the drug becomes the focal point of their lives.

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