

Skills Worksheet

# Directed Reading

## Lesson: Facts About Drugs

### DRUGS CHANGE THE MIND AND BODY

1. A \_\_\_\_\_ is any substance that changes how the mind or body works.

### DRUGS ARE UNPREDICTABLE

2. List six factors that affect a person's reaction to drugs.

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3. Besides unpredictable effects, what are two other risks from taking drugs?

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## Lesson: Medicine

### WHAT IS A MEDICINE?

4. Define *medicine*.

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**Directed Reading** *continued*

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**DIFFERENT FORMS OF MEDICINE**

5. Name five different forms medicines can take.

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**OVER-THE-COUNTER MEDICINES**

6. What are over-the-counter medicines?

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7. Unexpected changes in the body or mind that are caused by medicines are called a \_\_\_\_\_.

**PRESCRIPTION MEDICINES**

8. What are prescription medicines?

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**READING A MEDICINE LABEL**

- \_\_\_\_\_ 9. What information is found on a medicine label?
- a. how much to take
  - b. how often to take it
  - c. possible side effects
  - d. All of the above

**USING MEDICINES SAFELY**

10. List three ways to use medicines safely.

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**Directed Reading** *continued*

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**Lesson: Illegal Drugs**

**MARIJUANA**

11. Which of the following is another name for marijuana?

- a. pot
- b. grass
- c. weed
- d. All of the above

12. What is a gateway drug?

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**INHALANTS**

\_\_\_\_\_ 13. Which of the following are chemical products that have strong fumes or odors?

- a. anabolic steroids
- b. inhalants
- c. stimulants
- d. depressants

**ANABOLIC STEROIDS**

14. Anabolic steroids can cause fast \_\_\_\_\_ gain and muscle \_\_\_\_\_.

**STIMULANTS AND DEPRESSANTS**

15. What is the difference between a stimulant and a depressant?

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**OTHER ILLEGAL DRUGS**

16. What are some effects of hallucinogens?

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**Directed Reading** *continued*

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- \_\_\_\_\_ 17. Which of the following is a form of opiate?
- a. heroin
  - b. marijuana
  - c. cocaine
  - d. sleeping pills

**Lesson: Drug Abuse**  
**MISUSE AND ABUSE**

18. What is the difference between misuse and abuse of a drug?

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**THE COST OF ABUSING DRUGS**

19. What risks and costs are involved with abusing drugs?

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**DRUG ABUSE AFFECTS DECISIONS**

20. What types of decisions can drug abuse affect?

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**Lesson: Drug Addiction**  
**FORMING AN ADDICTION**

- \_\_\_\_\_ 21. A condition in which a person needs more of a drug to feel the original effects of the drug is called
- a. withdrawal.
  - b. dependence.
  - c. tolerance.
  - d. drug addiction.

**Directed Reading *continued***

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**22.** What is withdrawal?

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**23.** The need to take a drug in order to feel normal is called

\_\_\_\_\_.

**24.** The inability to control one's use of a drug is called \_\_\_\_\_.

**RECOVERY**

**25.** Why is withdrawal painful?

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**Lesson: Refuse to Abuse**

**AVOIDING DRUG ENVIRONMENTS**

**26.** What is one way to avoid social pressure to use drugs?

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**DRUG-FREE COPING**

**27.** What is one drug-free way to cope with problems?

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**REFUSING OFFERS**

**28.** List three different ways to refuse drugs.

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