**Webquest: Drugs, Alcohol, and the Teen Brain**

I. Type the following link into google:<http://www.scholastic.com/headsup/assets/poster.htm> and identify how drugs affect each part of your body.

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| Brain: Inhalants shrink the brain, change mood and damage brain cells. | Liver: Steroid abuse creates cysts in the liver which can burst causing internal bleeding |
| Nose: The Nostrils erode and the nose becomes one raw big hole | Kidneys: Ecstasy users risk kidney failure when they're body temperature soars while they are dehydrated |
| Mouth: Cigarette smoke discolors teeth, ecstasy causes involuntary teeth clenching, people no longer smile and bad breath is a problem | Bones: Steroid use stops bones from growing, and inhalants damage bone marrow. |
| Heart: Steroid use blocks blood flow to the heart which can cause a stroke, inhalants disrupt normal heart rhythms. | Skin: Steroids cause acne to pop up around the face of the user |
| Lungs: Get coated in a layer of tar and tobacco, toxic gases replace oxygen in the lungs |  |

II. Visit<http://www.bloodalcohol.info/how-alcohol-affects-the-brain.php> and identify what specific parts of your brain do and how they’re affected by alcohol.

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| Part of the Brain | Normal Function | Impact of Alcohol? |
| Limbic System | Controls memory and emotions | person experiences memory loss |
| Cerebellum | Coordinates muscle movement, initiates muscular movement | Muscle movements become uncoordinated |
| Hypothalamus & Pituitary Gland | Influences many automatic functions of the brain | Makes people more sexually aroused, and decreases sexual performance |

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| Medulla | Influences heart rate, temperature, and breathing | People fall asleep, and become unconscious |

III. Type in the website: http://www.teenshealth.org/teen

Click on Drugs and Alcohol and then click on Alcohol

What percentage of high school students have tried alcohol?

80%

List some strategies to avoid drinking.

say “no, thanks”, “I have a game tommorow”, “my uncle died drinking”

Go back to the homepage of drugs and alcohol and click on drugs. Click on drugs what you should know.

How do drugs work?

Dull or intensify senses, and decrease pain.

Describe the difference of a drug being helpful or harmful.

Helpful drugs are those prescribed by a doctor and used in the way intended, bad drugs are anything but good drugs.

IV. Alcohol affects teens differently than adults. Answer the following questions about the article “Alcohol a Two-Edged Sword for Teens.” Type the title of the article into google to get there.

When compared to an adult brain, what two things hold true for adolescents and alcohol?

*"*The adolescent brain is more sensitive to the effects of alcohol on functions that serve memory and other mental activities. But it is less sensitive to the effects of alcohol on sedation - that is, alcohol makes adolescents less sleepy."

What two problems can this cause for adolescents?

Even though teens aren’t sleepy activities can be impaired, and that when they are not sleepy, they consume more alcohol

V. Visit<http://pubs.niaaa.nih.gov/publications/arh27-2/186-196.htm> to explore the effects of alcohol on memory by reading the report “What Happened? Alcohol, Memory Blackouts, and the Brain.”

What is the difference between passing out and blacking out?

Blackouts cause amnesia, and passing out does not

Reflect on the potential consequences either activity could have for an adolescent your age.

These consequences are not worth the potential risks.

VI. Visit<http://easyread.drugabuse.gov/drugs-of-abuse.php> to explore factors relating to drug abuse and addiction.

a. Click on What is Addiction? Why is drug addiction considered to be a brain disease?

Drugs change how the brain works

These Changes are rarely temporary

They can cause permanent problems

b. Click on Drugs that People Abuse. Why do people take drugs in the first place?

To feel better

To stop feeling bad

They want to do better at school or at work

What are the 7 abused drugs?

Weed, coke, ice, booze, smack, smokes, painkillers

Click on Prevent Drug Abuse. Scroll down and click on Help Children and Teens Stay Drug Free. Why is

adolescence such a crucial time for preventing drug abuse?

Drugs can permanently impair thoughts

VII. Type in the website: Truth. The Anti-Drug: Effects of Alcohol Intoxication: http://www.indiana.edu/~adic/effects.html

Questions 1-3 will be under the “Specific Effects (related to the Blood Alcohol Concentration (BAC))” section of the page. 1. What are the effects of alcohol at the BAC level: 0.10-0.125?

Loss of judgement/ motor coordination, slurred speach, loss of balance and euphoria

2. What are the effects of alcohol at the BAC level: 0.25?

Cannot walk without assistance, total confusion

3. What are the effects of alcohol at the BAC level: 0.40 and up?

Possible death/coma

Questions 4-5 will be under the “Effects of Alcohol Intoxication” at the top of the page.

4. What is the “general effect” of alcohol intoxication?

Alcohol is a **downer**

5. What are the “visual signs” of alcohol intoxication?

Eyes appear glossy

Lower heart rate

Cool skin

loss of muscle tone, fine motor coordination, alcohol on breath, staggering

VIII. Reflection – What is it that makes drug and alcohol use so appealing to teenagers? Is it the media, is it the fact that it’s illegal, is it boredom? Do you think drug and alcohol abuse is a problem in our school or local community? Why or why not?

Alcohol abuse is merely a anti-stressor teens use to unload all their problems, it is a problem.

VIIII. Application**-** You are now a 30-40 year old parent of a teenager. How would you talk to your child about drugs and alcohol? What would you want to tell them to protect them or keep them safe or to help them make informed decisions about their behavior?

Alcohol will ruin your brain.