

Personal Wellness – Grade 8

Alcohol, Tobacco, Cannabis & Prescription Drugs

Name: _____

Class: _____

True or False (20pts.)

1. ____ You must be 18 years of age to purchase alcohol, tobacco, or cannabis.
2. ____ You should never take somebody else's prescription medication.
3. ____ Tobacco is "MOST OFTEN" smoked.
4. ____ Vitamins and minerals are used to provide diet supplements.
5. ____ Cold remedies are used to relieve cramp symptoms.
6. ____ Alcohol enters the blood stream and affects brain function.
7. ____ Gasoline, glue, mouthwash, and hairspray, when used incorrectly, can act like a drug.
8. ____ Cocaine, ecstasy, crystal methamphetamine and heroin are all illicit / illegal drugs.
9. ____ Electronic cigarettes / vapes are battery operated that may contain nicotine and other chemicals that may be harmful.
10. ____ Stimulants are used to diminish pain and cramps.
11. ____ You should never take prescription drugs that have been prescribed to another person.
12. ____ Sedatives or sleep aids are used to promote sleep.
13. ____ If someone passes out from alcohol use, never try to wake them up.
14. ____ Cannabis (Marijuana & Hashish) comes from the cannabis sativa plant and contains the chemical THC.
15. ____ Problematic substance use and mental illness are not connected.
16. ____ Long term drug use can lead to the development of mental illness.
17. ____ Over the counter drugs can be purchased to relieve signs and symptoms of illness.
18. ____ Bronchodilators and anti-asthmatics are used to assist coordination.
19. ____ Prescription drugs do not need to be prescribed by a doctor.
20. ____ Antihistamines and allergy products are used to relieve allergy symptoms.

Fill in the blanks (10pts.)

1. A drug is a _____, other than food, which changes the way a person thinks, feels and acts.
2. Tobacco contains _____.
3. Alcohol is a _____ that slows down the brain and _____ nervous system, heart rate, and _____ rate.
4. Analgesics or Anti-Inflammatory medicines are used to relieve _____, _____, and _____.
5. Medicine is a drug that is used to treat, prevent or _____ an illness.
6. Decreased athletic performance, poor grades, more fights and injuries, sexual assault, vehicle crashes and decrease decision making ability are all _____ of drugs and alcohol.

Answer the following questions with the answers seen in class

1. Name seven (7) things that cannabis does to your body: (7pts.)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

2. What are the three (3) examples we saw in class of prescription drugs. (3pts.)

- _____
- _____
- _____

3. What are the effects of tobacco use? Name the five (5) things we have seen in class. (5pts.)

- _____
- _____
- _____
- _____
- _____

4. What are examples of side effects of prescription drugs? Name all five (5) we have seen in class. (5pts.)

_____, _____, _____, _____, _____