

# Highlander's Handbook of Health and Wellness



"YOU JUST HAVE TO HOPE THAT  
THE CHOICES YOU MAKE IN THE NOW,  
~~DON'T RUIN EVERYTHING THAT HAPPENS IN THE FUTURE.~~"

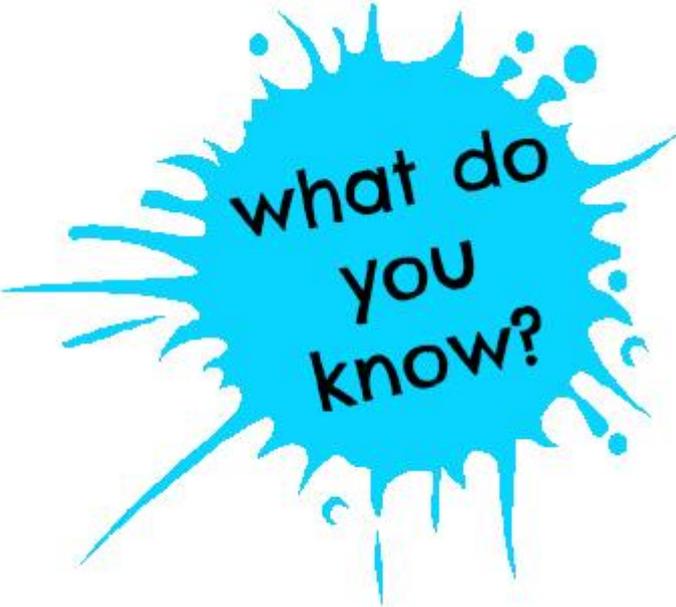
*set a great foundation for*



**QUIZ TIME!!**

**Drug and Alcohol**

**Awareness**

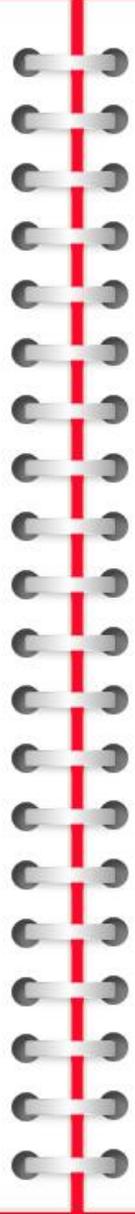


what do  
you  
know?

1

What are long term effects of Marijuana use?

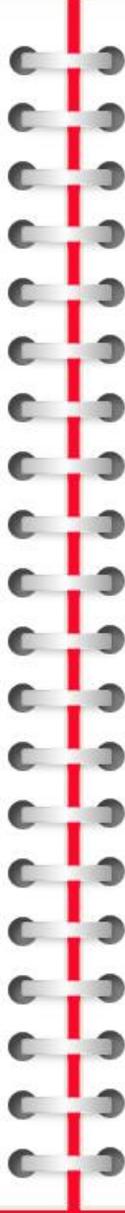
- A. It is addictive
- B. It can alter the brain
- C. It can cause problems to your lungs and respiratory system
- D. All of the above



**A Friend In Deed,  
Won'T Make You  
Smoke That Weed!**

Correct answer: All of the above.

- Marijuana has the potential to cause problems in your daily life or make existing problems worse.
- It limits your brain's effectiveness, slows down thinking, and impairs coordination and judgment.
- It can have long lasting negative effects on a young developing brain.

A vertical spiral binding of a notebook, with a red line running through the center of the spiral.

2

What percentage of Americans with a substance abuse problem started smoking, drinking or using drugs before age 18?

- A. 50%
- B. 90%
- C. 75%
- D. 30%



Correct answer: B. 90%

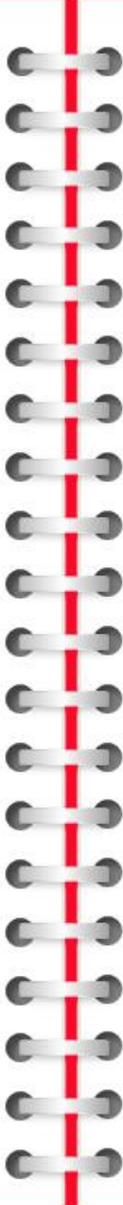
- While you are a teen and even into your early 20's – you are still growing and developing, and drug abuse during these years in particular can have a lasting impact.
- The brain is much more vulnerable to addiction during these years.

3

Prescription stimulants like Adderall, Ritalin, Dexedrine, or Benzedrine can have which of the following risks if taken without a prescription?



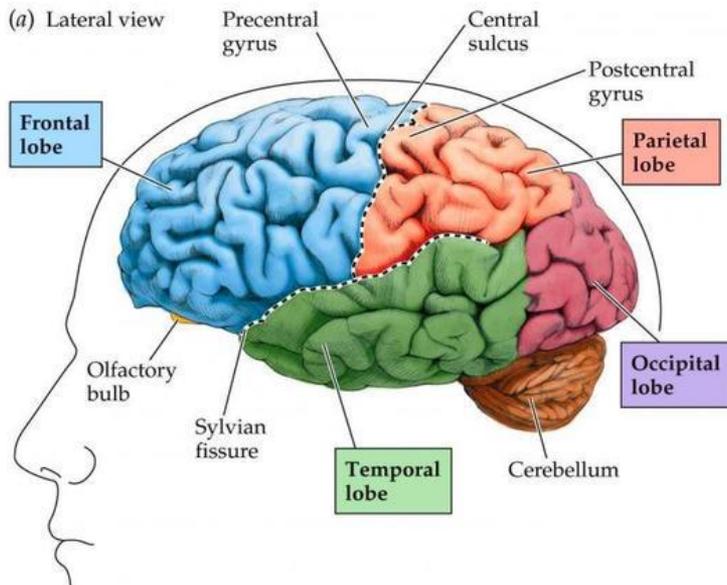
- A. Increased blood pressure, heart rate, and dangerously high body temperatures
- B. Combined with alcohol can lead to increased risk for alcohol overdose or poisoning
- C. Seizures and heart failure can occur
- D. Addiction
- E. All of the above

A vertical spiral binding in the center of the page, with a red line running through it. The spiral is made of grey rings. The page is white with a red header and footer bar.

If you are feeling overwhelmed by the pressures of school – there are better, more effective solutions than abusing stimulants.

Correct Answer: E All of the above

- Stimulants can be addictive. The more you take the easier it is to get hooked.
- Studies show that non-medical use of prescription stimulants are linked to *lower* GPAS among college students.



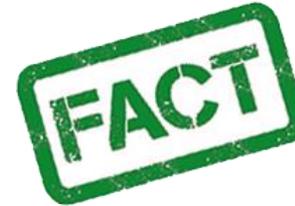
4

How long does it take “Molly” or ecstasy (or MDMA) to reach the brain?

- A. 2 minutes
- B. 15 minutes
- C. About 1 hour
- D. It doesn't go to the brain

Correct Answer: B 15 minutes

- It takes 15 minutes for MDMA to enter the bloodstream and reach the brain.
- Side effects include confusion, depression, and severe anxiety which can occur shortly after taking MDMA or days or weeks after.



Often other chemicals are added to it increasing or complicating its side effects and risks.

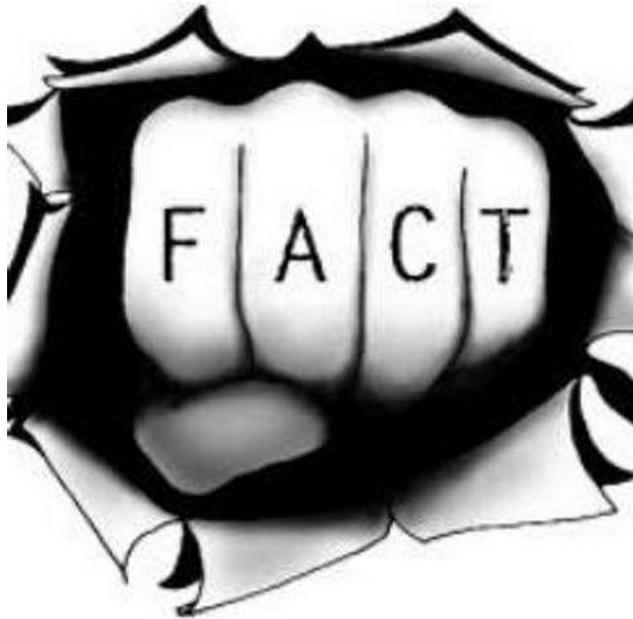
MDMA is a synthetic mind altering drug.

5

Scientific studies have proven that medical marijuana can cure which diseases?

BUT  
IT'S TRUE!

- A. Cancer
- B. Bronchitis
- C. Muscular Dystrophy
- D. Depression
- E. None of these



Correct Answer: E None of these

- Science has not shown that marijuana actually cures any kind of disease.
- Smoked marijuana is not a good medicine due to its effects on the lungs.
- Currently there are two FDA approved medicines containing THC (the active ingredient in marijuana) that helps with side effects in diseases like cancer and AIDS.

6

Besides alcohol and marijuana, what is the next most-popular addictive drug used by high school seniors?

- A. Non-cigarette tobacco
- B. Anabolic steroids
- C. "Bath salts"
- D. Molly

Correct answer: A  
Non-cigarette tobacco

- According to the 2015 Monitoring the Future Survey, hookah smoking and small cigars are the third most popular drug used by high school seniors.
- Nicotine is one of the most highly addictive drugs used today. Once you are addicted it is extremely hard to overcome.

There is a direct relationship between early smoking and adult addiction. In other words, most people addicted to nicotine started using it in their teens.



**HEALTH  
RISK**

7

According to research, which of the following statements are true about e-cigarettes (e-cigs)?

- A. They can help you quit smoking.
- B. The liquid in e-cigs can cause nicotine poisoning.
- C. The vapor will not hurt pets.
- D. A high number of young teens who try them will start using regular tobacco cigarettes.

Correct answers: B and D

- The liquid in e-cigs can cause nicotine poisoning if someone drinks, sniffs, or touches it.
- It is unknown at this time if the vapor can hurt pets.
- There is not enough research yet to determine if e-cigs can help someone quit smoking.

### Non smoker lungs VS Smoker lungs



According to the American Lung Association, the chemicals in e-cigs are often unknown and frequently toxic cancer causing agents like anti-freeze and formaldehyde.

8

What are ways you can die from using inhalants (sniffing common household products)?

- A. Choking: You vomit from using an inhalant and choke on it.
- B. Convulsions: Caused by abnormal electrical charges in the brain.
- C. Heart attack
- D. Asphyxiation: Toxic fumes fill your lungs and you can't breathe.

Correct answer: All of them

- People have died in all of these ways using inhalants to get high.
- Sudden sniffing death can happen the first time of inhalant use in a completely healthy young person.

Inhalants are toxic chemical vapors and can cause brain damage and death.



These dangerous effects are irreversible.

9

Which of these is a consequence of underage drinking?

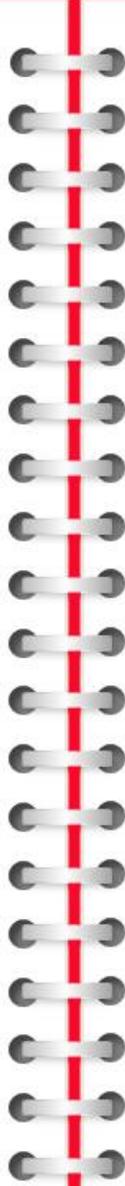
- A. Becoming more popular
- B. Getting hurt and visiting the Emergency Room
- C. Having a better memory when studying
- D. Gaining more confidence

Teen drinking can cause  
**LESS THINKING.**



Correct answer: B

- In 2010 alone, about 189,000 people under the age of 21 visited an ER for alcohol-related injuries.
- Drinking alcohol can cause kids to have accidents and get hurt.

A vertical spiral binding of a notebook, consisting of a red vertical line with 18 silver-colored metal rings, runs down the center of the page.

**10**

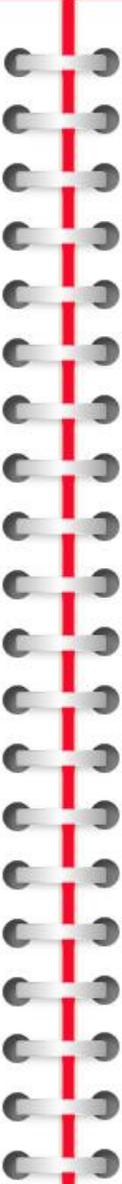
What type of  
drug is  
Heroin?

- A. Stimulant
- B. Depressant
- C. Opioid
- D. Hallucinogen

Correct answer: C Opioid

- Opioids are drugs derived from the poppy plant.
- Opioids carry a strong risk of addiction and physical dependence.
- Heroin overdose is a real and deadly risk.





# Sources

Above the Influence

<http://abovetheinfluence.com/drugs>

Center on Addiction

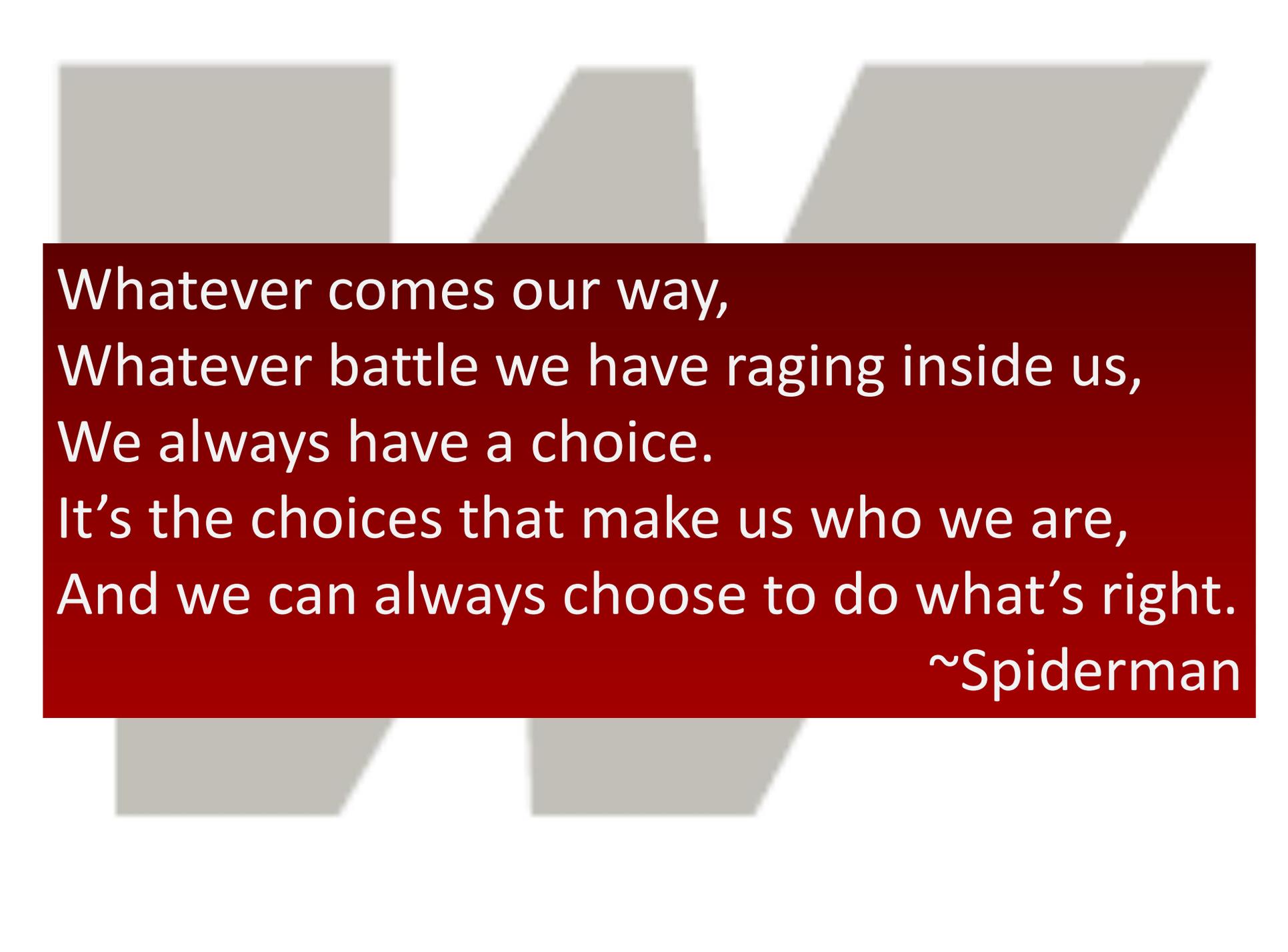
<http://www.centeronaddiction.org/addiction/commonly-used-illegal-drugs>

National Institute on Drug Abuse

<https://www.drugabuse.gov/>

American Lung Association

<http://www.lung.org/>

A faint, light gray silhouette of Spider-Man is visible in the background, showing his iconic suit and mask. The text is overlaid on a dark red rectangular area.

Whatever comes our way,  
Whatever battle we have raging inside us,  
We always have a choice.  
It's the choices that make us who we are,  
And we can always choose to do what's right.

~Spiderman