



Your Brain and Drugs

Part 2: Depressants, Marijuana, Hallucinogens

Health Education Today / Mrs. Miller

Depressants (“Downers”):

Drugs that lower neurotransmission levels; depress or reduce arousal or stimulation; slow down body’s central nervous system

- Ecstasy (2nd Phase)
- Alcohol
- Xanax
- Sedatives / Sleeping Pills (Barbiturates)
- Rohypnol (GHB, Roofies)

Once the brain senses a certain activity giving it pleasure; it will rewire the brain chemistry in a way which makes the person want to have more of that activity.

Depressants

- Alcohol
 - Mimics GABA's effect on the brain
 - Combines several neurotransmitters
 - Activates the whole reward system
- Dangers
 - Small amounts = relaxed feeling
 - Tolerance
 - Decreased reaction time
 - Cognitive impairment
 - Long-term - brain damage
- Sleeping Pills
 - Highly addictive
 - Can cause brain to completely shut down
 - Coma
 - Death
- Cough Medicine
 - If it contains decongestant and abused, can cause hypoxic brain damage (not enough oxygen to the brain)

Rohypnol and GHB: Rohypnol ("Roofies") is known as the "date rape" drug.

It is not legally made in the U.S. It's odorless and colorless and causes a person to be completely "out of it" and they wake up the next day with a memory loss of what happened.

ALERT!!!-
Date Rape Danger

GHB- Gamma hydroxy butyrate is basically **degreasing solvent** or **floor stripper** mixed with **drain cleaner**.

It is colorless but has a slight bitter taste. It can Cause the brain to lose control of the muscles and cause wetting your pants, respiratory problems, and choking on a piece of gum. It also causes **coma** and **death**.



Rohypnol tablets are white and are single- or cross-scored on one side with "ROCHE" and "1" or "2" encircled on the other.



-To take advantage of someone sexually
-To relax
-To escape



Hallucinogens and Marijuana

3. Hallucinogens: (These interfere with and distort the senses. Some are also DEPRESSANTS like Marijuana)

Salvia



LSD

Page 8

PCP



Psilocybin (mushrooms)



Cannabis (Marijuana)

Hallucinogens affect serotonin (behavior, mood, perception); over-stimulate serotonin, flooding the brain with signals that mimic psychosis, break down the user's inhibitions.

Other Hallucinogens: (These interfere with and distort the senses.)

The chief dangers are psychological not physical—
severe anxiety and paranoia, and crazy behavior can occur.

Salvia: is a legal herb that may be legal, but very dangerous. Even seasoned drug users have called salvia “too intense” and “scary.” In fact some teenage suicides have been blamed on the herb. Salvia can cause paranoia, short term memory loss, and it can be a precursor to schizophrenia.



Synthetic marijuana - Also known as **Spice**, Skunk, Yucatan Fire and Moon Rocks, synthetic marijuana refers to a wide variety of herbal mixtures containing psychoactive ingredients from a number of different plants.

"We don't know exactly what's in it, so we don't understand the full dangers, but we know that teens can get into a car accident as if they're drunk or stoned on the real marijuana," says Raskin.

More on "Synthetic Drugs" soon...

LSD: “Acid,” causes severe hallucinations, dangerous behaviors, and causes **flashbacks** even 10 years after use.



PCP: is a hallucinogen, depressant, stimulant, and narcotic **all in one** – so it causes very dangerous reactions and behaviors



PCP in tablet form is commonly sold under the guise of MDMA.

Psilocybin (mushrooms): One danger is if you eat poisonous mushrooms.



Marijuana is **addictive**

1

Marijuana is **a gateway drug**

2

-It's often the first drug kids us...

3

GATEWAY

Traits of an “unmotivated pot user:

- ⊕ more and more things that don't involve pot are “**boring**”
- ⊕ grades drop and they don't care...
- ⊕ lose interest in things they used to enjoy
- ⊕ just like to “hang out”
- ⊕ when they're stoned they feel O.K. about themselves and don't have to worry about all the hassles in life.
- ⊕ lost lots of their hopes and dreams
- ⊕ ...but they don't see it in themselves...



Eyes and Drugs

- Drugs not only affect neurotransmitters but also physiological processes
 - Includes muscles in eyes that control size of pupils
- Larger pupils
 - Cocaine
 - Marijuana
 - Amphetamines
- Smaller pupils
 - Opiates, such as heroin
- ***“It's absolutely not possible to tell what drugs someone has consumed by looking at their pupils.” -Berlin Hospital, Eye Clinic***

