

Matching activity

KEY TERM	FACTS	EFFECTS
<p>Alcohol</p> <ul style="list-style-type: none"> • beer • wine • liquor 		
<p>Cannabis</p> <ul style="list-style-type: none"> • joints • e-cigarettes or vapes • liquids • edibles 		
<p>Commercial Tobacco</p> <ul style="list-style-type: none"> • cigarettes • cigars • e-cigarettes or vapes • chewing tobacco • pouches 		
<p>Opioids</p> <ul style="list-style-type: none"> • prescription opioids (prescribed by medical professionals) • illegal opioids such as heroin (also includes prescription opioids that you find or someone other than your doctor gives you) 		
<p>Stimulants</p> <ul style="list-style-type: none"> • Crack • Cocaine • Ecstasy • Crystal methamphetamine 		
<p>Inhalants</p> <ul style="list-style-type: none"> • gas • glue • paint thinners • cleaning supplies 		

FACTS CARDS

A plant that contains an addictive chemical called **nicotine**.



Help decrease severe pain (e.g., after surgery).

A **depressant** (slows down how messages travel between the brain and body).

A **plant** that contains the chemical **THC** (tetrahydrocannabinol). Known by many names, such as marijuana, weed, or pot.

Chemicals that people breathe in deeply repeatedly and on purpose.

Speeds up the nervous system (which is made up of the brain, spinal cord and nerves - it controls functions like breathing and learning).

EFFECTS CARDS

SHORT TERM EFFECTS
relaxation, sleepiness, poor judgement, decreased coordination, nausea, headache



SHORT TERM EFFECTS
relaxation, stress relief (effects are very short, which can make people use it often), nausea, dizziness, headache

SHORT TERM EFFECTS
increase risk-taking, dizziness, red nose and eyes, confusion

SHORT TERM EFFECTS
decreased pain, increased feelings of pleasure; can cause difficulty breathing, a low heart rate, itching, nausea, and vomiting

SHORT TERM EFFECTS
sweating; increased heart rate, energy, concentration, and alertness; decreased need for sleeping and eating

SHORT TERM EFFECTS
hunger, decrease pain, changes in thinking, can vary for each person (e.g., some people feel relaxed, some feel anxious)

LONG TERM EFFECTS
liver and heart disease, cancer, increased risk of accidents/injuries



LONG TERM EFFECTS
cancer, heart disease, lung damage, damage to teeth and gums

LONG TERM EFFECTS
memory loss, irritability, acne, loss of smell and hearing, brain damage

LONG TERM EFFECTS
liver damage, often leads to addiction (substance use disorder), can be very dangerous if used incorrectly

LONG TERM EFFECTS
can harm mental health and brain functioning (e.g., learning and memory), heart attack or stroke, seizures, liver and kidney damage

LONG TERM EFFECTS
lung damage (if inhaled), can affect brain development