

Avoiding Drug Dependence

HEALTH GOAL

- I will avoid risk factors and practice protective factors for drug misuse and abuse.

Something that increases the likelihood of a negative outcome is a **risk factor**. Something that increases the likelihood of a positive outcome is a **protective factor**. In this lesson, you will learn the risk factors for drug abuse and skills to resist drug use and abuse.

What You'll Learn

1. Explain reasons why drug use is risky. (p. 453)
2. List risk factors and protective factors for drug use. (pp. 454, 456)
3. Discuss drug dependence, including physical and psychological dependence. (p. 458)
4. Outline the five stages of drug use that can progress to drug dependence. (p. 459)
5. Discuss roles played by family members who are codependent: chief enabler, family hero, scapegoat, mascot, and lost child. (p. 460)

Why It's Important

When you know the risk factors of drug abuse, you can take action to avoid them. In turn, you will decrease your risk of drug misuse and abuse.

Key Terms

- risk factor
- protective factor
- instant gratification
- mentor
- physical dependence
- tolerance
- withdrawal symptoms
- psychological dependence
- codependent
- enabler



What Would You Do?

Writing About Avoiding Drug Dependence Suppose that one of your classmates asks you to come to his house after school to smoke marijuana. A friend of yours overhears him and warns you not to go to his house. Knowing that you are interested in art, she invites you to take an after-school pottery class with her. After you read the information about protective factors on page 456, write an entry in your health journal about why you should take the class instead of going to your classmate's house.



Why Drug Use is Risky

The continued use of a drug even though it harms the body, mind, and relationships is **drug dependence**. Terms for drug dependence are **chemical dependence** and chemical addiction. Drug dependence affects judgment and common sense. Using drugs becomes more important than school, work, family, and relationships. People who are drug dependent often try to quit using drugs, but they usually are not successful.

What to Know About the Risks of Drug Use

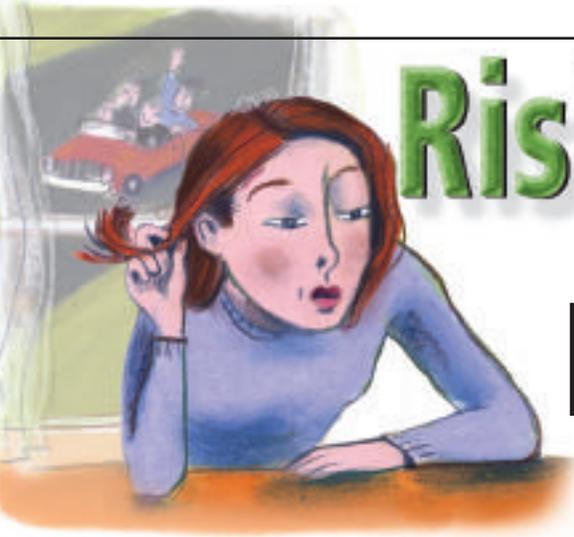
Both legal and illegal drugs can be detrimental to health. There are many risks involved in using drugs such as alcohol, marijuana, narcotics, and amphetamines. Experimenting

with a drug, even “just once”, can cause serious consequences, including even death. It is important that you understand the risks of using drugs.

TABLE 40.1 The Risks of Drug Use

Using Drugs Can:	Description
 <p>lead to drug dependence and overdose</p>	<p>A drug overdose can cause serious injury or death. An overdose can happen the first time or the fiftieth time a person takes a drug. Using drugs may stimulate the pleasure center of the brain, which is why people repeatedly use drugs.</p>
 <p>cause accidents and lead to violence and illegal behavior</p>	<p>Drugs slow reaction time, impair coordination, and affect judgment. Most homicides, suicides, and episodes of abuse occur when people are using drugs. Many deaths caused by motor vehicle accidents involve a person under the influence of alcohol.</p>
 <p>increase the risk of HIV infection, sexually transmitted diseases (STDs), and unplanned pregnancy</p>	<p>Drugs affect people’s ability to make responsible decisions. Teens who have been sexually active often were under the influence of drugs. This increases the likelihood of unplanned pregnancy and of having intimate sexual contact with a person infected with HIV or another STD.</p>
 <p>prevent people from developing social skills and harm relationships</p>	<p>People under the influence of drugs may say and do things that they later regret. Shy people may use drugs to relax, which prevents them from improving social skills.</p>

Risk Factors



Research has identified risk factors that increase a teen's risk of drug misuse and abuse. Some of these risk factors may describe your behavior or the environment in which you live. If so, you are at risk for using harmful drugs and need to recognize this risk. You have varying degrees of control over the risk factors for drug misuse and abuse. For example, you do not have control over living in a neighborhood in which drugs are easy to buy. But you do have control over whom you choose as friends. Risk factors refer only to the statistical likelihood that you might use harmful drugs. Having certain risk factors for drug use does not mean you have an excuse to use harmful drugs. You have control.

Thirteen Risk Factors for Drug Use

Make the Connection

Drug Risks For more information on the risks of drug use, see page 45 in Lesson 5.

Lacking self-respect Teens who lack *self-respect* believe they are unworthy of love and respect. They are at risk because they believe drugs will numb the negative feelings they have about themselves. They may not have enough confidence to say “no” to negative peer pressure.

Being unable to express emotions in healthful ways Teens who have difficulty expressing emotions are more likely than other teens to use harmful drugs. Teens who cannot cope with stress, anger, and depression may think that drugs will help numb these feelings. They may use drugs instead of expressing feelings openly and honestly.

Having friends who use drugs One of the strongest risk factors for drug use is having friends who use drugs. They may pressure you to use drugs with them. They want you to support their unsafe and illegal habits. They may continue to pressure you when you say “no.”

Being unable to delay gratification Voluntarily postponing an immediate reward in order to complete a task before enjoying a reward is *delayed gratification*. Drug use is a form of instant gratification. *Instant gratification* is choosing an immediate reward regardless of potential harmful effects. Immediate pleasure is more important to people who use drugs than maintaining good health, following laws, and staying safe.

Having access to drugs The temptation to use drugs is greater when drugs are easily available. Having access to drugs includes living in a neighborhood where drugs are sold, going to a school where people sell drugs, and knowing people who sell drugs.

Being rejected by peers Teens who feel rejected by peers may use drugs to try to numb feelings of loneliness or to fit in. They are friends with any teen who can supply them with drugs or will use drugs with them.

Having a biological family member(s) who is drug-dependent Certain individuals may inherit a genetic predisposition to addiction. A **genetic predisposition** is the inheritance of genes that increase the likelihood of developing a condition. Children born to parents who are addicted to drugs or alcohol are more likely to become addicted than children born to parents without addictions.

Having difficult family relationships Teens who live in families that do not have good communication and conflict resolution skills often have difficult family relationships. These teens have an increased risk of drug use. They may not have consistent and clear family guidelines. They may not have a responsible adult with whom they can share feelings. Difficult family relationships often create a stressful atmosphere. These teens may turn to drugs to cope with stress and numb their feelings.

Having role models who use drugs A role model may be someone a teen knows, such as a friend or family member. Or a role model may be a celebrity, such as a sports star or entertainer. Some teens have role models who use drugs and act like it is sexy, macho, or cool. Teens who admire role models who use drugs may use drugs to be like their role models.

Using drugs early in life The use of drugs during early childhood and adolescence is a risk factor for harmful drug use. Teens who begin drug use at an early age are more likely to become drug dependent when they are adults.

Doing poorly in school and/or having a learning disability Teens who get poor grades in school are more at risk for drug use than their peers who have better grades. Teens who have learning disabilities are at special risk. They may become frustrated and feel inadequate if they compare themselves to peers who do not have learning disabilities. They may use drugs to numb these feelings.

Being uninvolved in school activities and athletics Teens who do not participate in school activities and athletics are more likely to use harmful drugs. They are more likely to be bored and to have more free time.

Lacking respect for authority and laws Teens who lack respect for authority and laws are more at risk for drug use. They disregard the guidelines of parents or guardians and other responsible adults. They disregard community laws and may not care that using drugs is against the law.

Did You Know?

Addiction Cocaine acts on the pleasure circuit of the brain to prevent reabsorption of the neurotransmitter dopamine after its release from nerve cells. Preventing reabsorption produces intense feelings of pleasure. This is how people become addicted to cocaine.

Mini-Review

1. Describe how having low self-respect is a risk factor for drug use.
2. How is instant gratification related to drug use?

Warning Signs

Recognize these warning signs of drug use in peers:

- slurred speech
- red eyes and frequent use of eyedrops
- glassy eyes and a blank stare
- sloppy appearance
- frequent use of breath fresheners
- long-term runny nose and sniffing
- giving up friends who do not use drugs
- joining a gang
- skipping school
- doing poorly in school
- missing money or objects of value
- changing eating habits
- having mood swings and hostility
- lacking energy and motivation
- friends who use drugs



Protective Factors

The more protective factors you practice, the less risk there is that you will abuse drugs. Examine the protective factors listed on this page and the next one. Do they describe your behavior and the environment in which you live? If so, you already have some protection against harmful drug use. However, lacking protective factors does not give you an excuse to use drugs. You have control over whether or not you use harmful drugs.

Thirteen Protective Factors That Reduce the Risk of Drug Use

Having self-respect Teens who have self-respect feel confident about themselves. They want to take care of their health and to stay safe. They know that using drugs harms health. Teens who have self-respect make responsible decisions. They are less likely to give in to negative peer pressure than other teens.

Practicing resistance skills Teens who practice *resistance skills* do not give in to pressure to use drugs. They are able to say “no.” They stand up to peers who want them to use drugs. They know that peers who pressure them are not concerned about their health and safety.

Having friends who do not misuse and abuse drugs Teens who have friends who are drug free have less temptation than other teens to experiment with drugs. Drug-free friends do not pressure you to use drugs. They encourage you to participate in drug-free activities.

Being able to delay gratification When you are able to delay gratification, you use self-control. You recognize that using drugs interferes with long-term goals. You know that using

drugs, in an attempt to “feel good now,” will have negative consequences later.

Being resilient, even when living in an adverse environment An adverse environment is an environment that interferes with a person’s growth, development, and success. A teen may be exposed to drugs in his or her neighborhood or at home. A teen may have a parent or guardian who is drug dependent.

However, a teen who is resilient knows that drugs only lead to more problems. You can be resilient if you live in an adverse environment and recognize that you can control your own behavior and decisions.

Having social skills Using social skills reduces the risk of harmful drug use. Teens who lack social skills often have difficulty relating to others and may feel rejected by peers. Having social skills helps teens make and keep friends. They develop close bonds with others and have a sense of belonging. Teens who engage in sports and other extracurricular activities have a reduced chance of engaging in drug use.

Having a set of goals and plans to reach these goals

Teens who have goals are more likely to evaluate the consequences of their actions. They recognize that using drugs now may affect their entire future. For instance, students who wish to go to college know good grades are important. If they abuse drugs, they will have a hard time getting good grades, and they might not be accepted to the college they would like to attend. Also, if they do not have good grades, they are less likely to receive scholarships and grants, which would help them be financially able to go to college.

Having healthful family relationships

Teens who are close to family members are less likely than other teens to use harmful drugs. Having a supportive relationship with your parents or guardian is especially important. It motivates you to behave in responsible ways. You want to follow family guidelines and remain drug free. You do not want to lose the respect and trust of your family. A teen who does not have a supportive adult family member can find a mentor. A **mentor** is a responsible person who guides another person. A mentor will encourage you to stay drug free.

Having a positive role model

Teens often choose to copy the behavior of their role models. Having a **role model** who does not use drugs shows teens they can be successful and worthy of admiration without using drugs.

Having good stress-management skills

Teens who are able to manage stress in healthful ways do not use drugs to cope with stress. They recognize that using drugs can cause more stress.

Having anger-management skills

Teens who are able to manage anger in healthful ways do not use drugs to cope with anger. They recognize that drugs may make them violent and cause them to lose control.

Being involved in school activities and athletics

Teens who are involved in school activities and play on athletic teams are less likely than other teens to use harmful drugs. Participating in such activities leaves teens with less free time. These teens are less likely to be bored. Schools usually have eligibility requirements for participation in school activities. For example, teens who use drugs often are ineligible to participate in school activities. Teens who enjoy these activities do not want to lose the privilege of participation.

Having respect for authority and laws

Teens who have respect for authority and laws are less likely to use harmful drugs. They follow guidelines of parents or guardians and other responsible adults. They respect the laws of the community and know that drug use is against the law.

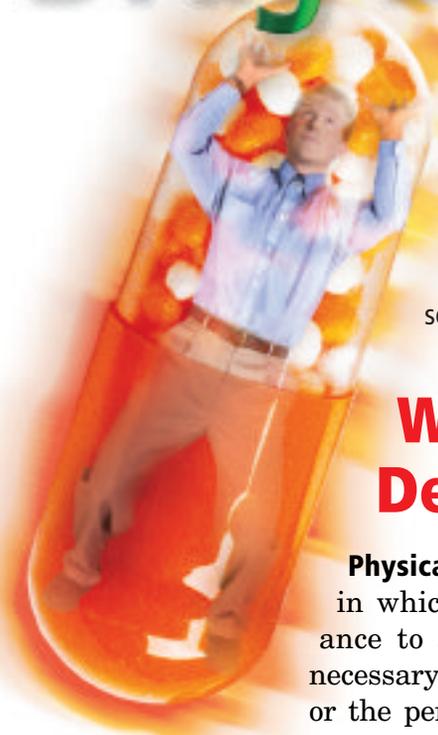
Did You Know?

Drug Treatment Drug addiction is a treatable disorder. Through treatment that is tailored to individual needs, patients can learn to control their condition and live productive lives.

Teens who are close to their family are less likely to use drugs.



Drug Dependence



When a person is dependent on someone or something, that person has a need. Some people become dependent on drugs. They have a need for a drug. This need comes in different forms. Some people may become dependent because they believe they need a drug. Other people may need a drug because their body has a strong craving for it. This section describes the different kinds of drug needs or dependence.

What to Know About Drug Dependence

Physical dependence A condition in which a person develops tolerance to a drug, the drug becomes necessary for the person to function, or the person has withdrawal symptoms is called **physical dependence**.

A condition in which the body becomes used to a substance is **tolerance**. People with a high tolerance to a drug need a greater amount of the drug to produce the same effect as people with a low tolerance.

For example, people may feel certain effects from drinking one can of

beer. After repeated drinking, they may need to drink two cans of beer to achieve the same effect. Later on, they may need three cans of beer.

With some drugs, such as heroin, a tolerance to the drug develops quickly. A user continually needs to take more of the drug, increasing his or her chances of overdose and death.

Withdrawal symptoms Unpleasant reactions that occur when a person who is physically dependent on a drug no longer takes the drug are called **withdrawal symptoms**. Withdrawal symptoms include chills, fever, muscular twitching, nausea, cramps, and vomiting.

People who are physically dependent on a drug must continue taking the drug in order to avoid withdrawal symptoms.

With many groups of drugs, withdrawal symptoms can be severe, but not necessarily life-threatening. However, withdrawal from depressants can cause seizures, and can potentially be life-threatening.

Psychological dependence A very strong desire to continue using a drug for emotional reasons is called **psychological dependence**. People

Symptoms of Drug Dependence

According to the Diagnostic and Statistical Manual of Mental Disorders, people are drug dependent if they have had three or more of the following symptoms in the past year:

- experiencing withdrawal symptoms when stopping the use of a drug
- taking large amounts of a drug or taking a drug for a long period of time
- trying to quit taking a drug with no success
- spending lots of time obtaining a drug, using a drug, or recovering from the effects of drug use
- giving up important activities, such as work or school, because of drug use
- continuing to use a drug even though it is causing problems, such as physical illness and injury
- developing tolerance to a drug

TABLE 40.2 Progression to Drug Dependency

Stages of Progression	Examples
<p>STAGE 1: Experimentation</p> <p>“I’ll just try it.”</p> <p>A person is tempted to experiment with a drug. He or she tries the drug.</p>	<p>A teen is with friends. The friends are drinking beer. They are having fun. The teen does not want to feel left out. He or she decides to drink just this once to see what it is like.</p>
<p>STAGE 2: Desired effect</p> <p>“I like the feeling.”</p> <p>A person enjoys the feeling he or she gets from trying the drug. He or she continues to use the drug.</p>	<p>The teen drinks the beer. He or she feels “cool” and relaxed. The friends comment on how great it is that he or she is drinking with them. The teen feels like he or she fits in. The next time the teen is with these friends, he or she drinks.</p>
<p>STAGE 3: Tolerance</p> <p>“I need more of the drug to feel good.”</p> <p>A person develops a tolerance to the drug. The drug may no longer have the same pleasurable effects. The person may suffer from withdrawal symptoms when he or she stops using the drug.</p>	<p>The teen has been drinking with friends several times. He or she needs several beers to feel any effect and is able to drink large amounts at one time. He or she is proud of winning drinking games. The teen has a headache, throws up, and has body tremors the morning after drinking.</p>
<p>STAGE 4: Denial</p> <p>“I don’t have a drug problem.”</p> <p>A person is in denial. He or she does not admit that drug use is causing problems. The person claims that he or she can stop using the drug at any time.</p>	<p>The teen does not think the drinking is a big deal since his or her friends drink. The teen misses classes due to hangovers, gets into fights with friends and forgets what he or she said and did. The teen is sexually active when drunk. The teen gets into trouble with his or her parents or guardian because he or she breaks curfew or steals beer from his or her parents or guardian.</p>
<p>STAGE 5: Drug dependence</p> <p>“I have to have the drug.”</p> <p>A person has become drug dependent.</p>	<p>The teen drinks at every social event. He or she drinks a lot of beer at one time. The teens brings his or her own alcohol to events and sneaks drinks. The teen decides to quit drinking, but cannot stick with the decision.</p>

with psychological dependence may or may not be physically dependent. Psychological dependence is sometimes described as a strong craving for drugs.

For example, the pleasurable feelings that a drug produces may be desired again and again. Or, people may rely on a particular drug that they believe helps reduce stress or anxiety.

People who have a psychological dependence on drugs may have taken the drug only for a short time and they begin to crave the drug, but do not go through physical withdrawal if they stop taking it. Psychological dependence can become so severe that people become obsessed with the drug and may center their lives around buying and taking it.

Mini-Review

1. Describe the relationship between physical dependence, tolerance, and withdrawal.
2. Describe how psychological dependence prohibits people from stopping drug use.

Drugs and Codependence

A relationship in which another individual, perhaps the drug user's spouse or family member, is controlled by the drug user's addictive behavior is called **codependence**. A family member or close friend of people who are drug dependent may be a codependent. A **codependent** is a person who wants to rescue and control the person with addictive behavior. People who are codependent usually respond to drug-dependent people by playing one of the roles below.

How Family Members With Codependence Respond

Make the Connection

Codependence For more information on codependent relationships see page 143 in Lesson 13.

Chief enabler A person who supports the harmful behavior of others is called an **enabler**. There usually is a chief enabler. The chief enabler is the family member who tries to “smooth over” the problems caused by the drug-dependent person. The chief enabler usually is the spouse or parent of the drug-dependent person.

Scapegoat A person who is blamed as the cause of problems in the family is called the **scapegoat**. The blaming takes attention away from the drug-dependent family member. Scapegoats are labeled as not being able to do anything right. They often become rebellious and use drugs. They may have little self-respect and feel resentment and anger toward family members.

Family hero A family member who tries to do everything right is called the **family hero**. Family members know they can count on this person

to be responsible for housekeeping and childcare. The family hero often is the oldest child. The family hero may believe that if he or she were a better child, the parent or guardian who is drug dependent would stop using drugs.

Mascot A family member who relieves tension by acting in a funny or entertaining way is called the **mascot**. This person makes the family laugh and feel good. The mascot usually is one of the younger children in the family. A mascot sometimes has a hard time growing out of this role and acting like an adult. The mascot often feels lonely, insecure, and inadequate.

Lost child A child who helps the family maintain balance by not causing problems is called the **lost child**. This child requires little attention in the family and often withdraws from others and is shy or quiet.

codependent
drug dependence
enabler
instant gratification
mentor
physical dependence
protective factor
psychological
dependence
resistance skills
risk factor
tolerance
withdrawal
symptoms



Key Terms Review

Complete these fill-in-the-blank statements with the lesson Key Terms on the left. Do not write in this book.

1. Something that increases the likelihood of a negative outcome is a(n) _____.
2. When the body becomes used to a certain drug, a person is said to have built up a(n) _____ to that drug.
3. A strong desire to continue using a drug for emotional reasons is called a(n) _____.
4. A person who supports the harmful behavior of others is a(n) _____.
5. A physical need for a drug is called _____.
6. Something that increases the chances of a positive outcome is a(n) _____.
7. A responsible person who helps another is a(n) _____.
8. A person who wants to rescue a person with addictive behavior is a(n) _____.
9. Wanting _____ means wanting something immediately.
10. Unpleasant reactions when a person stops using a drug are called _____.

Recalling the Facts

11. Why might a person who is driving a car and is on a drug take longer to hit the brakes in an emergency situation?
12. Why do some people find a need to increase the amount of a drug they are taking?
13. Name five of the thirteen protective factors that reduce the risk of drug use.
14. Describe the role of the mascot.
15. Describe some of the symptoms of withdrawal.
16. Discuss two risks of drug use.
17. Explain how needing instant gratification is a problem for drug abusers.
18. Describe the five roles of codependency.

Critical Thinking

19. Why might a person who does not feel good about him- or herself be at risk for using drugs?
20. Why is it important to have self-control?
21. Why would having a role model, such as a strict but fair teacher, be more advantageous than having a role model, such as a person who drops out of school?
22. How is drug dependence related to overdose?

Activities

Responsible Decision Making

27. **Evaluate** Your best friend has started using drugs. Lately, he has been hanging around with people who also use drugs, and invites you to their party. Write a response to this situation. Refer to the Decision-Making Model on page 61 for help.

Real-Life Applications

23. Why are positive role models important?
24. Why do you think that being involved in school activities and athletics reduces the chances of using drugs?
25. Why do you think having a healthful family relationship is protective against the use of drugs?
26. Why do you think it is not wise to use drugs to improve social skills?

Sharpen Your Life Skills

28. **Use Resistance Skills** Work with a partner and think of at least five pressure statements teens use to try to convince other teens to use drugs. Role-play responses for the statements.