



# FIRST STEP

COMMUNITY RECOVERY CENTER

MEDICAL STABILIZATION

FOR LASTING RECOVERY

# How Drugs Affect Your Body

UNDERSTANDING DRUG IMPACT ON HUMAN HEALTH AND FUNCTIONS

# Definition and Types of Drugs

## Definition of Drugs

Drugs are substances that change how the mind or body functions, including legal, prescription, and illegal types.

## Types of Drugs

Drugs include stimulants, depressants, psychedelics, opioids, cannabinoids, and dissociative, each affecting the body differently.

## Variable Effects

Drug effects vary by dosage, individual health, and drug potency, making their impact unpredictable.



# The Science of Addiction



# Reasons People Use Drugs

## **Pleasure and Social Boost**

People often use drugs to enhance enjoyment and confidence during social events, temporarily reducing inhibitions.

## **Emotional Coping and Relief**

Drugs are used to manage stress, anxiety, and emotional pain, although this can lead to further issues over time.

## **Peer Influence and Experimentation**

Peer pressure and desire to fit in motivate some individuals to try drugs, especially in social groups.

## **Performance and Sleep Aid**

Some use drugs to stay awake, improve focus, or aid sleep when coping with demanding schedules or insomnia.



▶ **WHY DO YOU THINK PEOPLE USE DRUGS?**

# Short-Term Effects on the Body and Mind

## Physical Effects of Drugs

Drugs can rapidly alter heart rate, breathing, coordination, and cause symptoms like nausea or dizziness.

## Psychological Effects

Substances may cause mood shifts, impaired judgment, paranoia, or sensory distortions affecting perception.

## Environmental Impact

Using drugs in stressful or unfamiliar settings can intensify negative reactions and risky behavior.

## Risks of Unregulated Substances

Illegal drugs may contain harmful additives, increasing unpredictable and dangerous short-term effects.

□ **HAVE YOU SEEN SOMEONE REACT DIFFERENTLY TO A DRUG THAN EXPECTED?**



# Long-Term Physical and Psychological Effects

## Physical Organ Damage

Long-term drug use damages vital organs including the heart, liver, and lungs, causing serious health problems and organ failure.

## Dependence and Tolerance

Repeated drug exposure leads to tolerance and dependence, increasing intake and creating a harmful cycle stressing the body.

## Psychological Effects

Chronic drug use raises risk of mental health issues like depression, anxiety, psychosis, and impairs memory and decision-making.



▣ **WHAT LONG TERM EFFECTS WORRY YOU THE MOST?**

# Major Drug Categories and Their Effects

## Depressants Effects

Depressants slow brain-body communication causing relaxation and drowsiness but may impair coordination and breathing.

## Psychedelics Influence

Psychedelics alter perception and mood causing hallucinations and changed sense of time and awareness.

## Stimulants Impact

Stimulants speed up the nervous system, increasing alertness and energy but raising heart rate and blood pressure.

## Risks and Awareness

Each drug category carries unique effects and risks, influencing decision-making and safety considerations.



# Factors That Influence Drug Effects

## Individual Physical Factors

Physical size, health, and tolerance affect how strongly drugs act in the body, causing varied individual responses.

## Drug Characteristics

The drug's type, strength, and amount taken influence effects, with illegal drugs often unpredictable due to variable purity.

## Substance Interactions

Mixing drugs with alcohol or other substances can cause dangerous effects and increase health risks unpredictably.

## Emotional and Environmental Factors

Stress, mood, and environment influence drug reactions, affecting the intensity of effects and feelings like paranoia.



□ **HOW CAN MIXING DRUGS MAKE THINGS MORE RISKY?**

# Tolerance and Dependence

## Definition of Tolerance

Tolerance means needing more of a drug to achieve the same effect due to body adaptation over time.

## Understanding Dependence

Dependence occurs when the body or mind relies on a drug to function normally and avoid withdrawal symptoms.

## Impact on Daily Life

Deepening dependence prioritizes drug use over responsibilities, relationships, and self-care gradually.

## Early Warning Signs

Recognizing signs like increased use and anxiety helps seek help early and reduce harm.

- **HAVE YOU KNOWN SOMEONE WHO DEVELOPED TOLERANCE OR DEPENDENCE?**



# Withdrawal Symptoms

## Nature of Withdrawal

Withdrawal occurs as the body readjusts after stopping regular drug use, causing physical and mental symptoms.

## Common Symptoms

Typical symptoms include fatigue, irritability, anxiety, cravings, insomnia, and physical signs like shaking and nausea.

## Variations by Drug Type

Symptoms vary depending on drug type; stimulants cause exhaustion, depressants cause physical distress needing supervision.

## Importance of Support

Recognizing symptoms early helps individuals seek help and plan safer strategies to reduce drug use effectively.



▣ **WHAT WITHDRAWAL SYMPTOMS HAVE YOU HEARD ABOUT?**

# DISCUSSION



## What did you learn today?

- What part was easiest to understand?
- What part was hardest to understand?
- How can this information help you in real life?



**THANK  
YOU**