

# Big Island Substance Abuse Council Youth Presentation Handout



## What is a drug?

A drug is any substance that changes normal biological function when taken into the body. Drugs are chemicals that modify a person's thoughts and emotions.



## What is substance use?

The obsessive use of medications not needed for therapeutic purposes and used to modify mood, state of consciousness, or body function. Marijuana, cocaine, heroin, alcohol, sedatives, coffee, and cigarettes are substances that can all be misused.



## What is addiction?

A chronic, relapsing disorder characterized by compulsive drug seeking and use despite adverse consequences. It is considered a brain disorder because it involves functional changes to brain circuits involved in reward, stress, and self-control.



## Stimulants

Stimulants are drugs that stimulate the brain and the central nervous system, increase the state of mental alertness, and decrease appetite

Cocaine, bath salts, amphetamines, meth, and crack are all stimulants



## Depressants

Depressants are substances that reduce normal body activity, function, or an instinctive desire, such as appetite.

Cannabis, opioids, alcohol, kratom, heroin, and benzodiazepine are all depressants.



## Hallucinogens

Hallucinogens are substances that alter sensory processing in the brain, causing perceptual disturbances, changes in thought processing, and depersonalization. Spice, magic mushrooms, PCP, MDMA, LSD, salvia, and marijuana are all hallucinogens.



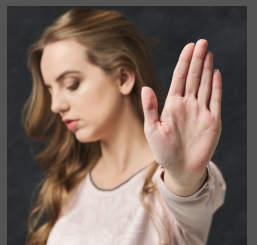
## Over the Counters

Over-the-counter (OTC) drugs cause slurred speech, impaired motor coordination, and impaired cognitive abilities. Cough medicines (Dextromethorphan), cold medicines (Pseudoephedrine), and motion sickness pills (Dimenhydrinate) are all over-the-counter drugs.



## Tips to resist peer pressure

- N — Say "No." Not "Maybe" or "Later"
- I — Follow with an "I" statement: "I don't do drugs" or "I don't want to"
- C — "Change." If pressure continues, change the topic or the location
- E — "Exit." If these things don't help, you may need an "Exit" plan



## How to get help

Hawai'i C.A.R.E.S. (Coordinated Access Resource Entry System): 1-800-753-6879  
Big Island Substance Abuse Council:  
(808) 969-9994



Learn more at [bisac.org](http://bisac.org)