

	Physical	Mental/Emotional	Social
Alcohol	<ul style="list-style-type: none"> • Affects motor coordination, speech and vision. • Great amounts can affect respiration and heart rate. Death may result when blood alcohol exceeds 0.40 %. • Prolonged use can lead to alcoholism, malnutrition, cirrhosis, and increased risk of cancer of the esophagus, stomach, pancreas, liver and heart. 	<ul style="list-style-type: none"> • Increased anxiety and depression symptoms • Lower inhibition • Reduced ability to reason and make decisions • Anxiety • Memory loss 	<ul style="list-style-type: none"> • Withdrawal from social supports • Difficulty maintaining relationships • Change in friend group • Potential to harm others • Embarrassing interactions while drunk • Impact on work performance • Fewer opportunities due to alcohol related convictions • About 50% of college sexual assaults involve alcohol
Tobacco	<ul style="list-style-type: none"> • Coronary heart disease, stroke, ulcers, respiratory infections, cancer, bronchitis, emphysema, early menopause and stillborn and premature children. • Secondhand smoke causes pneumonia, asthma exacerbation, and middle ear infections. • Smokeless tobacco causes bad breath, unhealthy eating habits, stained teeth, inflamed gums, receding gums leading to tooth loss, tooth decay, frequent sores and precancerous patches in the mouth. 	<ul style="list-style-type: none"> • Increased anxiety and tension • Irritability and depression when withdrawal begins • Reduces natural production of dopamine 	<ul style="list-style-type: none"> • Isolation from nonsmokers • Spending more time with others who use • Exposing others to secondhand smoke • Social situations can become a trigger to use • Avoidance by others due to smell
Marijuana and Hashish	<ul style="list-style-type: none"> • Impair short-term memory and the comprehension. • Alter the sense of time and reduce concentration and coordination. • Increases heart rate and appetite. • Risk of chronic bronchitis, lung cancer, and psychosis. 	<ul style="list-style-type: none"> • Panic and anxiety • Paranoia • Decreased motivation • Loss of interest in activities previously enjoyed 	<ul style="list-style-type: none"> • Withdrawal from social activities • Effects can lead to social deficits • Memory issues can lead to loss of relationships • Spending more time with others who use • Legal issues

<p>Methamphetamine – Meth, Crank, Crystal and Speed</p>	<ul style="list-style-type: none"> • Agitation, violent behavior, insomnia, decreased appetite, convulsions or heart attack. • Chronic use can cause repetitive behavior, stroke, and death. 	<ul style="list-style-type: none"> • Irritability • Anxiety • Nervousness, • Delusions of parasites crawling under skin • Hallucinations • Paranoia • Psychosis 	<ul style="list-style-type: none"> • Withdrawal from social supports • Difficulty maintaining relationships • Isolation • Spending more time with others who use • Legal issues
<p>Cocaine – Crack</p>	<ul style="list-style-type: none"> • Physical and psychological dependency • Dilated pupils, increased pulse rate, elevated blood pressure, insomnia, loss of appetite, and seizures. • Can cause death by disturbing the brain’s ability to control heart functions and respiration. 	<ul style="list-style-type: none"> • Paranoia • Irritability • Anxiety • Hallucinations • Mood disturbances 	<ul style="list-style-type: none"> • Spending more time with others who use • Withdrawal from social supports • Difficulty maintaining relationships • Social deficits • Lack of empathy • Social interactions feel less rewarding • Legal issues
<p>Ecstasy</p>	<ul style="list-style-type: none"> • Memory or coordination loss, dizziness, fainting, sleep problems, chills or sweating, slurred speech, dehydration, hypertension, loss of control over voluntary body movements, tremors, reduced appetite, kidney failure, heart attack, stroke, seizure, increase in body temperature. 	<ul style="list-style-type: none"> • Depression • Anxiety • Paranoia • Psychosis • Feelings of detachment of self 	<ul style="list-style-type: none"> • Lower sensitivity to social threat and awareness of danger • Can cause users to interact with others differently than they typically would • Increased risky sexual behavior • Spending more time with others who use • Withdrawal from social supports • Difficulty maintaining relationships • Legal issues
<p>Hallucinogens – LSD, PCP, Mescaline,</p>	<ul style="list-style-type: none"> • Interrupt brain messages that control the intellect and keep instincts in check. 	<ul style="list-style-type: none"> • Delusions • Hallucinations • Difficulty distinguishing between reality and illusion 	<ul style="list-style-type: none"> • Spending more time with others who use • Withdrawal from social supports

<p>Psilocybin and Peyote</p>	<ul style="list-style-type: none"> • Self-inflicted injury due to stopped pain sensors. • Large doses can cause convulsions, coma and death. • Prolonged users report memory and speech difficulties up to a year after usage. 	<ul style="list-style-type: none"> • Panic attacks • Distorted perceptions • Paranoia • Sadness • Terror • Psychosis 	<ul style="list-style-type: none"> • Difficulty maintaining relationships • Legal issues
<p>Inhalants – Gas, Aerosols, Glue, Nitrates, White-Out</p>	<ul style="list-style-type: none"> • Permanent brain, liver and kidney damage, bronchitis, heart arrhythmia, seizures, coma and death can occur even with the first usage. 	<ul style="list-style-type: none"> • Hallucinations • Delusions • Impaired judgement • Irritability • Depression 	<ul style="list-style-type: none"> • Withdrawal from social supports • Difficulty maintaining relationships • Spending more time with others who use • Social deficits
<p>Narcotics – Morphine, Codeine, Heroin</p>	<ul style="list-style-type: none"> • Loss of appetite, extreme drowsiness, mental impairment and slowing of reflexes. • An overdose of narcotics may lead to convulsions, coma or death. 	<ul style="list-style-type: none"> • Depression • Anxiety • Confusion • Mood swings • Aggression • Hallucinations 	<ul style="list-style-type: none"> • Withdrawal from social supports • Difficulty maintaining relationships • Spending more time with others who use • Legal issues
<p>Steroids</p>	<ul style="list-style-type: none"> • Liver disease, cancer, growth problems, bone fusion, sexual dysfunction and aggressive behavior. • Risk of HIV or Hepatitis B with use of unsterile needles 	<ul style="list-style-type: none"> • Aggression • Mania • Delusions • Paranoia • Impaired judgement 	<ul style="list-style-type: none"> • Social isolation due to physical side effects such as enlarged breasts for men and baldness or excessive body hair growth for women • Difficulty maintaining relationships
<p>Stimulants and Amphetamine</p>	<ul style="list-style-type: none"> • Increased heart rate and blood pressure that can result in a stroke or heart failure. • Dizziness and sleeplessness • Physical collapse. 	<ul style="list-style-type: none"> • Anxiety • Paranoia • Hallucinations • Psychosis • Depression 	<ul style="list-style-type: none"> • Difficulty maintaining relationships • Increased risky sexual behavior • Legal issues