**Unit 4: Substance Abuse Study Guide**

Do Not write on this worksheet. Copy the objective, warm-up question and study guide questions or write your answer in statement form so that you know what the question was.

**Lesson 1 – Choosing to live tobacco, alcohol, and drug free**

**Objective: Development of personal standards regarding the use of alcohol, tobacco, and drugs (9.1.c)**

**Warm-up:** Describe a situation when your friends were drinking and you had to make choice to not drink/drink (include how you handled or would handle the situation and how your friends reacted to your decision)

* 1. Copy and complete “Building Vocabulary” on page 546.
  2. According to the CDC, what percentage of high school students smoke?
  3. What are four reasons the smoking trend has decreased?
  4. Give the 3 strategies to help you stick to your decision and stay tobacco free. (p.547)
  5. Explain the STOP approach. (p.549)
  6. Copy and complete “Building Vocabulary” on page 562.
  7. Give 3 factors that influence alcohol use. (p.563)
  8. Explain alcohol and the law, if you are under the age of 21. (p.565)
  9. Alcohol is a key factor in what 8 instances and explain (p.565)
  10. Read the Health Skills Activity (p.566) and apply the refusal skills and write a response for Chantelle.
  11. Copy and complete “Building Vocabulary” on page 611.
  12. From your own thoughts make a list of 4 refusal statements that you make to a friend that is pressuring to use a drug.
  13. What percentage of high school students have never tried marijuana? Cocaine?
  14. Give 7 strategies to protect yourself against the risks of drugs.
  15. Give 4 steps you can offer a friend who is using alcohol or other drugs (p. 613)
  16. Give 10 warning signs of drug use.
  17. Give and explain the 4 types of treatment centers for serious drug addictions (p.615)

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\*\*\*\* Multiple Choice \*\*\*\* - Copy the question and fill in the blank with the best answer(s).

1. The powerful influence on teens from other teens that can influence the decision to use drugs or alcohol is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

* A stressor
* Anxiety
* Peer pressure
* Loyalty

1. Teens are less likely to be involved in violence if they \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

* Have friends or family who are involved in crime, because they see the consequences.
* Use alcohol or drugs, because they are more relaxed
* Are committed to school
* Have an underprivileged background and will make better decisions

20. Anger can contribute to fights and other violent acts because when you are angry,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

* Your heart beats faster
* Blood rushes to your face and your muscles tense up
* Your “Fight or Flight” response may be triggered.