**Health Test for 5th Graders**

***Study Guide***

***Peer Pressure***

**Definitions:**

**Peers – someone who is your age or close to your age and in the same stage of life.**

**Peer pressure – the influence of a group over your actions and decisions.**

**There is negative and positive peer pressure and within each of those, you can observe and experience spoken and unspoken peer pressure.**

**~Spoken negative – a peer asks or demands you do something that is wrong**

 **such as smoke a cigarette or help them cheat.**

**~Unspoken negative – you choose to do something that is not a good choice for you**

 **because others are doing it and you want to fit in and be like the peers around**

 **you. Examples would be to disrespect authority or drink beer.**

**~Spoken positive – a peer encourages or asks you to do something that is**

 **helpful and a good decision such as working hard on an assignment, studying,**

 **including everyone in a game.**

**~Unspoken positive – you choose to do something that is a healthy or a good choice**

 **for you because you see others are doing it and you want to be like your peers**

 **in those healthy ways. Examples would be talking out problems, caring about**

 **your grades and brushing your teeth.**

***In order to prevent being talked into something that is a bad choice for you or something you don’t want to do, you must be assertive. You have the right to protect yourself. Use a refusal technique.***

**Refusal (NO!) Techiques**

**•Say no**

**•Change the subject**

**•Give a reason**

**•Repeating the message**

**•Walk away**

**•Avoid the situation**

**•Suggest another activity**

**•Reverse the pressure**

**•Strength in numbers**

**•Make an Excuse**

**•Make a joke**

**•Act shocked**

**•Act dumb**

***Substance Abuse***

**An addiction is the constant need for and use of a substance even though the user (called an addict) knows it is harmful. Drug addicts crave a medicine or drug.**

**Overdose – a dangerously large dose of a drug that can cause illness or death.**

**Tolerance – the need for more of a drug to get the original effect.**

**Withdrawal symptoms are painful reactions that occur when someone stops using a drug. These can include seizures, shaking, hallucinations and even death.**

**Smoking – Smoking is very harmful to your health. All forms of tobacco contain nicotine, which is a poison that speeds up the nervous system. It is very addictive along with many other drugs. Smoking effects many parts of your body and increases the risk of cancer of the lungs, mouth, throat, and voice box. It also causes heart disease, bad coughs, breathing problems, bad breath, and skin damage among others. The tar in tobacco causes lungs to darken and makes it difficult to breathe. Smoking cigarettes deadens taste buds and your sense of smell. It also stains teeth and fingers. Smoking kills more than 350,000 people a year. The cigarette smokers who are most likely to develop lung cancer are those who begin smoking before the age of 15. More than 80% of teens who smoke cigarettes will try marijuana. Smoking marijuana harms a person's lungs as much as smoking a cigarette does. One marijuana cigarette does as much damage as 20 cigarettes. Smoking marijuana speeds up a person’s heartbeat and causes memory loss.**

**Alcohol - It is a drug. It changes the way a person feels, acts and thinks. Alcohol also changes the way the body works. Alcohol is not digested – it goes directly into the bloodstream from the stomach and small intestine. The blood carries it to the brain and other parts of the body very quickly. A minute or two after taking a drink of alcohol, the drinker will start to feel its effects. Alcohol slows down the body. It affects the parts of the brain that control speech, balance and coordination. It also affects the parts of the brain that control judgment, attention and memory. Alcohol can be addictive. People who start drinking alcohol at a young age become addicted more quickly than older drinkers. Long – term alcohol abuse can cause damage to the digestive system and the liver. Abusing alcohol can cause scar tissue in the liver. Drinking and driving related accidents are the greatest cause of death for 15-24 year olds.**

**Anabolic steroids – manufactured hormones that temporarily increase the size of muscles. They have unpleasant and dangerous side effects. These include hair loss, depression, severe acne and violent behavior.**

**Inhalants – chemicals found in household products such as cleaners, paints, and glues. When breathed in they cause confusion, violence, and even death. Dangerously, some people sniff these substances to get high. These common products should be used only where fresh air is available.**

**Cocaine and crack cocaine are examples of illegal drugs, which means it is against the law**

**to sell, buy, have or use them. Cocaine and crack can force the heart to beat so fast that the**

**user can have a heart attack and die. A person can become addicted to methamphetamine (meth) after only using it once.**