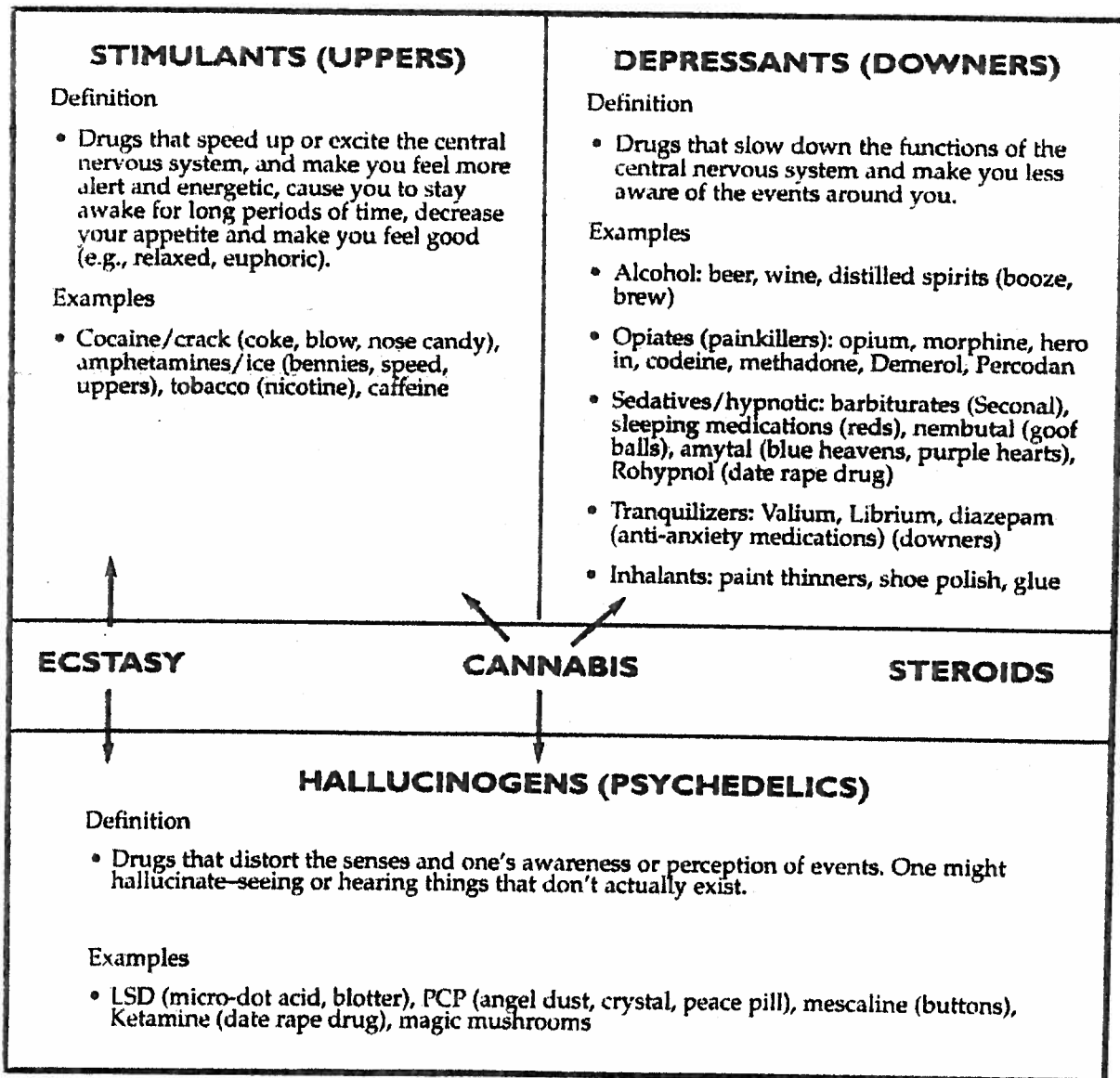


Stimulants, Depressants and Hallucinogens

A drug is any substance other than food, which is taken to change the way the body or the mind works. This includes: illicit drugs, alcohol, certain prescription medications, over-the-counter drugs, laxatives, vitamins, sleeping pills, and certain everyday beverages such as colas, teas and coffee.

Substance use is swallowing, inhaling, absorbing or injecting any drug in order to change the way you think, act or feel, without interfering with one's daily activities.

Substance use becomes abuse when it interferes with daily activities and results in a problem in one or more of the following areas: school, work, with family/friends, with drinking and driving, etc.



Adapted with permission from PAD Drug Education and Support Services and Ontario HPE Curriculum Support : Grade 9/10, OPHEA, 2000.