

15 Drugs¹

□ WHAT ARE DRUGS?

Drugs can mean everything from cigarettes and alcohol to heroin. In this text, however, we are talking about drugs used illegally, such as heroin, cannabis, magic mushrooms, amphetamines, LSD and cocaine.

The effects of these drugs vary, depending on how they are used and the people taking them. Any of them, however, can cause problems when misused. So all of us need to know something about them if we are going to feel confident about providing help to protect our children and friends from their effects.

Even if you risk taking drugs in small doses, they reduce the control you have over your muscles, lessen your reaction time and lower your concentration. So if, for instance, you work with machinery or drive a car, you could be a danger to other people as well as to yourself.

heroin [herəʊɪn] *n.*; **cocaine** [kəʊ'keɪn] *n.*

VOCABULARY

confident [kɒnfɪdənt] sebejistý, spolehlivý

misuse [mɪs'ju:z] zneužít

provide help [prə'vaɪd] – poskytnout pomoc

vary [veəri] lišit se, různit se; měnit se

□ THE DRUG PROBLEM

Just because someone takes a drug it does not mean they will become addicted to it. At times in our life, almost all of us turn to drugs of one sort or another. Cigarettes and alcohol are, of course, the most common ones. But many of us also turn to sleeping tablets, tranquillisers or anti-depressants to help relax and cope with the stress and tension of everyday life. In many ways children turn to their drugs for just the same reasons. Adolescence, as we all know, can be a difficult period. Often it's a time when we don't get on with our parents. There are also many pressures at school, from parents, and from friends. It is a period of change when many choices must be made. And at a time when work can be a major problem, there is also frustration and boredom.

All of which means that when someone, perhaps a friend, offers a child something which is supposedly "fun" and "everyone else" is taking it, the pressures and curiosity are so great they may try it themselves. Fortunately, most children say "no". Unfortunately, though, a disturbing number are saying "yes". Most children grow out of it. Or simply decide they don't like it and then stop. But a few go on to have a serious drug problem. That's why we all need to tread carefully when talking to a child we suspect may be taking drugs. A wrong word at the wrong time can sometimes

make a child even more rebellious. But the right words of understanding can reinforce their decision not to take drugs. The most important people when it comes to coping with the drug problem may not be the police, doctors or social workers. They could be parents or friends like you.

VOCABULARY

become addicted [ə'dɪktɪd] *to* – stát se závislým *na*

cope [kəʊp] *with* vyrovnat se *s*

disturbing [dɪs'tɔ:ɪbɪŋ] znepokojivý

get on with vycházet *s*

rebellious [rɪ'beljəs] odbojný

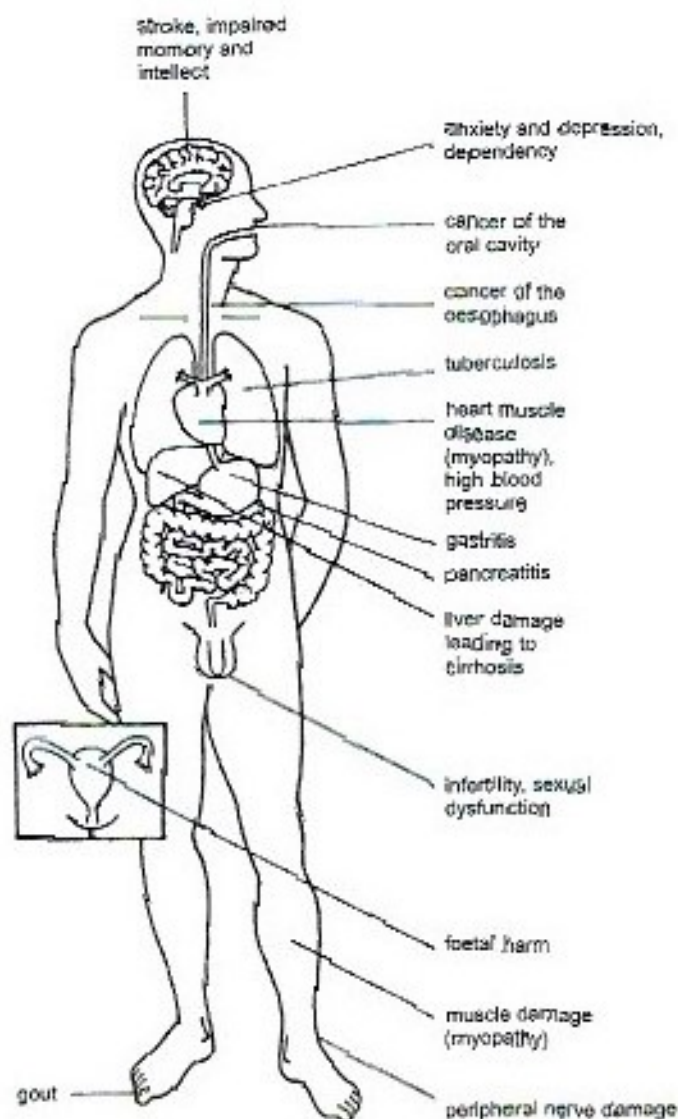
reinforce [rɪ'ɪn'fɔ:s] zpevnit, posílit

supposedly [sə'pəʊzɪdli] údajně, prý

tread [tred] jít, pohybovat se, našlapovat

tread carefully – chodit po špičkách, opatrně
našlapovat

turn to *zde:* utéci se *k*



¹ "Drug" a "medicine" jsou v AJ relativní synonyma.

❑ WHAT CAN BE THE DANGERS OF DRUGS?

The main dangers are as follows:

- Having an accident while under their influence.
- Some drugs may depress or stop breathing.
- Accidental overdose can lead to unconsciousness or even death.
- Addiction or dependence, after regular use.

In addition to these dangers, drugs can also have nasty side-effects. They can bring on confusion and frightening hallucinations. They can cause unbalanced emotions or more serious mental disorders. First time heroin users are sometimes violently sick. Regular users may become constipated and girls can miss their periods. Later still, there may be more serious mental and physical deterioration. And if a drug user starts to inject, infections leading to sores, abscesses, jaundice, blood poisoning and even AIDS virus infection may follow.

VOCABULARY

accidental [æksɪ'dentl]	náhodný
addiction [ə'dɪkʃn] <i>to sth</i>	závislost <i>na čem</i> , narkomanie
bring on	přivodit, způsobit
deterioration [dɪ'tɪəriə'reɪʃn]	zhoršení
in addition [ə'dɪʃn] <i>to</i>	kromě, nadto
jaundice [dʒo:ndɪs]	žloutenka
nasty [nɑ:sti]	ošklivý; škodlivý, nebezpečný
sore [so:]	bolák, vřed

❑ HOW TO SPOT DRUG TAKING

The first thing to say is that it isn't easy. Especially when a child first takes drugs, or only takes them occasionally. Many of the signs listed below are just like the normal signs of growing up. So don't jump to conclusions too hastily if your child displays some of these.

- Sudden changes of mood from happy and alert to sullen and moody.
- Uncharacteristic irritability or aggression.
- Loss of appetite.
- Loss of interest in hobbies, sport, schoolwork or friends.
- Bouts of drowsiness or sleeplessness.
- Increased evidence of telling lies or furtive behaviour.
- Unexplained loss of money or belongings from the home.
- Unusual smells, stains or marks on the body or clothes, or around the house.
- Unusual powders, tablets, capsules, scorched tinfoil or (more rarely nowadays) needles or syringes.

VOCABULARY

alert [ə'lɔ:t]	čilý, bdělý
bout [baʊt] <i>of</i>	záchvat (<i>např. nemoci</i>)
furtive [fɜ:tɪv]	kradný, tajný
hastily [heɪstli]	spěšně, ukvapeně
jump to conclusions [kəm'klu:ʒns]	- dělat ukvapené závěry
needle [ni:dl]	jehla
scorch [sko:tʃ]	připálit, sežehnout, usychat
spot	<i>zde:</i> vypátrat, přijít <i>na</i>
sullen [salən]	zasmušilý, mrzutý, chmurný
syringe [sɪrɪndʒ]	stříkačka
tinfoil	staniol

Read the basic information about this very important and current topic. Work in pairs or groups: each should work with one topic according to its interest for them. Then they will give some information about "its" drug to each other in their own words. The teacher will help you to discuss the problems connected with this subject.

Amphetamines (Speed)

Commonly a white or brown powder, but can be in pill or capsule form. Usually sniffed or injected. Makes people lively, giggly and over-alert, but depression and difficulty with sleep can follow. Heavy use can produce feeling of persecution.

Canabis (Pot, Dope, Hash, Grass)

Hard brown resinous material or herbal mixture. Smoked in a reefer or pipe, sometimes with tobacco. Distinctive "herbal" smell. Users may appear "drunk" and talkative. Risk of accidents when intoxicated.

Cocaine (Coke)

A white powder, commonly sniffed. Can be injected or sometimes smoked. Similar effects to amphetamines, but more likely to lead to dependence.

Heroin (Smack, Skag)

White or speckled brown powder. Usually heated on silver foil and fumes inhaled. Can be sniffed or injected. Produces initial alertness followed by drowsiness and "drunken" appearance. Overdose can produce unconsciousness. Regular, frequent use produces dependence. Abstinence in a regular user can result in physical withdrawal symptoms similar to flu.

Magic Mushrooms

Types of mushroom containing a substance like LSD. Grow wild in the UK. Produce hilarity, overexcitement and with high doses, dream-like images. Main risk arises from eating other poisonous mushrooms.

Other Opioids (dikes, 118s)

May include red or white tablets or ampoules. Swallowed or injected. Same effects as heroin.

LSD (Acid)

Tiny coloured tablets. Taken by mouth. Produces glazed eyes and sometimes over-excitement. Heavy use can produce acute confusion and ideas of persecution.

Tranquillisers

Prescribed tablets and capsules sometimes taken illegally for kicks. Similar effect to alcohol and increased effect when taken with alcohol.

Injecting

Many drugs can be injected. Risks are abscesses, infected veins, blood poisoning, hepatitis and AIDS virus infection.

□ WHAT TO DO IF YOUR CHILD IS TAKING DRUGS

The first and most important thing to remember is to try not to over-react. Even though you may feel angry and want to take it out on your son or daughter. You could only make a small problem bigger. It's worth taking time to talk to your husband or wife first, and perhaps to your doctor, friends or your child's teacher. Then, as rationally and quietly as you can, bring up the subject with your child. Try to find out his or her attitude. Whether or not they've taken many drugs, which ones and how often. Point out the dangers of drugs, in a caring and protective way rather than in an authoritarian, bossy manner.

VOCABULARY

attitude [æti'tju:d]	posto
authoritarian [o:θori'teariən]	autoritářský
bossy [bosi]	panovačný, pánovitý
bring sth up	zavést na něco rozhovor, nadhodit něco
caring [keəriŋ]	starostlivý
manner [mænə]	způsob; zvyk; styl
over-react	přehnaně reagovat
point out	poukázat na, označit, určit
protective [prə'tektiv]	ochranný
take it out on sb.	odreagovat se na kom, schladit si žáhu na kom
way	cesta, trasa; způsob
in a way	způsobem
worth [wə:θ]	hodnota, cena
be worth	stát za to

□ THE DO'S AND DON'TS

Undoubtedly, prevention is better than cure. So here are a few guidelines to help make sure drugs don't mess up your family.

Do think about your own attitude to drugs. And remember that a child may think illegal drugs no more dangerous than your legal cigarettes and alcohol.

Do remember that legally prescribed tranquillisers and sedatives are a temptation. And explain both their seriousness and why you need them.

Do think about how you'd react if one of your children was taking drugs.

Do make time to talk to your son or daughter about the subject – arguing won't help them through their worries and problems.

Don't dwell simply on horror stories of drug taking. To someone who has taken drugs and enjoyed them, it can seem unbelievable.

Don't be over-suspicious. This could be unfair and, indeed, tend to push them into drug-taking.

VOCABULARY

dwell [dwel]	on dávat důraz na, obírat se čím
guideline [gaidlain]	směrnice, vodítko
legal [li:gl]	zákonný, právní
mess up	obrátit vzhůru nohama, zpřeházet; zbabrat
over-suspicious [ouvə səs'piʃəs]	přehnaně podezřívavý
temptation [temp'teiʃən]	pokoušení, lákání
tend to sth	přiklánět se k čemu, tíhnout k čemu
undoubtedly [an'dautidli]	bezpochyby

□ WHAT TO DO IN AN EMERGENCY

Hopefully it will never happen, but if your child or friend should overdose and you find them drowsy or unconscious it's important that you know what to do. It could save their life.

First, make sure they've got fresh air. Then turn them on their side, and try not to leave them alone (otherwise they could inhale vomit). Ring for a doctor as soon as possible, or dial 155 (999 in Great Britain) and ask for an ambulance. Finally, collect any powders, tablets or anything that may have been used in taking the drug and take them to the hospital for the doctor to examine. After an emergency like this give your child or friend a chance to talk it over with you. Your understanding and care at this time may be vital in persuading them to accept help.

VOCABULARY

accept [æk'sept]	přijmout, uznat
drowsy [drauzi]	ospalý, netečný
persuade [pə'sweid]	přemluvit
talk sth over	prodebatovat, probrat něco, pohovořit si o něčem

EXERCISES

1. Answer the following questions:

- Have you been well-informed about drug abuse?
- Have you found new information for yourself from the text above?
- Have any of your friends ever met with this problem?
- How did they solve it?

- 4. Why should people avoid taking drugs?
 - For what reasons do people begin to take drugs?
 - What are the social and physical consequences on those who abuse drugs?
 - Do you know about a 'Drop-in' centre in your town?
- 2. Write a leaflet or an advertisement with simple drawings or pictures warning against using drugs. (You may work in groups or alone with your teacher's help.)**