

Module 1: Putting Together the Foundation for a Healthy Life
Topic 3 Content: Avoiding Harmful Substances

Introduction



Harmful substances such as tobacco, alcohol, and drugs damage your body in various ways. Find out why it is important for your health, now and in the future, to avoid these substances. Place your cursor on each quadrant to learn why you should avoid harmful substances.

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Learn the Effects of Tobacco

Avoiding HARMFUL SUBSTANCES
Place your cursor on each to learn more

Possible Effects of Tobacco

- damage to vital organs
 - emphysema
 - chronic bronchitis
 - coronary heart disease and stroke
- higher blood pressure
- increased heart rate
- cancer
- desensitized taste buds
- bad breath
- yellow or stained teeth
- smelly hair, clothes, skin
- skin damage (wrinkles, acne, dark patches)
- weakened immune system
- death

Learn the EFFECTS of ALCOHOL

Learn the EFFECTS of DRUGS

Possible Effects of Tobacco

- damage to vital organs
 - emphysema
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Learn the Effects of Alcohol

Avoiding HARMFUL SUBSTANCES
Place your cursor on each to learn more

Learn the EFFECTS of TOBACCO

Possible Effects of Alcohol

- changes in the brain (decreased memory, spatial skills, concentration and coordination; impaired speech)
- damage to vital organs
- high blood pressure
- heart disease
- alcoholic hepatitis
- cirrhosis
- inflammation of pancreas
- blurred vision
- death

Learn the EFFECTS of DRUGS

Possible Effects of Alcohol

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Learn the Effects of Drugs

Avoiding HARMFUL SUBSTANCES
Place your cursor on each to learn more

Learn the EFFECTS of TOBACCO

Learn the EFFECTS of ALCOHOL

Possible Effects of Drugs

- changes in the brain (memory loss; decrease in reaction time, concentration, coordination)
- problems with the lungs and airways (for drugs that are smoked)
- weakened immune system
- increased risk of infertility
- nosebleeds
- headaches
- depression
- sleep problems
- confusion; anxiety
- loss of senses of smell and hearing
- cancer
- death

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