

Teens and addictions – the awful truth

Alcohol

- Drinking alcohol causes loss of coordination, poor judgment, slowed reflexes, delayed vision, memory lapses and incontinence.
- Alcohol can damage every organ in your body, it is absorbed directly into your bloodstream and can increase your risk of very serious diseases, including cancer.
- Drinking large quantities of alcohol at one time, or over a long period, can cause direct poisoning, which can lead to coma or death.

Smoking

- Smoking, which is the main cause of lung cancer, is also a cause of cancer in the mouth, throat, pancreas and bladder.
- Smoking is particularly harmful for teens because your body is still growing and changing. The tar and carcinogenic agents affect your brain development and your lungs may be damaged.
- Cigarettes contain nicotine – a powerful addiction substance. The younger a person starts smoking, the more likely he or she is to become addicted to nicotine.

Medicines

- ACC: the advice provided in marijuana affects the way cells in the part of the brain where memories are formed.
- The evidence that ACC is neurotoxic is mounting. At least one study has shown that marijuana is as neurotoxic as a brain disease.
- Teenagers can limit your body's capacity to fight infections. Long-term marijuana use can even increase the risk of developing opportunistic disease.

1. Complete these sentences according to the text:

1. The main effect of drinking too much alcohol is that it can and
2. Smoking is particularly harmful for
3. The use of marijuana for a very long time can cause

2. Answer the following questions on the text:

1) Why is alcohol so dangerous?

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2) What happens to the affected by smoking?

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