3rd Grade Drugs Test Review Guide

* Drugs change the way your body works.
* Some drugs are helpful, some are hurtful.
* Medicine is a drug.
	+ Medicine can be helpful but only if taken the right way.
	+ Medicine can be hurtful if you take too much, or take it when you aren’t supposed to.
	+ **Prescription** medicine is medicine you need a doctor’s order to take.
	+ **Over-The-Counter(OTC)** medicine is medicine that you can buy right off the shelf.
	+ All medicine can have side effects.
	+ Only take medicine from an adult you trust.
	+ If you find medicine, you should **never** take it. Always give it to an adult.
	+ The 3 R’s of drug safety are:
		- Recognize – see what the danger is
		- Refuse – say no
		- Report – tell an adult
* Caffeine is a drug.
	+ Caffeine is usually safe in small amounts.
	+ Many people have more caffeine than they are supposed to in a day.
	+ Caffeine is found in chocolate, coffee, cola, and tea.
	+ Some side effects of caffeine are your heart beating fast, getting nervous, and trouble sleeping.