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.