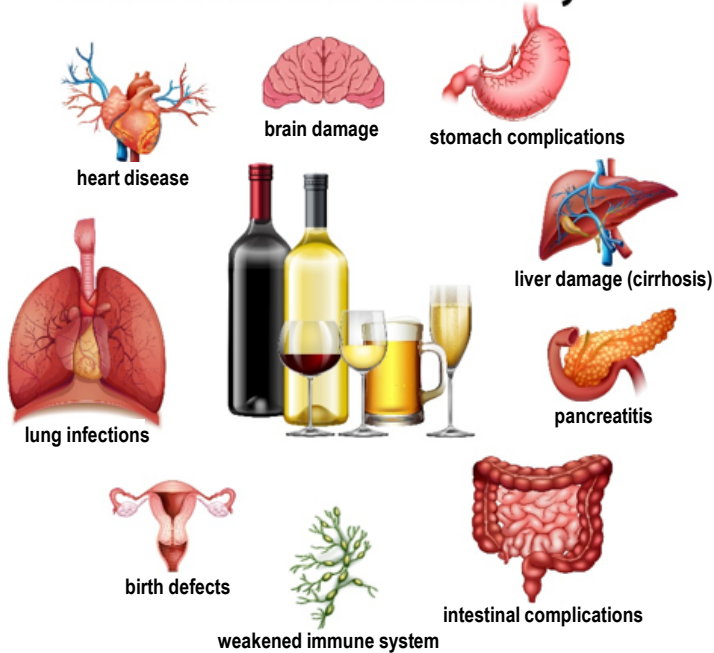


What Are Drugs?

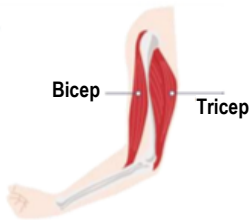
Drugs are chemicals that affect how the body works. Cigarettes contain a drug called nicotine, which is **addictive** (you feel that you cannot do without it). The chemicals in cigarette smoke are harmful.

Effects of Alcohol on the Body



Antagonistic Muscles:

- Muscles work by getting shorter.
- Muscles can only pull and can't push.
- Muscles work in pairs.
- When you raise your forearm, the biceps contract and the triceps relax.
- When you lower your forearm, the biceps relax and the triceps contract.



Smoking:

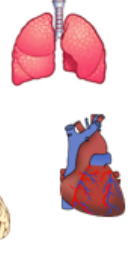
Poison in Cigarette Smoke	Harm it causes
nicotine	makes arteries narrower, causes heart disease
tar	can cause cancer
carbon monoxide	stops red blood cells carrying so much oxygen

Effects of alcohol on the body:

Liver damage (cirrhosis)
Brain damage
Birth defects
Heart disease, weakened immune system, stomach problems.

Smoking is dangerous. It increases the chance of getting:

- **Cancer**
- **Breathing Problems**
- **Heart Attacks**
- **Strokes**



Smoking does not only affect one person. If you breathe in someone else's smoke, this is called 'passive smoking' and can still harm your health!

