

Drug Dictionary

Alcohol – A legal drug that slows down parts of the brain. Examples include wine, beer, and spirits. Drinking alcohol can make a person feel more relaxed. It can also make it harder to think clearly, make good decisions and do activities of daily living.

Alcoholic – A person with a serious problem related to drinking too much alcohol.

Alcoholism – A chronic condition where a person feels they need to drink alcohol all the time and in large amounts.

Alcohol Poisoning – When someone drinks too much alcohol too fast, their body can't process the alcohol. Overdosing on alcohol could lead to death.

Anxiety – A state of restlessness or worry about certain events or things in life.

Binge Drinking – Consuming five or more standard drinks on one occasion for males, or four or more standard drinks on one occasion for females, and is a pattern of consumption that results in legal impairment (i.e., a blood alcohol concentration (BAC) >0.08%) for most people.

Bandwagon – When people do and believe things just because other people do or believe the same things. Following the actions or beliefs of others also known as "jumping on the bandwagon".

Cancer – A disease where a group of cells grow uncontrollably and can invade surrounding tissues and organs.

Consequence – The result of a particular action (cause and effect).

Coordination – The result of making different people or things work together for a goal or effect (e.g., hand-eye coordination).

Courage – Being brave in the face of dangers and difficulties.

Dehydration – Extreme loss of water from the body.

Depressant – A category of drugs which slows down the functions of the central nervous system like breathing and heart rate.

Depression – A state of low mood and dislike of activities once felt as enjoyable.

Drowsiness – A state of near-sleep, a strong desire for sleep, or sleeping for unusually long periods.

Drug – A substance other than food, which changes the way your mind and body function.

Drunk (Intoxicated) – When a person has high amounts of alcohol in their body because they had too much to drink.

Glucose – A type of sugar made by the body in order to give cells and organs the energy they need to work.

Hangover – The unpleasant physical effects after drinking too much alcohol. The most commonly reported features of a hangover include headache, nausea, sensitivity to light and noise, tiredness, diarrhea and thirst, typically after the effects of the alcohol begin to wear off.

Hallucinations – Seeing or hearing things that do not really exist, often caused by certain drugs or illnesses.

Hallucinogens – A category of drugs that cause hallucinations (see above definition).

High Blood Pressure – A chronic condition where the pressure in the arteries (blood vessels) is high. This causes the heart to work harder in order to circulate the blood throughout the body.

Inhibitions – Self-control of a desire or an urge. Most people lose their inhibitions when they drink or do drugs, so they say or do things they wouldn't necessarily do when they were sober.

Mental Health – A level of mental or emotional well-being, or an absence of a mental disorder. Mental health is an expression of emotions and represents a person's ability to successfully cope with the normal stresses of life.

Reaction Time – The amount of time it takes you to process and respond to a stimulus. For example, the time it takes to remove your hand from a hot surface.

Recovery Position (BACCHUS Manoeuvre) – If a person has had too much alcohol to drink and passed out, they can be placed in this position to help prevent them from choking on their vomit.

Reflexes – Quick body reactions that happen automatically. For example, when something hot touches a person's hand, the hand quickly pulls away without needing to think about it.

Side Effect – Any effect of a drug that is unpleasant or harmful.

Slurred Speech – A side effect of drinking too much alcohol when a person speaks very slowly, words are joined together, or are hard to understand.

Sober – Not under the influence of drugs.

Spirits – An alcoholic beverage, distilled liquor. Examples include rum, vodka, whiskey.

Standard Drink – A set amount of alcohol in a drink, such as a glass of wine, a can of beer, or a shot of liquor.

In Canada, a standard drink is 17.05 millilitres or 13.45 grams of pure alcohol, which is the equivalent of: a bottle of beer (12 oz., 341 ml, 5% alcohol); a bottle of cider (12 oz., 341 ml, 5% alcohol); a glass of wine (5 oz., 142 ml, 12% alcohol); a shot glass of spirits (1.5 oz., 43 ml, 40% alcohol).

Stimulants – A category of drugs that speeds up the functions of the central nervous system like breathing and heart rate.

Stressful life events – Big changes or problems in life that can make a person feel upset or worried.

Suicide – The act or instance of someone intentionally killing themselves.

Violence – Hurting another person on purpose. This can be hitting, pushing, or using mean words to harm someone.