

Parents & Teachers

Student Activity

Damage Detector

You need your body parts! The chemicals in inhalants can change how your brain and other important body systems and organs work—and how well inhalant abusers can play, think, and act.

Have students read all of the facts about inhalants in the “Facts on Drugs” section. Then follow the instructions below.

List A includes six body parts you depend on. List B includes six body functions for these parts. List C includes situations where individuals experience loss of function due to inhalant abuse. Write each of the 18 parts, functions, or chemicals on an index card and tape to the backs of 18 students. Note: this can work if you have more or fewer students—simply adjust accordingly.

Based on what you’ve learned about inhalants, have students find their matches. Each person needs to match his or her body part from List A to the body function from List B. Then, have those two students find the person who has the index card with the matching loss of function.

After everyone has found their matches, discuss the importance of the functions and make a list of daily activities that require these functions.

List A—Body Parts

Write each of these body parts on an index card.

- A. bone marrow
- B. cerebellum
- C. cerebral cortex
- D. hippocampus
- E. myelin
- F. noradrenaline

List B—Functions

Write each of these definitions on an index card.

- A. part of the brain involved in memory formation
- B. fatty layer that protects nerve fibers so messages travel quickly and correctly
- C. part of the brain that helps to solve complex problems and plan ahead
- D. part of the brain that controls movement and coordination
- E. neurotransmitter or chemical messenger that regulates heart rate
- F. material that makes red blood cells, which carry energizing oxygen to the body and brain

List C—Situations where inhalant abuse causes a breakdown in function

Write each of these situations on an index card.

- A. As your friends finish the one-mile run in gym class, you are physically exhausted and lag behind and struggle to finish.
- B. During the first day of chemistry class you fail to recall the name of your new lab partner, even though it was mentioned to you numerous times.
- C. While you are relaxing, listening to your favorite artist on your MP3 player, you notice a muscle spasm in your leg.
- D. You struggle to start your research paper that is due next Friday, unsure of where to begin and how to organize it.
- E. During the latest line dance craze, you consistently misstep and go off-balance, stepping on your friend's toes.
- F. Your heart races uncontrollably every time you sit down to take a test at school, causing increased stress.