



JUST THE FACTS

A FREE CURRICULUM FOR DRUG + ALCOHOL PREVENTION

THE FACTS

ALCOHOL AND DRUG ABUSE

Read the following statements, and then write about what immediately comes to your mind.

NUMBER ONE:

THE AVERAGE AGE OF FIRST EXPERIMENTATION WITH DRUGS IS 13, AND FOR ALCOHOL IT IS EVEN YOUNGER. DRUG USE HAS BEEN CLASSIFIED AS A MAJOR PROBLEM FOR KIDS AS EARLY AS FOURTH GRADE BY THE STUDENTS THEMSELVES. ¹

IMMEDIATE THOUGHTS:

NUMBER TWO:

ALCOHOL AND OTHER DRUGS CONTRIBUTE TO OVER 50 PERCENT OF ALL SUICIDES AND OVER 50 PERCENT OF ALL VIOLENT CRIMES. ²

IMMEDIATE THOUGHTS:

1, 2) Florida Institute of Technology Counseling and Psychological Services. <http://www.fit.edu/caps/articles/facts.php>

NAME:

THE FACTS

ALCOHOL AND DRUG ABUSE

NUMBER THREE:

OVER 60 PERCENT OF ADMISSIONS TO EMERGENCY ROOMS ARE EITHER DIRECTLY OR INDIRECTLY DUE TO DRUG OR ALCOHOL USAGE. ¹

IMMEDIATE THOUGHTS:

NUMBER FOUR:

IT IS ESTIMATED THAT DRUGS AND ALCOHOL ARE A FACTOR IN AT LEAST 80 PERCENT OF DOMESTIC VIOLENCE INCIDENTS. ²

IMMEDIATE THOUGHTS:

1, 2) Florida Institute of Technology Counseling and Psychological Services. <http://www.fit.edu/caps/articles/facts.php>

NAME:

THE FACTS

ALCOHOL AND DRUG ABUSE

NUMBER FIVE:

ALCOHOL AND DRUG USE CONTRIBUTES TO 60 PERCENT OF ALL SUB-STANDARD JOB PERFORMANCE AND AT LEAST 40 PERCENT OF ALL INDUSTRIAL ACCIDENTS. ¹

IMMEDIATE THOUGHTS:

NUMBER SIX:

28 PERCENT OF ALL COLLEGE DROPOUTS ARE ALCOHOL USERS. ²

IMMEDIATE THOUGHTS:

1, 2) Florida Institute of Technology Counseling and Psychological Services. <http://www.fit.edu/caps/articles/facts.php>

NAME:

THE FACTS

ALCOHOL AND DRUG ABUSE

NUMBER SEVEN:

95 PERCENT OF ALL COLLEGE CAMPUS VIOLENCE IS ALCOHOL RELATED. ¹

IMMEDIATE THOUGHTS:

NUMBER EIGHT:

MORE THAN 40 PERCENT OF ALL COLLEGE STUDENTS WITH ACADEMIC PROBLEMS ARE ALCOHOL USERS. ²

IMMEDIATE THOUGHTS:

1, 2) Florida Institute of Technology Counseling and Psychological Services. <http://www.fit.edu/caps/articles/facts.php>

NAME:

THE FACTS

ALCOHOL AND DRUG ABUSE

NUMBER NINE:

INDIVIDUALS BETWEEN THE AGES OF 16 AND 24 ARE INVOLVED IN MORE THAN ONE-THIRD OF ALL ALCOHOL RELATED TRAFFIC ACCIDENTS. ¹

IMMEDIATE THOUGHTS:

NUMBER TEN

MORE THAN 60 PERCENT OF COLLEGE WOMEN WHO HAVE CONTRACTED SEXUALLY TRANSMITTED DISEASES OR AIDS WERE INTOXICATED AT THE TIME OF INFECTION. ²

IMMEDIATE THOUGHTS:

1, 2) Florida Institute of Technology Counseling and Psychological Services. <http://www.fit.edu/caps/articles/facts.php>

NAME:

THE FACTS

ADDICTION

Drugs of abuse affect three primary areas of the brain:

THE BRAIN STEM IS IN CHARGE OF ALL OF THE FUNCTIONS OUR BODY NEEDS TO STAY ALIVE—BREATHING, CIRCULATING BLOOD, AND DIGESTING FOOD. IT ALSO LINKS THE BRAIN WITH THE SPINAL CORD, WHICH RUNS DOWN THE BACK AND IS RESPONSIBLE FOR MOVING MUSCLES AND LIMBS AS WELL AS LETTING THE BRAIN KNOW WHAT'S HAPPENING TO THE BODY. ¹

THE LIMBIC SYSTEM LINKS TOGETHER A BUNCH OF BRAIN STRUCTURES THAT CONTROL OUR EMOTIONAL RESPONSES, SUCH AS FEELING PLEASURE WHEN WE EAT CHOCOLATE. THE GOOD FEELINGS MOTIVATE US TO REPEAT THE BEHAVIOR, WHICH IS GOOD BECAUSE EATING IS CRITICAL TO OUR LIVES. ²

THE CEREBRAL CORTEX IS THE MUSHROOM-LIKE OUTER PART OF THE BRAIN (THE GRAY MATTER). IN HUMANS, IT IS SO BIG THAT IT MAKES UP ABOUT THREE-FOURTHS OF THE ENTIRE BRAIN. IT'S DIVIDED INTO FOUR AREAS, CALLED LOBES, WHICH CONTROL SPECIFIC FUNCTIONS. SOME AREAS PROCESS INFORMATION FROM OUR SENSES, ENABLING US TO SEE, FEEL, HEAR, AND TASTE. THE FRONT PART OF THE CORTEX, KNOWN AS THE FRONTAL CORTEX OR FOREBRAIN, IS THE THINKING CENTER. IT POWERS OUR ABILITY TO THINK, PLAN, SOLVE PROBLEMS, AND MAKE DECISIONS. ³

WHICH OF THESE SYSTEMS DO YOU THINK IS AFFECTED THE MOST BY DRUG ABUSE? WHY?

1, 2, 3) National Institute on Drug Abuse <http://teens.drugabuse.gov/drug-facts/brain-and-addiction>

NAME:

THE FACTS

ADDICTION

DRUGS ARE CHEMICALS. THEY WORK IN THE BRAIN BY TAPPING INTO ITS COMMUNICATION SYSTEM AND INTERFERING WITH THE WAY NERVE CELLS NORMALLY SEND, RECEIVE, AND PROCESS INFORMATION. DIFFERENT DRUGS—BECAUSE OF THEIR CHEMICAL STRUCTURES—WORK DIFFERENTLY. IN FACT, SOME DRUGS CAN CHANGE THE BRAIN IN WAYS THAT LAST LONG AFTER THE PERSON HAS STOPPED TAKING DRUGS, MAYBE EVEN PERMANENTLY. THIS IS MORE LIKELY WHEN A DRUG IS TAKEN REPEATEDLY. ¹

**ARE THE NEGATIVE CONSEQUENCES OF DRUG ABUSE TEMPORARY?
WHY OR WHY NOT?**

SOME DRUGS, SUCH AS MARIJUANA AND HEROIN, ACTIVATE NEURONS BECAUSE THEIR CHEMICAL STRUCTURE MIMICS THAT OF A NATURAL NEUROTRANSMITTER. IN FACT, THESE DRUGS CAN “FOOL” RECEPTORS, CAN LOCK ONTO THEM, AND CAN ACTIVATE THE NERVE CELLS. THE PROBLEM IS, THEY DON'T WORK THE SAME WAY AS A NATURAL NEUROTRANSMITTER, SO THE NEURONS WIND UP SENDING ABNORMAL MESSAGES THROUGH THE BRAIN. ²

WHAT SORT OF ABNORMAL MESSAGES MIGHT BE THE MOST DANGEROUS?

1, 2) National Institute on Drug Abuse <http://teens.drugabuse.gov/drug-facts/brain-and-addiction>

NAME:

THE FACTS

ADDICTION

OTHER DRUGS, SUCH AS AMPHETAMINE, CAUSE NERVE CELLS TO RELEASE EXCESSIVE AMOUNTS OF NATURAL NEUROTRANSMITTERS OR PREVENT THE NORMAL RECYCLING OF THESE BRAIN CHEMICALS (COCAINE AND AMPHETAMINE). THIS LEADS TO AN EXAGGERATED MESSAGE IN THE BRAIN, ULTIMATELY WREAKING HAVOC ON THE COMMUNICATION CHANNELS. THE DIFFERENCE IN EFFECT IS LIKE THE DIFFERENCE BETWEEN SOMEONE WHISPERING IN YOUR EAR VERSUS SOMEONE SHOUTING IN A MICROPHONE. ¹

IMMEDIATE THOUGHTS:

ALL DRUGS OF ABUSE—NICOTINE, COCAINE, MARIJUANA, AND OTHERS—AFFECT THE BRAIN’S “REWARD” CIRCUIT, WHICH IS PART OF THE LIMBIC SYSTEM. NORMALLY, THE REWARD CIRCUIT RESPONDS TO PLEASURABLE EXPERIENCES BY RELEASING THE NEUROTRANSMITTER DOPAMINE, WHICH CREATES FEELINGS OF PLEASURE, AND TELLS THE BRAIN THAT THIS IS SOMETHING IMPORTANT—PAY ATTENTION AND REMEMBER IT. DRUGS HIJACK THIS SYSTEM, CAUSING UNUSUALLY LARGE AMOUNTS OF DOPAMINE TO FLOOD THE SYSTEM. SOMETIMES, THIS LASTS FOR A LONG TIME COMPARED TO WHAT HAPPENS WHEN A NATURAL REWARD STIMULATES DOPAMINE. THIS FLOOD OF DOPAMINE IS WHAT CAUSES THE “HIGH” OR EUPHORIA ASSOCIATED WITH DRUG ABUSE. ²

**DOES THE HIGH OF DRUG USE EVER WEAR OFF?
IF SO, WHAT HAPPENS WHEN THIS OCCURS?**

1, 2) National Institute on Drug Abuse <http://teens.drugabuse.gov/drug-facts/brain-and-addiction>

NAME:

THE FACTS

ADDICTION

THINK ABOUT HOW YOU FEEL WHEN SOMETHING GOOD HAPPENS—MAYBE YOUR TEAM WINS A GAME OR YOU'RE PRAISED FOR SOMETHING YOU'VE DONE WELL— THAT'S YOUR LIMBIC SYSTEM AT WORK. BECAUSE NATURAL PLEASURES IN OUR LIVES ARE NECESSARY FOR SURVIVAL, THE LIMBIC SYSTEM CREATES AN APPETITE THAT DRIVES YOU TO SEEK OUT THOSE THINGS.

THE FIRST TIME SOMEONE USES A DRUG OF ABUSE, HE OR SHE EXPERIENCES UNNATURALLY INTENSE FEELINGS OF PLEASURE. THE REWARD CIRCUITRY IS ACTIVATED—WITH DOPAMINE CARRYING THE MESSAGE. OF COURSE, DRUGS HAVE OTHER EFFECTS, TOO; A FIRST-TIME SMOKER ALSO MAY COUGH AND FEEL NAUSEATED FROM TOXIC CHEMICALS IN A TOBACCO OR MARIJUANA CIGARETTE.

BUT THE BRAIN STARTS CHANGING AS A RESULT OF THE UNNATURAL FLOOD OF NEUROTRANSMITTERS. BECAUSE THEY SENSE MORE THAN ENOUGH DOPAMINE, NEURONS MAY BEGIN TO REDUCE THE NUMBER OF DOPAMINE RECEPTORS OR SIMPLY MAKE LESS DOPAMINE. THE RESULT IS LESS DOPAMINE SIGNALING IN THE BRAIN, WHAT THE SCIENTISTS CALL “DOWN REGULATION.” BECAUSE SOME DRUGS ARE TOXIC, SOME NEURONS ALSO MAY DIE.

AS A RESULT, DOPAMINE'S ABILITY TO ACTIVATE CIRCUITS TO CAUSE PLEASURE IS SEVERELY WEAKENED. THE PERSON FEELS FLAT, LIFELESS, AND DEPRESSED. IN FACT, WITHOUT DRUGS, LIFE MAY SEEM JOYLESS. NOW THE PERSON NEEDS DRUGS JUST TO BRING DOPAMINE LEVELS UP TO NORMAL. LARGER AMOUNTS OF THE DRUG ARE NEEDED TO CREATE A DOPAMINE FLOOD, OR “HIGH”—AN EFFECT KNOWN AS “TOLERANCE.”

THESE BRAIN CHANGES DRIVE A PERSON TO SEEK OUT AND USE DRUGS COMPULSIVELY, DESPITE NEGATIVE CONSEQUENCES SUCH AS STEALING, LOSING FRIENDS, FAMILY PROBLEMS, OR OTHER PHYSICAL OR MENTAL PROBLEMS BROUGHT ON BY DRUG ABUSE—THIS IS ADDICTION.

A PERSON'S GENETIC MAKEUP, THE GENES THAT MAKE EACH OF US WHO WE ARE, AND THE ENVIRONMENT EACH PLAY A ROLE IN ADDICTION. A PERSON WHO USES DRUGS RISKS BECOMING ADDICTED, CRAVING THE DRUG DESPITE ITS POTENTIALLY DEVASTATING CONSEQUENCES. ¹

1, 2) National Institute on Drug Abuse <http://teens.drugabuse.gov/drug-facts/brain-and-addiction>

NAME:

THE FACTS

MARIJUANA

Read the following statements, and then write about what immediately comes to your mind.

NUMBER ONE:

REPEATED MARIJUANA USE CAN LEAD TO ADDICTION—WHICH MEANS THAT PEOPLE HAVE DIFFICULTY CONTROLLING THEIR DRUG USE AND OFTEN CANNOT STOP EVEN THOUGH THEY WANT TO, AND EVEN THOUGH IT UNDERMINES MANY ASPECTS OF THEIR LIVES. ¹

WHY DOES REPEATED DRUG USE LEAD TO ADDICTION?

NUMBER TWO:

HIGH DOSES OF MARIJUANA CAN CAUSE PSYCHOSIS OR PANIC WHEN YOU'RE HIGH. SOME PEOPLE EXPERIENCE AN ACUTE PSYCHOTIC REACTION (DISTURBED PERCEPTIONS AND THOUGHTS, PARANOIA) OR PANIC ATTACKS WHILE UNDER THE INFLUENCE. ²

IS IT ALWAYS POSSIBLE TO CONTROL YOUR ACTIONS WHEN USING DRUGS?

1, 2) US Department of Health and Human Services http://www.drugabuse.gov/sites/default/files/teens_marijuana_brochure.pdf

NAME:

THE FACTS

MARIJUANA

Read the following statements, and then write about what immediately comes to your mind.

NUMBER THREE:

MARIJUANA'S EFFECTS ON ATTENTION AND MEMORY MAKE IT DIFFICULT NOT ONLY TO LEARN SOMETHING NEW, BUT TO DO COMPLEX TASKS THAT REQUIRE FOCUS AND CONCENTRATION OR THE STRINGING TOGETHER OF A LOT OF INFORMATION SEQUENTIALLY. ¹

WHAT EFFECTS COULD MARIJUANA USE HAVE ON YOUR SCHOOL PERFORMANCE AND LONG-TERM DREAMS?

NUMBER FOUR:

MARIJUANA AFFECTS TIMING, MOVEMENT, AND COORDINATION, WHICH CAN THROW OFF ATHLETIC PERFORMANCE. MARIJUANA, LIKE MOST ABUSED SUBSTANCES, CAN ALTER JUDGMENT AND REDUCE INHIBITIONS. THIS CAN LEAD TO RISKY BEHAVIORS THAT CAN EXPOSE THE USER TO SEXUALLY TRANSMITTED DISEASES LIKE HIV, THE VIRUS THAT CAUSES AIDS. ²

HOW COULD MARIJUANA AFFECT YOUR PERFORMANCE IN SPORTING EVENTS OR AFTER-SCHOOL ACTIVITIES SUCH AS MUSIC, ART, ETC.?

1, 2) US Department of Health and Human Services http://www.drugabuse.gov/sites/default/files/teens_marijuana_brochure.pdf

NAME:

THE FACTS

MARIJUANA

Read the following statements, and then answer the questions.
Share and discuss your answers with your neighbor.:

THE CEREBELLUM IS THE SECTION OF OUR BRAIN THAT CONTROLS BALANCE AND COORDINATION. WHEN THC AFFECTS THE CEREBELLUM'S FUNCTION, IT MAKES SCORING A GOAL IN SOCCER OR HITTING A HOME RUN PRETTY TOUGH. THC ALSO AFFECTS THE BASAL GANGLIA, ANOTHER PART OF THE BRAIN THAT'S INVOLVED IN MOVEMENT CONTROL.

THESE THC EFFECTS CAN CAUSE DISASTER ON THE ROAD. RESEARCH SHOWS THAT DRIVERS ON MARIJUANA HAVE SLOWER REACTION TIMES, IMPAIRED JUDGMENT, AND PROBLEMS RESPONDING TO SIGNALS AND SOUNDS. A RECENT ANALYSIS OF DATA FROM SEVERAL STUDIES FOUND THAT MARIJUANA USE MORE THAN DOUBLES A DRIVER'S RISK OF BEING IN AN ACCIDENT. IN FACT, STUDIES CONDUCTED IN A NUMBER OF LOCALITIES HAVE FOUND THAT APPROXIMATELY 4 TO 14 PERCENT OF DRIVERS WHO SUSTAINED INJURY OR DEATH IN TRAFFIC ACCIDENTS TESTED POSITIVE FOR THC.

WHAT IS SO DANGEROUS ABOUT DRIVING AFTER SMOKING MARIJUANA?

1) US Department of Health and Human Services <http://teens.drugabuse.gov/drug-facts/marijuana>

NAME:

THE FACTS

MARIJUANA

Read the following statements, and then answer the questions.
Share and discuss your answers with your neighbor.:

WITHIN A FEW MINUTES AFTER INHALING MARIJUANA SMOKE, AN INDIVIDUAL'S HEART BEGINS BEATING MORE RAPIDLY, THE BRONCHIAL PASSAGES RELAX AND BECOME ENLARGED, AND BLOOD VESSELS IN THE EYES EXPAND, MAKING THE EYES LOOK RED. THE HEART RATE, NORMALLY 70 TO 80 BEATS PER MINUTE, MAY INCREASE BY 20 TO 50 BEATS PER MINUTE OR, IN SOME CASES, EVEN DOUBLE. THIS EFFECT CAN BE GREATER IF OTHER DRUGS ARE TAKEN WITH MARIJUANA. 1

WHAT COULD GO WRONG IF YOUR HEART RATE INCREASES SO MUCH SO FAST?

1) US Department of Health and Human Services <http://teens.drugabuse.gov/drug-facts/marijuana>

NAME:

THE FACTS

MARIJUANA

Read the following statements, and then answer the questions.
Share and discuss your answers with your neighbor.:

WHEN PEOPLE SMOKE MARIJUANA FOR YEARS, THEY CAN SUFFER SOME PRETTY NEGATIVE CONSEQUENCES. FOR EXAMPLE, BECAUSE MARIJUANA AFFECTS BRAIN FUNCTION, YOUR ABILITY TO DO COMPLEX TASKS COULD BE COMPROMISED, AS WELL AS YOUR PURSUIT OF ACADEMIC, ATHLETIC, OR OTHER LIFE GOALS THAT REQUIRE YOU TO BE 100-PERCENT FOCUSED AND ALERT. IN FACT, PEOPLE WHO USE MARIJUANA OVER THE LONG TERM REPORT LESS LIFE SATISFACTION, POORER EDUCATION, AND JOB ACHIEVEMENT, AND MORE INTERPERSONAL PROBLEMS COMPARED TO PEOPLE WHO DO NOT USE MARIJUANA.

MARIJUANA ALSO MAY AFFECT YOUR MENTAL HEALTH. STUDIES SHOW THAT EARLY MARIJUANA USE MAY INCREASE YOUR RISK OF DEVELOPING PSYCHOSIS IF YOU HAVE A GENETIC VULNERABILITY TO THE DISEASE. PSYCHOSIS IS A SEVERE MENTAL DISORDER IN WHICH THERE IS A LOSS OF CONTACT WITH REALITY, INCLUDING FALSE IDEAS ABOUT WHAT IS HAPPENING (DELUSIONS) AND SEEING OR HEARING THINGS THAT AREN'T THERE (HALLUCINATIONS). MARIJUANA ALSO HAS BEEN ASSOCIATED WITH DEPRESSION AND ANXIETY, BUT MORE RESEARCH IS NECESSARY TO CONFIRM AND BETTER UNDERSTAND THAT RELATIONSHIP. ¹

IS SMOKING MARIJUANA WORTH THE CONSEQUENCES? WHY OR WHY NOT?

1) US Department of Health and Human Services <http://teens.drugabuse.gov/drug-facts/marijuana>

NAME:

THE FACTS

STIMULANTS

STIMULANTS ARE A CLASS OF DRUGS THAT ELEVATE MOOD, INCREASE FEELINGS OF WELL-BEING, AND INCREASE ENERGY AND ALERTNESS.

EXAMPLES INCLUDE COCAINE, METHAMPHETAMINE, AMPHETAMINES, METHYLPHENIDATE, NICOTINE, AND MDMA (3,4-METHYLENEDIOXYMETHAMPHETAMINE), BETTER KNOWN AS “ECSTASY.”

COCAINE COMES IN TWO FORMS. POWDER COCAINE IS A HYDROCHLORIDE SALT, MADE FROM THE LEAF OF THE COCA PLANT. “CRACK” IS A SMOKEABLE FORM OF COCAINE THAT IS PROCESSED WITH AMMONIA OR BAKING SODA AND WATER, AND HEATED TO REMOVE THE HYDROCHLORIDE.

METHAMPHETAMINE IS A POWERFUL STIMULANT, ORIGINALLY DERIVED FROM AMPHETAMINE. IT COMES IN CLEAR CRYSTALS OR POWDER AND EASILY DISSOLVES IN WATER OR ALCOHOL. ALTHOUGH MOST OF THE METHAMPHETAMINE USED IN THE UNITED STATES COMES FROM “SUPERLABS,” IT IS ALSO MADE IN SMALL LABORATORIES USING INEXPENSIVE OVER-THE-COUNTER AND OFTEN TOXIC INGREDIENTS (SUCH AS DRAIN CLEANER, BATTERY ACID, AND ANTIFREEZE).

AMPHETAMINES, SUCH AS ADDERALL, ARE STIMULANTS THAT OFTEN COME IN PILL FORM AND ARE SOMETIMES PRESCRIBED BY DOCTORS FOR MEDICAL PROBLEMS, MOST COMMONLY ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD).

AMPHETAMINES CAN ALSO BE ABUSED—THAT IS, USED IN A WAY OR FOR A PURPOSE OTHER THAN AS PRESCRIBED (E.G., CRUSHED AND SNORTED, “TO GET HIGH”) OR USED BY SOMEONE WITHOUT A PRESCRIPTION.

METHYLPHENIDATE, SUCH AS CONCERTA OR RITALIN, IS ANOTHER MEDICATION PRESCRIBED FOR PEOPLE WITH ADHD. AS SEEN WITH AMPHETAMINES, INCLUDING ADDERALL, NUMEROUS STUDIES HAVE SHOWN ITS EFFECTIVENESS WHEN USED AS PRESCRIBED. WHEN IT IS ABUSED, HOWEVER, METHYLPHENIDATE CAN LEAD TO MANY OF THE SAME PROBLEMS SEEN WITH OTHER STIMULANTS. ¹

1) US Department of Health and Human Services <http://teens.drugabuse.gov/drug-facts/stimulants>

NAME:

THE FACTS

STIMULANTS

Read the following statements, and then answer the questions.
Share and discuss your answers with your neighbor.:

IN THE SHORT TERM, STIMULANTS CAN PRODUCE FEELINGS OF TREMENDOUS JOY, INCREASED WAKEFULNESS, AND DECREASED APPETITE. PEOPLE WHO ABUSE THEM CAN BECOME MORE TALKATIVE, ENERGETIC, OR ANXIOUS AND IRRITABLE. OTHER SHORT-TERM EFFECTS OF STIMULANTS CAN INCLUDE INCREASED BODY TEMPERATURE, HEART RATE, AND BLOOD PRESSURE; DILATED PUPILS; NAUSEA; BLURRED VISION; MUSCLE SPASMS; AND CONFUSION. 1

WHAT COULD YOU SEE AS NEGATIVE CONSEQUENCES OF THESE EFFECTS? WHY?

1) US Department of Health and Human Services <http://teens.drugabuse.gov/drug-facts/stimulants>

NAME:

THE FACTS

STIMULANTS

Read the following statements, and then answer the questions.
Share and discuss your answers with your neighbor.:

IN THE SHORT TERM, STIMULANTS CAN PRODUCE FEELINGS OF TREMENDOUS JOY, INCREASED WAKEFULNESS, AND DECREASED APPETITE. PEOPLE WHO ABUSE THEM CAN BECOME MORE TALKATIVE, ENERGETIC, OR ANXIOUS AND IRRITABLE. OTHER SHORT-TERM EFFECTS OF STIMULANTS CAN INCLUDE INCREASED BODY TEMPERATURE, HEART RATE, AND BLOOD PRESSURE; DILATED PUPILS; NAUSEA; BLURRED VISION; MUSCLE SPASMS; AND CONFUSION.

STIMULANTS CAN ALSO CAUSE THE BODY'S BLOOD VESSELS TO NARROW, CONSTRICTING THE FLOW OF BLOOD, WHICH FORCES THE HEART TO WORK HARDER TO PUMP BLOOD THROUGH THE BODY. THE HEART MAY WORK SO HARD THAT IT TEMPORARILY LOSES ITS NATURAL RHYTHM. THIS IS CALLED FIBRILLATION AND CAN BE VERY DANGEROUS BECAUSE IT STOPS THE FLOW OF BLOOD THROUGH THE BODY. 1

WHAT DO YOU SEE AS THE MOST SEVERE NEGATIVE CONSEQUENCES OF THESE VARIOUS EFFECTS? WHY?

1) US Department of Health and Human Services <http://teens.drugabuse.gov/drug-facts/stimulants>

NAME:

THE FACTS

STIMULANTS

Read the following statements, and then answer the questions.
Share and discuss your answers with your neighbor.:

AS WITH MANY OTHER DRUGS OF ABUSE, REPEATED STIMULANT ABUSE CAN CAUSE ADDICTION. THAT MEANS THAT SOMEONE REPEATEDLY SEEKS OUT AND USES THE DRUG DESPITE ITS HARMFUL EFFECTS. REPEATED DRUG USE CHANGES THE BRAIN IN WAYS THAT CONTRIBUTE TO THE DRUG CRAVING AND CONTINUED DRUG SEEKING AND USE THAT CHARACTERIZES ADDICTION. OTHER EFFECTS OF LONG-TERM STIMULANT ABUSE CAN INCLUDE PARANOIA, AGGRESSIVENESS, EXTREME ANOREXIA, THINKING PROBLEMS, VISUAL AND AUDITORY HALLUCINATIONS, DELUSIONS, AND SEVERE DENTAL PROBLEMS.

REPEATED USE OF COCAINE CAN LEAD TO TOLERANCE OF ITS EUPHORIC EFFECTS, CAUSING THE PERSON TO TAKE GREATER AMOUNTS OR TO USE THE DRUG MORE FREQUENTLY (E.G., BINGE USE) TO GET THE SAME EFFECTS. SUCH USE CAN LEAD TO BIZARRE, ERRATIC BEHAVIOR. SOME PEOPLE WHO ABUSE COCAINE EXPERIENCE PANIC ATTACKS OR EPISODES OF FULL-BLOWN PARANOID PSYCHOSIS, IN WHICH THE INDIVIDUAL LOSES TOUCH WITH REALITY AND HEARS SOUNDS THAT AREN'T THERE (AUDITORY HALLUCINATIONS). DIFFERENT WAYS OF USING COCAINE CAN PRODUCE DIFFERENT ADVERSE EFFECTS. FOR EXAMPLE, REGULARLY SNORTING COCAINE CAN LEAD TO HOARSENESS, LOSS OF THE SENSE OF SMELL, NOSEBLEEDS, AND A CHRONICALLY RUNNY NOSE. COCAINE TAKEN ORALLY CAN CAUSE REDUCED BLOOD FLOW, LEADING TO BOWEL PROBLEMS. 1

WHAT IS THE BIGGEST PROBLEM WITH NEEDING MORE AND MORE DRUG TO ACHIEVE THE SAME RESULTS THAT ONE HAS EXPERIENCED BEFORE? WHY?

1) US Department of Health and Human Services <http://teens.drugabuse.gov/drug-facts/stimulants>

NAME:

THE FACTS

STIMULANTS

Read the following statements, and then answer the questions.
Share and discuss your answers with your neighbor.:

REPEATED USE OF METHAMPHETAMINE CAN CAUSE VIOLENT BEHAVIOR, MOOD DISTURBANCES, AND PSYCHOSIS, WHICH CAN INCLUDE PARANOIA, AUDITORY HALLUCINATIONS, AND DELUSIONS (E.G., THE SENSATION OF INSECTS CREEPING ON THE SKIN, CALLED “FORMICATION”). THE PARANOIA CAN RESULT IN HOMICIDAL AND SUICIDAL THOUGHTS. METHAMPHETAMINE CAN INCREASE A PERSON’S SEX DRIVE AND IS LINKED TO RISKY SEXUAL BEHAVIORS AND THE TRANSMISSION OF INFECTIOUS DISEASES, SUCH AS HIV. HOWEVER, RESEARCH ALSO INDICATES THAT LONG-TERM METHAMPHETAMINE USE MAY BE ASSOCIATED WITH DECREASED SEXUAL FUNCTION, AT LEAST IN MEN. ¹

SOME PEOPLE SAY THEY TAKE DRUGS TO MAKE THEM FEEL GOOD? WHY DO THEY BECOME SUICIDAL? DOES THAT SEEM LIKE A GOOD FEELING? WHY?

1) US Department of Health and Human Services <http://teens.drugabuse.gov/drug-facts/stimulants>

NAME:

THE FACTS

MDMA (ECSTASY OR MOLLY)

Read the following statements, and then answer the questions.
Share and discuss your answers with your neighbor.:

“ECSTASY” AND “MOLLY” ARE SLANG TERMS FOR MDMA, SHORT FOR 3,4-METHYLENEDIOXYMETHAMPHETAMINE, A NAME THAT’S NEARLY AS LONG AS THE ALL-NIGHT PARTIES WHERE MDMA IS OFTEN USED. THAT’S WHY MDMA HAS BEEN CALLED A “CLUB DRUG.” IT HAS EFFECTS SIMILAR TO THOSE OF OTHER STIMULANTS, AND IT OFTEN MAKES THE PERSON FEEL LIKE EVERYONE IS HIS OR HER FRIEND, EVEN WHEN THAT’S NOT THE CASE.

MDMA IS MAN-MADE—IT DOESN’T COME FROM A PLANT LIKE MARIJUANA OR TOBACCO DO. OTHER CHEMICALS OR SUBSTANCES—SUCH AS CAFFEINE, DEXTROMETHORPHAN (FOUND IN SOME COUGH SYRUPS), AMPHETAMINES, PCP, OR COCAINE—ARE SOMETIMES ADDED TO, OR SUBSTITUTED FOR, MDMA IN ECSTASY OR MOLLY TABLETS. MAKERS OF MDMA CAN ADD ANYTHING THEY WANT TO THE DRUG, SO ITS PURITY IS ALWAYS IN QUESTION.

**WHAT HAVE YOU HEARD ABOUT ECSTASY BEFORE READING THIS?
HAVE YOU EVER KNOWN ANYONE THAT HAS DONE ECSTASY?**

1) US Department of Health and Human Services <http://teens.drugabuse.gov/drug-facts/mdma-ecstasy-or-molly>

NAME:

THE FACTS

MDMA (ECSTASY OR MOLLY)

Read the following statements, and then answer the questions.
Share and discuss your answers with your neighbor:

FOR MOST PEOPLE, A “HIT” OF MDMA LASTS FOR 3 TO 6 HOURS. ONCE THE PILL IS SWALLOWED, IT TAKES ONLY ABOUT 15 MINUTES FOR MDMA TO ENTER THE BLOODSTREAM AND REACH THE BRAIN. ABOUT 45 MINUTES LATER, THE PERSON EXPERIENCES MDMA’S “HIGH.” THAT’S WHEN THE DRUG IS AT ITS PEAK LEVEL. PEOPLE WHO USE MDMA MIGHT FEEL VERY ALERT, OR “HYPER,” AT FIRST. SOME LOSE A SENSE OF TIME AND EXPERIENCE OTHER CHANGES IN PERCEPTION, SUCH AS AN ENHANCED SENSE OF TOUCH. OTHERS EXPERIENCE NEGATIVE EFFECTS RIGHT AWAY. THEY MAY BECOME ANXIOUS AND AGITATED. SWEATING OR CHILLS MAY OCCUR, AND PEOPLE MAY FEEL FAINT OR DIZZY.

MDMA CAN ALSO CAUSE MUSCLE TENSION, NAUSEA, BLURRED VISION, AND INCREASED HEART RATE AND BLOOD PRESSURE. FORCEFUL CLENCHING OF THE TEETH CAN OCCUR, AND INDIVIDUALS AT CLUBS HAVE BEEN KNOWN TO CHEW ON PACIFIERS TO RELIEVE SOME OF THE TENSION.

BUT IT DOESN'T STOP THERE. EVEN IF A PERSON TAKES ONLY ONE PILL, THE SIDE EFFECTS OF MDMA—INCLUDING FEELINGS OF SADNESS, ANXIETY, DEPRESSION, AND MEMORY DIFFICULTIES—CAN LAST FOR SEVERAL DAYS TO A WEEK (OR LONGER IN PEOPLE WHO USE MDMA REGULARLY). ¹

EXPLAIN THE EFFECTS OF ECSTASY FROM THE POINT A PERSON TAKES IT TO ONE WEEK AFTER THE DRUG HAS BEEN DIGESTED:

1) US Department of Health and Human Services <http://teens.drugabuse.gov/drug-facts/mdma-ecstasy-or-molly>

NAME:

THE FACTS

MDMA (ECSTASY OR MOLLY)

Read the following statements, and then answer the questions.
Share and discuss your answers with your neighbor:

PEOPLE WHO USE MDMA CAN BECOME DEHYDRATED THROUGH VIGOROUS ACTIVITY IN A HOT ENVIRONMENT. IT MAY NOT SEEM LIKE A BIG DEAL, BUT WHEN MDMA INTERFERES WITH THE BODY'S ABILITY TO REGULATE ITS TEMPERATURE, IT CAN CAUSE DANGEROUS OVERHEATING, CALLED HYPERTHERMIA. THIS, IN TURN, CAN LEAD TO SERIOUS HEART AND KIDNEY PROBLEMS—OR, RARELY, DEATH. MDMA CAN BE EXTREMELY DANGEROUS IN HIGH DOSES OR WHEN MULTIPLE SMALL DOSES ARE TAKEN WITHIN A SHORT TIME PERIOD TO MAINTAIN THE HIGH. HIGH LEVELS OF THE DRUG IN THE BLOOD STREAM CAN INCREASE THE RISK OF SEIZURES AND AFFECT THE HEART'S ABILITY TO MAINTAIN ITS NORMAL RHYTHMS.¹

WHEN A CHILD HAS A FEVER THAT REACHES 104 DEGREES, THE PARENT IS TOLD TO RUSH THE CHILD TO THE EMERGENCY ROOM. WHAT HAPPENS IF SOMEONE WHO IS ON ECSTASY SPIKES A SIMILAR FEVER?

¹) US Department of Health and Human Services <http://teens.drugabuse.gov/drug-facts/mdma-ecstasy-or-molly>

NAME:

THE FACTS

MDMA (ECSTASY OR MOLLY)

Read the following statements, and then answer the questions.
Share and discuss your answers with your neighbor.:

WE STILL DON'T KNOW WHETHER MDMA CAUSES LONG-TERM BRAIN DAMAGE IN HUMANS, OR WHETHER THE EFFECTS ARE REVERSIBLE WHEN SOMEONE STOPS USING THE DRUG. A STUDY OF ANIMALS SHOWED THAT EXPOSURE TO HIGH DOSES OF MDMA FOR 4 DAYS PRODUCED BRAIN DAMAGE THAT COULD STILL BE SEEN 6 TO 7 YEARS LATER. THE GOOD NEWS IS THAT THE RESEARCHERS FOUND THAT SOME OF THE NERVE FIBERS GREW BACK IN THE SAME PLACES. BUT, WE STILL DON'T KNOW IF THESE NEW NEURONS WORK LIKE THE OLD ONES. IT'S LIKE CUTTING OFF A BRANCH OF A FRUIT TREE: THE TREE IS STILL ALIVE AND CAN SPROUT A NEW LIMB NEAR THE SITE OF THE CUT, BUT IT MAY NOT BEAR AS MUCH FRUIT AS THE OLD ONE. ¹

**IS IT WORTH MESSING AROUND WITH DRUGS THAT WE DON'T KNOW MUCH ABOUT?
WHY OR WHY NOT?**

1) US Department of Health and Human Services <http://teens.drugabuse.gov/drug-facts/mdma-ecstasy-or-molly>

NAME:

THE FACTS

PRESCRIPTION DRUGS: OPIOIDS

Read the following statements, and then answer the questions.
Share and discuss your answers with your neighbor:

OPIOIDS ARE COMMONLY PRESCRIBED TO RELIEVE PAIN. THEY ARE OFTEN PRESCRIBED BY DOCTORS AFTER SURGERY OR TO HELP PATIENTS WITH SEVERE ACUTE OR CHRONIC PAIN. STUDIES HAVE SHOWN THAT IF TAKEN EXACTLY AS PRESCRIBED BY A MEDICAL PROFESSIONAL, OPIOIDS ARE SAFE, CAN MANAGE PAIN EFFECTIVELY, AND RARELY CAUSE ADDICTION. THE PROBLEM OCCURS WHEN THEY ARE ABUSED. IN FACT, PAINKILLERS ARE ONE OF THE MOST COMMONLY ABUSED DRUGS BY TEENS AFTER TOBACCO, ALCOHOL, AND MARIJUANA.

OPIOIDS ATTACH TO SPECIFIC PROTEINS CALLED OPIOID RECEPTORS, WHICH ARE FOUND IN THE BRAIN, SPINAL CORD, GASTROINTESTINAL TRACT, AND OTHER ORGANS. WHEN OPIOID DRUGS ATTACH TO THESE RECEPTORS IN CERTAIN BRAIN REGIONS, THEY CAN DIMINISH THE PERCEPTION OF PAIN.

OPIOIDS CAN ALSO CAUSE A PERSON TO FEEL RELAXED AND EUPHORIC BY AFFECTING AREAS OF THE BRAIN CONNECTED WITH HOW WE PERCEIVE PLEASURE. THESE FEELINGS CAN BE INTENSIFIED WHEN OPIOIDS ARE ABUSED—TAKEN WITHOUT A PRESCRIPTION; IN A WAY OTHER THAN AS PRESCRIBED; OR FOR THE “HIGH” ELICITED. REPEATED ABUSE OF OPIOIDS CAN LEAD TO ADDICTION—COMPULSIVE DRUG SEEKING AND ABUSE DESPITE KNOWN HARMFUL CONSEQUENCES. 1

DO YOU KNOW ANYONE WHO IS TAKING A PRESCRIPTION FOR LEGITIMATE PURPOSES? DO YOU ANYONE WHO TAKES PRESCRIPTIONS AS A DRUG TO GET HIGH? HOW COULD YOU TELL THE DIFFERENCE?

1) US Department of Health and Human Services <http://teens.drugabuse.gov/drug-facts/opioids-and-pain-reliever-facts>

NAME:

THE FACTS

PRESCRIPTION DRUGS: OPIOIDS

Read the following statements, and then answer the questions.
Share and discuss your answers with your neighbor:

OPIOIDS CAN PRODUCE DROWSINESS, CAUSE CONSTIPATION, AND, DEPENDING ON THE AMOUNT TAKEN, AFFECT A PERSON'S ABILITY TO BREATHE PROPERLY. IN FACT, TAKING JUST ONE LARGE DOSE COULD CAUSE SEVERE BREATHING COMPLICATIONS OR DEATH.

THESE MEDICATIONS ARE NOT SAFE TO USE WITH ALCOHOL OR OTHER MEDICATIONS THAT MAY SLOW BREATHING, SUCH AS ANTIHISTAMINES, BARBITURATES, OR BENZODIAZEPINES, BECAUSE THEIR COMBINED EFFECTS COULD LEAD TO LIFE-THREATENING RESPIRATORY COMPLICATIONS. ¹

ALL DRUGS HAVE SIDE EFFECTS, AND MOST PEOPLE ARE COMFORTABLE WITH SIDE EFFECTS IF THEY KNOW THAT THE MEDICINE WILL HELP THEM BECOME HEALTHY. ARE THE SIDE EFFECTS WORTH IT IF THE DRUGS AREN'T BEING USED TO MAKE YOU HEALTHY? WHY OR WHY NOT?

1) US Department of Health and Human Services <http://teens.drugabuse.gov/drug-facts/opioids-and-pain-reliever-facts>

NAME:

THE FACTS

PRESCRIPTION DRUGS: OPIOIDS

Read the following statements, and then answer the questions.
Share and discuss your answers with your neighbor.:

PEOPLE WHO ARE PRESCRIBED OPIOIDS BY THEIR DOCTOR FOR A PERIOD OF SEVERAL WEEKS OR MORE MAY DEVELOP A PHYSICAL DEPENDENCE ON THE DRUG, MEANING THAT THE BODY ADAPTS TO THE PRESENCE OF THE DRUG. DEPENDENCE IS NOT THE SAME AS ADDICTION, WHICH IS WHEN PEOPLE COMPULSIVELY SEEK OUT AND USE THE DRUG EVEN THOUGH THEY KNOW IT CAN BE HARMFUL. WHEN SOMEONE IS DEPENDENT ON A DRUG AND THEY STOP USING OR ABUSING IT, THEY MAY EXPERIENCE WITHDRAWAL SYMPTOMS. THIS IS ANOTHER REASON WHY INDIVIDUALS PRESCRIBED OPIOID MEDICATIONS SHOULD TAKE THEM ONLY UNDER APPROPRIATE MEDICAL SUPERVISION, AND SHOULD ALSO BE MEDICALLY SUPERVISED WHEN STOPPING USE, TO REDUCE OR PREVENT WITHDRAWAL SYMPTOMS.

SYMPTOMS OF OPIOID WITHDRAWAL CAN INCLUDE RESTLESSNESS, MUSCLE AND BONE PAIN, INSOMNIA, DIARRHEA, VOMITING, COLD FLASHES WITH GOOSEBUMPS ("COLD TURKEY"), AND INVOLUNTARY LEG MOVEMENTS. ¹

EXPLAIN THE SIMILARITIES AND DIFFERENCES BETWEEN ADDICTION AND DEPENDENCE:

1) US Department of Health and Human Services <http://teens.drugabuse.gov/drug-facts/opioids-and-pain-reliever-facts>

NAME:

THE FACTS

PRESCRIPTION DRUGS: CNS DEPRESSANTS

Read the following statements, and then answer the questions.
Share and discuss your answers with your neighbor.:

MOST CNS DEPRESSANTS AFFECT THE BRAIN IN THE SAME WAY—THEY ENHANCE THE ACTIVITY OF GAMMA-AMINOBUTYRIC ACID (GABA), A NATURALLY OCCURRING CHEMICAL IN THE BRAIN THAT SENDS MESSAGES BETWEEN CELLS. GABA WORKS BY SLOWING DOWN BRAIN ACTIVITY. ALTHOUGH DIFFERENT CLASSES OF CNS DEPRESSANTS WORK IN UNIQUE WAYS, THEY ULTIMATELY INCREASE GABA ACTIVITY, WHICH PRODUCES A DROWSY OR CALMING EFFECT. CNS DEPRESSANTS USUALLY COME IN PILL OR CAPSULE FORM. A PERSON WHO ABUSES THEM MIGHT TAKE A CNS DEPRESSANT NOT PRESCRIBED FOR THEM, TAKE MORE THAN PRESCRIBED, OR TAKE THEM FOR REASONS OTHER THAN PRESCRIBED. SOMETIMES PEOPLE TAKE CNS DEPRESSANTS WITH OTHER DRUGS OR TO COUNTERACT THE EFFECTS OF OTHER DRUGS, SUCH AS STIMULANTS.

ALTHOUGH CNS DEPRESSANTS CAN HELP PEOPLE SUFFERING FROM SEIZURES, ANXIETY, OR SLEEP DISORDERS, THEY CAN BE ADDICTIVE AND SHOULD BE USED ONLY AS PRESCRIBED. ADDICTION IS WHEN A PERSON COMPULSIVELY SEEKS OUT AND USES A DRUG DESPITE KNOWN HARMFUL CONSEQUENCES. DURING THE FIRST FEW DAYS OF TAKING A CNS DEPRESSANT, A PERSON USUALLY FEELS SLEEPY AND UNCOORDINATED. WITH CONTINUING USE, THE BODY BECOMES ACCUSTOMED TO THESE EFFECTS, AND THEY LESSEN. THIS IS KNOWN AS TOLERANCE, WHICH MEANS THAT LARGER DOSES ARE NEEDED TO ACHIEVE THE SAME INITIAL EFFECTS. CONTINUED USE CAN LEAD TO PHYSICAL DEPENDENCE AND, WHEN STOPPED, WITHDRAWAL. ¹

WHY DO YOU THINK THAT SOMEONE WOULD USE A CNS DEPRESSANT?

1) US Department of Health and Human Services <http://teens.drugabuse.gov/drug-facts/central-nervous-system-cns-depressants-facts>

NAME:

THE FACTS

PRESCRIPTION DRUGS: CNS DEPRESSANTS

Read the following statements, and then answer the questions.
Share and discuss your answers with your neighbor.:

CENTRAL NERVOUS SYSTEM (CNS)—THE BRAIN AND SPINAL CORD—DEPRESSANTS SLOW DOWN (OR "DEPRESS") THE NORMAL ACTIVITY THAT GOES ON IN THE BRAIN. DOCTORS OFTEN PRESCRIBE THEM FOR PEOPLE WHO ARE ANXIOUS OR CAN'T SLEEP. WHEN TAKEN AS DIRECTED, THEY CAN BE SAFE AND HELPFUL. BUT WHEN PEOPLE TAKE SOMEONE ELSE'S PRESCRIPTION DRUGS OR TAKE THE DRUGS FOR ENTERTAINMENT OR PLEASURE, THEY MAY EXPERIENCE DANGEROUS CONSEQUENCES.

CNS DEPRESSANTS USUALLY COME IN PILL OR CAPSULE FORM. A PERSON WHO ABUSES THEM MIGHT TAKE A CNS DEPRESSANT NOT PRESCRIBED FOR THEM, TAKE MORE THAN PRESCRIBED, OR TAKE THEM FOR REASONS OTHER THAN PRESCRIBED. SOMETIMES PEOPLE TAKE CNS DEPRESSANTS WITH OTHER DRUGS OR TO COUNTERACT THE EFFECTS OF OTHER DRUGS, SUCH AS STIMULANTS. ¹

WHAT MIGHT HAPPEN IF A PERSON TOOK A CNS DEPRESSANT WHILE TAKING A STIMULANT. EXPLAIN YOUR ANSWER BY DESCRIBING THE EFFECTS AND CONSEQUENCES OF BOTH DRUGS, AND HYPOTHESIZING WHAT MIGHT HAPPEN IF THEY WERE MIXED TOGETHER IN SOMEONE'S SYSTEM:

1) US Department of Health and Human Services <http://teens.drugabuse.gov/drug-facts/central-nervous-system-cns-depressants-facts>

NAME:

THE FACTS

BATH SALTS

Read the following statements, and then answer the questions.
Share and discuss your answers with your neighbor:

“BATH SALTS” ARE A NEW FAMILY OF DRUGS CONTAINING ONE OR MORE MANMADE CHEMICALS RELATED TO CATHINONE, AN AMPHETAMINE-LIKE STIMULANT FOUND NATURALLY IN THE KHAT PLANT.

THERE HAVE BEEN REPORTS OF SEVERE INTOXICATION AND DANGEROUS HEALTH EFFECTS FROM USING BATH SALTS. THESE REPORTS HAVE MADE THE DRUGS A SERIOUS AND GROWING PUBLIC HEALTH AND SAFETY ISSUE. THE SYNTHETIC CATHINONES IN BATH SALTS CAN PRODUCE FEELINGS OF JOY AND INCREASED SOCIABILITY AND SEX DRIVE. BUT SOME PEOPLE WHO ABUSE BATH SALTS EXPERIENCE PARANOIA, AGITATION, AND HALLUCINATIONS; SOME EVEN LOSE CONTACT WITH REALITY AND ACT VIOLENTLY. DEATHS HAVE BEEN REPORTED IN SEVERAL CASES.

BATH SALTS ARE USUALLY WHITE OR BROWN CRYSTALLINE POWDER AND ARE SOLD IN SMALL PLASTIC OR FOIL PACKAGES LABELED “NOT FOR HUMAN CONSUMPTION.” SOMETIMES LABELED AS “PLANT FOOD”—OR, MORE RECENTLY, AS “JEWELRY CLEANER” OR “PHONE SCREEN CLEANER”—THEY ARE SOLD ONLINE AND IN DRUG PRODUCT STORES UNDER A VARIETY OF BRAND NAMES, SUCH AS “IVORY WAVE,” “BLOOM,” “CLOUD NINE,” “LUNAR WAVE,” “VANILLA SKY,” “WHITE LIGHTNING,” AND “SCARFACE.”¹

HAVE YOU EVER HEARD OF BATH SALTS OR SEEN ANYONE USE THEM?

1) National Institute on Drug Abuse <http://teens.drugabuse.gov/drug-facts/bath-salts>

NAME:

THE FACTS

BATH SALTS

Read the following statements, and then answer the questions.
Share and discuss your answers with your neighbor.:

COMMON MANMADE CATHINONES FOUND IN BATH SALTS INCLUDE 3,4-METHYLENEDIOXYPYROVALERONE (MDPV), MEPHEDRONE (“DRONE,” “MEPH,” OR “MEOW MEOW”), AND METHYLONE, BUT THERE ARE MANY OTHERS. THERE IS A LOT WE STILL DON’T KNOW ABOUT HOW THESE SUBSTANCES AFFECT THE HUMAN BRAIN, AND EACH ONE MAY HAVE SOMEWHAT DIFFERENT PROPERTIES. CHEMICALLY, THEY ARE SIMILAR TO AMPHETAMINES (SUCH AS METHAMPHETAMINE) AND TO MDMA (ECSTASY).

THE ENERGIZING AND OFTEN AGITATING EFFECTS REPORTED IN PEOPLE WHO HAVE TAKEN BATH SALTS ARE SIMILAR TO THE EFFECTS OF OTHER DRUGS LIKE AMPHETAMINES AND COCAINE. THESE DRUGS RAISE THE LEVEL OF THE NEUROTRANSMITTER DOPAMINE IN BRAIN CIRCUITS THAT CONTROL REWARD AND MOVEMENT. DOPAMINE IS THE MAIN NEUROTRANSMITTER THAT MAKES PEOPLE FEEL GOOD WHEN THEY DO SOMETHING THEY ENJOY. A RUSH OF DOPAMINE IN THESE CIRCUITS CAUSES FEELINGS OF JOY AND INCREASED ACTIVITY AND CAN ALSO RAISE HEART RATE AND BLOOD PRESSURE. ¹

IF BATH SALTS MAKE YOU FEEL GOOD, WHAT IS SO DANGEROUS ABOUT THEM?

1) National Institute on Drug Abuse <http://teens.drugabuse.gov/drug-facts/bath-salts>

NAME:

THE FACTS

BATH SALTS

Read the following statements, and then answer the questions.
Share and discuss your answers with your neighbor.:

BATH SALTS HAVE BEEN MARKETED AS CHEAP SUBSTITUTES FOR STIMULANTS LIKE AMPHETAMINES AND COCAINE. A RECENT STUDY FOUND THAT MDPV—THE MOST COMMON MANMADE CATHINONE FOUND IN THE BLOOD AND URINE OF PATIENTS ADMITTED TO EMERGENCY DEPARTMENTS AFTER TAKING BATH SALTS—RAISES BRAIN DOPAMINE IN THE SAME WAY AS COCAINE BUT IS AT LEAST 10 TIMES STRONGER.

THE HALLUCINATORY EFFECTS OFTEN REPORTED IN USERS OF BATH SALTS ARE SIMILAR TO THE EFFECTS CAUSED BY OTHER DRUGS SUCH AS MDMA OR LSD. THESE DRUGS RAISE LEVELS OF ANOTHER NEUROTRANSMITTER, SEROTONIN, IN A WAY THAT IS SIMILAR TO MDMA. ¹

NOW THAT YOU KNOW MORE ABOUT BATH SALTS, HOW WOULD YOU EXPLAIN THEIR DANGER TO SOMEONE WHO HAS NEVER HEARD OF THEM?

1, 2) National Institute on Drug Abuse <http://teens.drugabuse.gov/drug-facts/bath-salts>

NAME:

REVIEW

DRUG + ALCOHOL ABUSE

Read the following questions and give your best answer. Then discuss the correct answer with your teacher and your group.

1. BATH SALTS CREATE HALLUCINATORY EFFECTS SIMILAR TO:

- a. Marijuana
- b. LSD
- c. Alcohol
- d. Meth

2. THE ONLY THING THAT CAN REALLY DECREASE BLOOD ALCOHOL CONTENT IS:

- a. Eating
- b. Time
- c. Coffee
- d. Sleeping

3. THE FOLLOWING DRUGS CAN BE ADDICTIVE:

- a. Marijuana
- b. Cocaine
- c. Meth
- d. Alcohol

NAME:

REVIEW

DRUG + ALCOHOL ABUSE

Read the following questions and give your best answer. Then discuss the correct answer with your teacher and your group.

4. CNS DEPRESSANTS SLOW DOWN THE:

- a. Muscles
- b. Eyes
- c. Brain
- d. Stomach

5. OPIOIDS ARE COMMONLY PRESCRIBED TO REDUCE:

- a. Thinking
- b. Speed
- c. Heart-rate
- d. Pain

6. THE AVERAGE AGE OF DRUG EXPERIMENTATION IS:

- a. 10
- b. 12
- c. 13
- d. 9

NAME:

REVIEW

DRUG + ALCOHOL ABUSE

Read the following questions and give your best answer. Then discuss the correct answer with your teacher and your group.

7. WHAT PERCENTAGE OF EMERGENCY ROOM VISITS ARE DIRECTLY RELATED TO DRUG OR ALCOHOL USE?

- a. 40%
- b. 60%
- c. 80%
- d. 20%

8. WHAT PERCENTAGE OF COLLEGE DROPOUTS USE ALCOHOL?

- a. 44%
- b. 36%
- c. 20%
- d. 28%

9. HOW MUCH CAN YOUR HEART RATE INCREASE WHEN USING MARIJUANA?

- a. 20-50 beats per minute
- b. 100-120 beats per minute
- c. 10-20 beats per minute
- d. 80-100 beats per minute

NAME:

REVIEW

DRUG + ALCOHOL ABUSE

Read the following questions and give your best answer. Then discuss the correct answer with your teacher and your group.

10. WHAT FACTORS CAN EFFECT A PERSON'S POTENTIAL FOR ADDICTION?

- a. Genetics
- b. Environment
- c. Alcohol Use
- d. Drug Use

11. WHAT PERCENTAGE OF DOMESTIC VIOLENCE INCIDENTS INCLUDE THE USE OF DRUGS OR ALCOHOL?

- a. 80%
- b. 40%
- c. 60%
- d. 20%

12. THE EFFECTS OF MARIJUANA CAN INCLUDE:

- a. Paranoia
- b. Rapid Heart Rate
- c. Panic Attacks
- d. Addiction

NAME:

REVIEW

DRUG + ALCOHOL ABUSE

Read the following questions and give your best answer. Then discuss the correct answer with your teacher and your group.

13. THE BODILY EFFECTS OF STIMULANTS INCLUDE:

- a. Increased Body Temperature
- b. Dilated Pupils
- c. Nausea
- d. Blurred Vision

14. THE EFFECTS OF ECSTASY CAN LAST UP TO:

- a. 2 days
- b. 4 days
- c. 1 week
- d. 1 month

15. ALCOHOL DECREASES THE ABILITY TO DRIVE AFTER:

- a. 4 drinks
- b. 2 drinks
- c. 1 drink
- d. 3 drinks

NAME:

REVIEW

DRUG + ALCOHOL ABUSE

Read the following questions and give your best answer. Then discuss the correct answer with your teacher and your group.

16. HOW MANY PEOPLE DOES TEEN ALCOHOL USE KILL EACH YEAR?

- a. 1,500
- b. 4,700
- c. 2,200
- d. 6,500

17. KIDS WHO START DRINKING YOUNG ARE HOW MANY TIMES MORE LIKELY TO GET INTO AN ALCOHOL-RELATED CAR ACCIDENT?

- a. 4x
- b. 13x
- c. 10x
- d. 7x

18. WHAT PERCENTAGE OF CAR CRASHES INVOLVE AN UNDERAGE DRINKER?

- a. 25%
- b. 40%
- c. 10%
- d. 50%

NAME:

THE FACTS

UNDERAGE DRINKING

Read through the following statements and then answer the questions that follow. You can be honest about your answers as these will only be turned in on a voluntary basis.

FACT: One in three 8th graders has tried alcohol. ⁽¹⁾

**DO YOU KNOW ANYONE WHO HAS TRIED ALCOHOL?
DO YOU KNOW ANYONE WHO DRINKS REGULARLY?**

1) Johnston, L. D., O'Malley, P. M., Bachman, J. G., & Schulenberg, J. E. (2011). Monitoring the Future national survey results on drug use, 1975-2011. Volume I: Secondary school students (NIH Publication No. 10-7584). Bethesda, MD: National Institute on Drug Abuse, 734 pp.

NAME:

THE FACTS

UNDERAGE DRINKING

FACT: One in six teens binge drink. Only 1 in 100 parents believes his or her teen binge drinks. ⁽¹⁾

**DO YOU KNOW ANYONE WHO BINGE DRINKS?
WHY DO YOU THINK SO FEW PARENTS KNOW ABOUT BINGE DRINKING?**

1) Institute of Medicine, 2003) Full cite: Institute of Medicine National Research Council of the National Academies. Bonnie, Richard J. and Mary Ellen O'Connell, eds. "Reducing Underage Drinking: A Collective Responsibility". Washington, DC: The National Academies Press, 2003.

NAME:

THE FACTS

UNDERAGE DRINKING

FACT: Teen alcohol use kills about 4,700 people each year, more than all other illegal drugs combined. ⁽¹⁾

WHAT ARE YOUR THOUGHTS ON DRUGS LIKE HEROIN, METH, AND COCAINE?

HOW DO YOU FEEL ABOUT ALCOHOL NOW THAT YOU KNOW THAT IT'S EVEN MORE DEADLY FOR TEENS THAN THOSE OTHER ILLEGAL DRUGS?

1) Centers for Disease Control and Prevention (CDC). Alcohol-Related Disease Impact (ARDI). Atlanta, GA: CDC.

NAME:

ACTIVITY

WORDS TO A FRIEND

Pretend that you know someone who participates in underage drinking quite often. You want them to stop so they don't hurt themselves or others. What could you say to them?

NAME:

THE FACTS

DRINKING + DRIVING

FACT: Kids who start drinking young are seven times more likely to be in an alcohol-related crash. ⁽¹⁾

DO YOU KNOW ANYONE WHO HAS DRIVEN AFTER DRINKING TOO MUCH?

WHAT WOULD YOU SAY TO SOMEONE WHO OFFERED YOU A RIDE AFTER THEY HAD BEEN DRINKING?

1) (Hingson, 2001) Full cite: Hingson, Ralph, et al. "Age of Drinking Onset, Driving After Drinking, and Involvement in Alcohol-Related Motor Vehicle Crashes." DOT HS 809 188. Washington, DC: National Highway Traffic Safety Administration, January 2001.

NAME:

THE FACTS

DRINKING + DRIVING

FACT: Car crashes are the leading cause of death for teens, and about a quarter involve an underage drinking driver. ⁽¹⁾

HOW WOULD YOU FEEL IF YOU WERE RESPONSIBLE FOR AN ACCIDENT THAT COULD HAVE BEEN AVOIDED?

HOW WOULD YOU FEEL IF YOU WERE SENTENCED TO JAIL FOR GETTING INTO AN ACCIDENT AFTER DRINKING AND DRIVING?

1) (National Highway Traffic Safety Administration. "Traffic Safety Facts 2011: Young Drivers". DOT 811 744. Washington DC: National Highway Traffic Safety Administration, 2012)

NAME:

ACTIVITY

CONSIDER THE ALTERNATIVES

You've made a very bad decision and chosen to drink at a party.

You brought a bunch of friends there with you and you're supposed to drive everyone home. Think about the scenario you're in and list some alternatives to driving home. Share and discuss your ideas with your neighbors.

1.

2.

3.

4.

NAME:

ACTIVITY

SKIT | PLANNING

Working in a group of four, write a skit about what you've just learned. Use the following characters:

Teenager
Police Officer
Parent
Friend

Use the boxes below to plan your skit:

1) WHAT ILLEGAL OR ABUSIVE ACTIVITY IS HAPPENING?

NAME:

ACTIVITY

SKIT | PLANNING

2) HOW DOES THE TEENAGER GET CAUGHT?

3) WHAT FEELINGS DOES THE TEENAGER GO THROUGH?

NAME:

ACTIVITY

SKIT | PLANNING

4) HOW DOES THE TEENAGER TELL HIS PARENTS?

5) HOW DO THE TEENAGERS PARENTS REACT TO THE NEWS?

NAME:

ACTIVITY

SKIT | PLANNING

6) WHAT DOES THE TEENAGER TELL HIS/HER FRIENDS?

7) HOW DO THE TEENAGERS FRIENDS REACT?

NAME:

ACTIVITY

SKIT | PLANNING

8) WHAT ARE THE LEGAL CONSEQUENCES FOR THE TEENAGER?

**9) WHAT ARE THE HEALTH CONSEQUENCES
FOR THE TEENAGER?**

NAME:

ACTIVITY

SKIT | PLANNING

10) WHAT CAN THE TEENAGER DO TO CHANGE HIS/HER ACTIONS?

NAME:

ACTIVITY

SKIT | DIALOGUE:

Now that you have your story in place, think of some of the dialogue that occurs between the characters: Use the following pages to write down your lines. Be sure to think about real-life actions, words, and consequences that can occur due to poor decisions, and include these in your skit.

NAME:

ACTIVITY

SKIT | DIALOGUE:

NAME:

ACTIVITY

SKIT | DIALOGUE:

NAME:

ACTIVITY

SKIT | DIALOGUE:

NAME:

ACTIVITY

SKIT | REFLECTION:

After you've performed your skit and watched the other skits in class, answer the following questions about the process:

1) WHICH SKIT WAS YOUR FAVORITE? WHY?

2) WHICH SKIT WAS THE MOST EMOTIONAL? WHY?

3) WHICH SKIT WAS THE MOST REALISTIC? WHY?

4) WHICH SKIT WAS THE MOST REALISTIC? WHY?

NAME:

ACTIVITY

LETTER TO A VICTIM

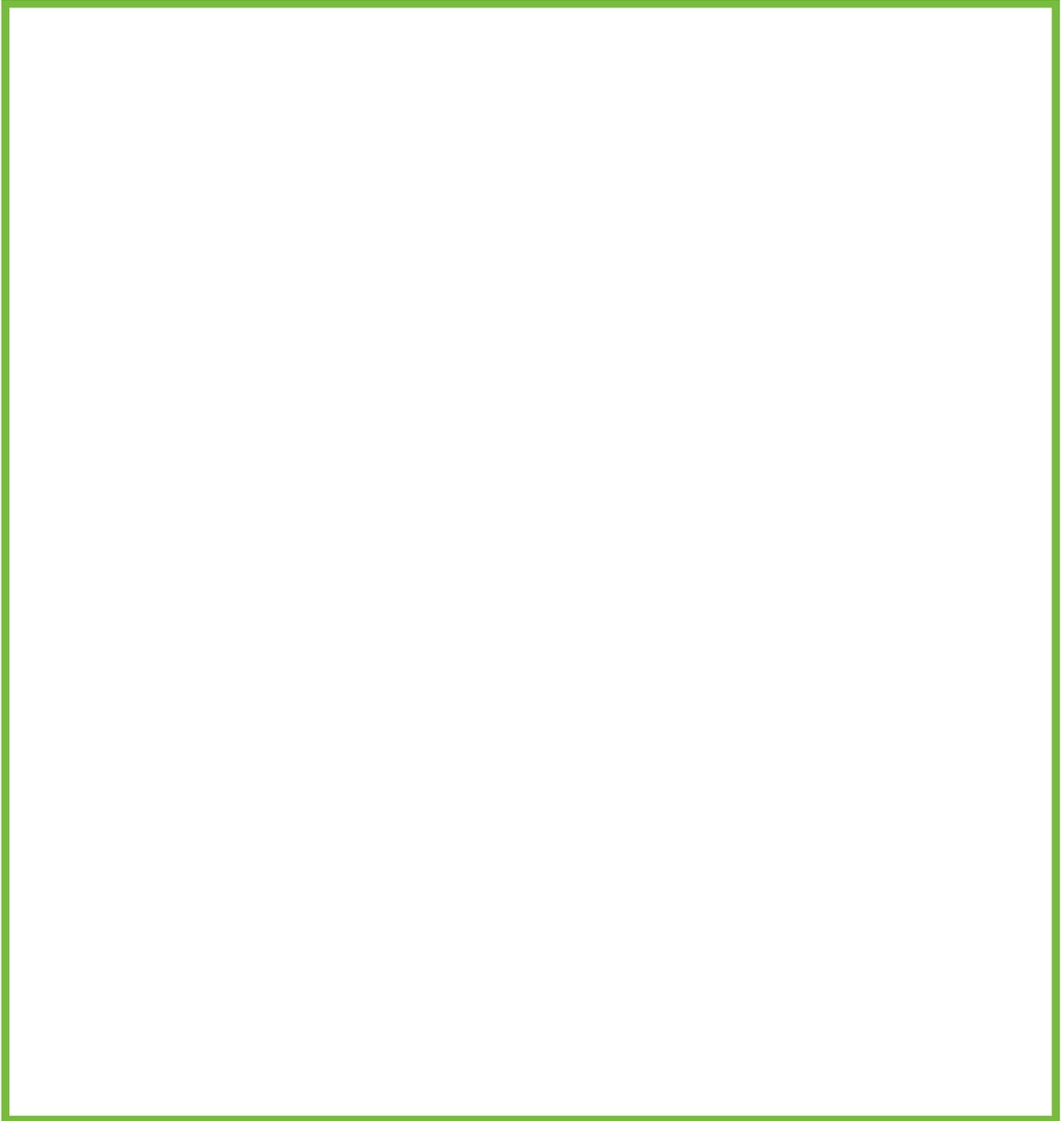
Pretend that you have been drinking and driving and have injured an innocent driver and her son.

What would you say to the people you hurt?
Write a letter to the victims below.

NAME:

ACTIVITY

LETTER TO A VICTIM



NAME:

ACTIVITY

BE THE CHANGE YOU WISH TO SEE

Drug and alcohol abuse is clearly a major problem for both teenagers and adults in our society. What are some things that you can do to be a positive influence on people you know and change current and future situations for the better?

1.

2.

3.

4.

NAME:

ACTIVITY

SPREAD THE WORD

You will be creating a **Public Service Ad** for three different mediums: TV Commercial, Poster, and Online. Work with a group to create a public service campaign that warns against the danger of underage drinking, drug abuse, or drinking + driving.

Circle the type of public service advertisements that your team has decided to create.

UNDERAGE DRINKING

DRUG ABUSE

DRINKING + DRIVING

NAME:

ACTIVITY

SPREAD THE WORD | PLANNING

TV COMMERCIAL

Plan your TV commercial. Think back to the skits you created and watched and try to remember what was included in the best skits. Plan your characters, your actions, and your lines.

CHARACTERS:

NAME:

ACTIVITY

SPREAD THE WORD | PLANNING

TV COMMERCIAL

Plan your TV commercial. Think back to the skits you created and watched and try to remember what was included in the best skits. Plan your characters, your actions, and your lines.

ACTION:

NAME:

ACTIVITY

SPREAD THE WORD | PLANNING

TV COMMERCIAL

Plan your TV commercial. Think back to the skits you created and watched and try to remember what was included in the best skits. Plan your characters, your actions, and your lines.

ACTION (CONTINUED)

NAME:

ACTIVITY

SPREAD THE WORD | PLANNING

TV COMMERCIAL

Plan your TV commercial. Think back to the skits you created and watched and try to remember what was included in the best skits. Plan your characters, your actions, and your lines.

ACTION (CONTINUED)

NAME:

ACTIVITY

SPREAD THE WORD | PLANNING

TV COMMERCIAL

Plan your TV commercial. Think back to the skits you created and watched and try to remember what was included in the best skits. Plan your characters, your actions, and your lines.

LINES

NAME:

ACTIVITY

SPREAD THE WORD | PLANNING

TV COMMERCIAL

Plan your TV commercial. Think back to the skits you created and watched and try to remember what was included in the best skits. Plan your characters, your actions, and your lines.

LINES

NAME:

ACTIVITY

SPREAD THE WORD | PLANNING

TV COMMERCIAL

Plan your TV commercial. Think back to the skits you created and watched and try to remember what was included in the best skits. Plan your characters, your actions, and your lines.

LINES

NAME:

ACTIVITY

SPREAD THE WORD | PLANNING

TV COMMERCIAL

Plan your TV commercial. Think back to the skits you created and watched and try to remember what was included in the best skits. Plan your characters, your actions, and your lines.

LINES

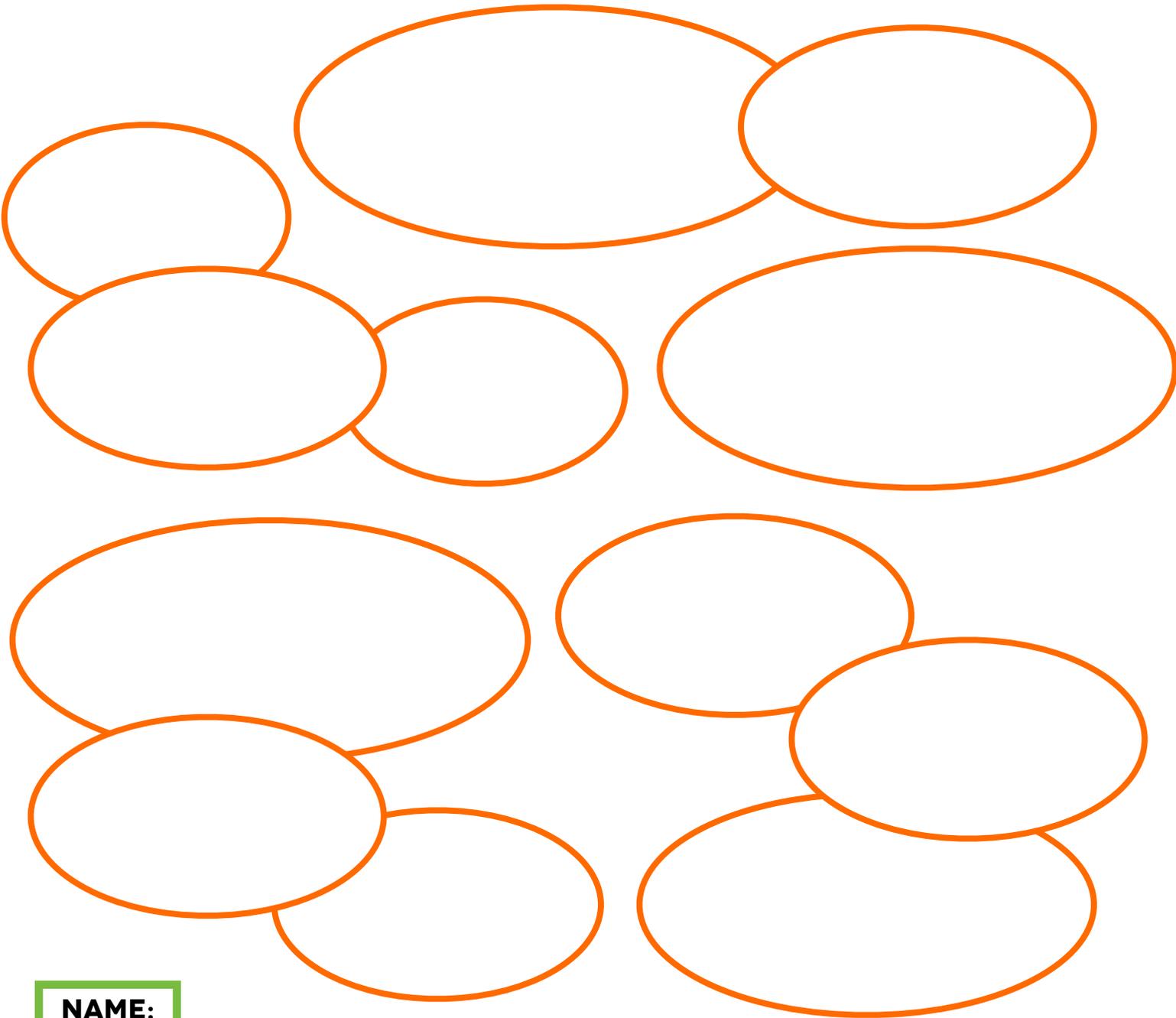
NAME:

ACTIVITY

SPREAD THE WORD | PLANNING

POSTER

Plan your poster using the following two pages. First, create a bubble brainstorm diagram with the words or ideas you'd like to use on your poster.



NAME:

ACTIVITY

SPREAD THE WORD | PLANNING

POSTER

Now draw a rough draft of your poster before you finish it on a larger piece of paper and share it with the class:

NAME:

ACTIVITY

SPREAD THE WORD | PLANNING

ONLINE AD

Now draw a rough draft of your poster before you finish it on a larger piece of paper and share it with the class:

WHAT IS THE PURPOSE OF YOUR AD?

WHO IS THE AUDIENCE FOR YOUR AD?

NAME:

ACTIVITY

SPREAD THE WORD | PLANNING

ONLINE AD

Now draw a rough draft of your poster before you finish it on a larger piece of paper and share it with the class:

WHAT WEBSITES WILL YOU RUN YOUR AD ON?

WHAT WILL HAPPEN AFTER PEOPLE CLICK YOUR AD?

NAME:

ACTIVITY

SPREAD THE WORD | PLANNING

ONLINE AD

Now draw a rough draft of your poster before you finish it on a larger piece of paper and share it with the class:

WILL YOU TARGET INFORMATION OR EMOTION IN YOUR AD?

HOW WILL YOU PROVIDE INFORMATION OR INVOKE EMOTION?

NAME:

ACTIVITY

SPREAD THE WORD | PLANNING

ONLINE AD

Now draw a rough draft of your poster before you finish it on a larger piece of paper and share it with the class:

WHAT WILL YOUR AD SAY?

DRAW SOME PICTURES FOR YOUR AD?

NAME:

ACTIVITY

SPREAD THE WORD | PLANNING

ONLINE AD

Now draw a rough draft of your Online Ad before you finish it on a larger piece of paper and share it with the class:

NAME:

ACTIVITY

RATINGS

Go around the room and look at the projects that your classmates created. Rate the best TV commercial, poster, and online advertisement, and write why you liked them.

TV COMMERCIAL

Favorite:

Why?

POSTER

Favorite:

Why?

ONLINE AD

Favorite:

Why?

NAME:

ACTIVITY

FIND SOMEONE WHO CAN...

Go around the room and find someone who can tell you the following information. Have them sign their initials in the box after you write down the correct answer. Compare your results with your group when you're finished.

Find someone who can explain the dangers of alcohol.	Find someone who can explain the dangers of drinking + driving.	Find someone who can explain the dangers of ecstasy.
Find someone who can explain the dangers of marijuana.	Find someone who can explain the dangers of opioids.	Find someone who can explain the dangers of cocaine.
Find someone who can explain the dangers of stimulants.	Find someone who can explain the dangers of methamphetamine.	Find someone who can explain the dangers of addiction.

NAME:

ACTIVITY

FIND SOMEONE WHO CAN...

Fill in your own chart and find someone who can answer your questions.

NAME:

ACTIVITY

FIND SOMEONE WHO CAN...

Go around the room and find someone DIFFERENT who can fill in the blanks:

List 20 dangers of drugs and alcohol.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

NAME:

ACTIVITY

FIND SOMEONE WHO CAN...

Go around the room and find someone DIFFERENT who can fill in the blanks:

List 20 dangers of drugs and alcohol.

11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

NAME:

ACTIVITY

3-2-1

Fill in the following boxes by following the directions.

3 things you learned:

2 things that surprised you:

1 thing that moved you:

NAME:

ACTIVITY

3-2-1

Fill in the following boxes by following the directions.

3 things you can share with someone:

2 things you'll always remember:

1 thing that you can do to make the world better:

NAME:

ACTIVITY

SPEED REVIEW

Speed review is like speed dating. You'll have 90 second to ask your partner six questions. Your partner will also ask you six questions. When the whistle blows, one row will move to the right and ask/answer the questions again.

QUESTION:

ANSWER:

QUESTION:

ANSWER:

QUESTION:

ANSWER:

NAME:

ACTIVITY

SPEED REVIEW

Speed review is like speed dating. You'll have 90 second to ask your partner six questions. Your partner will also ask you six questions. When the whistle blows, one row will move to the right and ask/answer the questions again.

QUESTION:

ANSWER:

QUESTION:

ANSWER:

QUESTION:

ANSWER:

NAME:

ACTIVITY

VOCABULARY RACE

Race your partner to think of full phrases or sentences about the words below and write them down using the letters of the word. You may only use each idea once and you must write more than three words. Look at the example for help:

an animal seen as a **C** *ompanion*

a mammal that h **A** *s fur and whiskers*

an animal that often has a long **T** *ail*

NAME:

ACTIVITY

VOCABULARY RACE

Race your partner to think of full phrases or sentences about the words below and write them down using the letters of the word. You may only use each idea once and you must write more than three words. Look at the example for help:

A

L

C

O

H

O

L

NAME:

ACTIVITY

VOCABULARY RACE

Race your partner to think of full phrases or sentences about the words below and write them down using the letters of the word. You may only use each idea once and you must write more than three words. Look at the example for help:

E

C

S

T

A

S

Y

NAME:

ACTIVITY

VOCABULARY RACE

Race your partner to think of full phrases or sentences about the words below and write them down using the letters of the word. You may only use each idea once and you must write more than three words. Look at the example for help:

O

P

I

O

I

D

S

NAME:

ACTIVITY

VOCABULARY RACE

Race your partner to think of full phrases or sentences about the words below and write them down using the letters of the word. You may only use each idea once and you must write more than three words. Look at the example for help:

A

D

D

I

C

T

I

O

N

NAME:

ACTIVITY

VOCABULARY RACE

Race your partner to think of full phrases or sentences about the words below and write them down using the letters of the word. You may only use each idea once and you must write more than three words. Look at the example for help:

S

T

I

M

U

L

A

N

T

NAME:

ACTIVITY

VOCABULARY RACE

Race your partner to think of full phrases or sentences about the words below and write them down using the letters of the word. You may only use each idea once and you must write more than three words. Look at the example for help:

B

A

T

H

S

A

L

T

NAME:

ACTIVITY

VOCABULARY RACE

Race your partner to think of full phrases or sentences about the words below and write them down using the letters of the word. You may only use each idea once and you must write more than three words. Look at the example for help:

M

A

R

I

J

U

A

N

A

NAME:

ACTIVITY

TIC-TAC-TOE - WORD/QUESTION

Glue the next two papers together. Place a word or question on the front side of this paper and a picture and definition on the back. You're going to play tic-tac-toe. But in order to place an X or O in the square, your partner has to answer the vocab word/question correctly.

NAME:

ACTIVITY

TIC-TAC-TOE - ANSWERS

Glue the next two papers together. Place a word or question on the front side of this paper and a picture and definition on the back. You're going to play tic-tac-toe. But in order to place an X or O in the square, your partner has to answer the vocab word/question correctly.

NAME:

ACTIVITY

SCENARIO CARDS

Split the room in half. Half of the people should use the following cards to act out scenarios.

Walk around the room and display the scenarios in front of your face, one by one. Your neighbors should walk up to you and tell you the decision that you should make in light of the scenario. Partners should pretend that their sibling or friend is the one facing the decision. Write down the name of the person you work with for each scenario.

SCENARIO:

**YOU ARE ASKED IF YOU'D
LIKE TO DITCH PRACTICE
AND SMOKE MARIJUANA
AFTER SCHOOL**

SIBLING/FRIEND:

NAME:

ACTIVITY

SCENARIO CARDS

Split the room in half. Half of the people should use the following cards to act out scenarios.

Walk around the room and display the scenarios in front of your face, one by one. Your neighbors should walk up to you and tell you the decision that you should make in light of the scenario. Partners should pretend that their sibling or friend is the one facing the decision. Write down the name of the person you work with for each scenario.

SCENARIO:

**A FRIEND WANTS YOU TO
MEET HIS FRIEND WHO IS
BUYING HIM BEER.**

SIBLING/FRIEND:

NAME:

ACTIVITY

SCENARIO CARDS

Split the room in half. Half of the people should use the following cards to act out scenarios.

Walk around the room and display the scenarios in front of your face, one by one. Your neighbors should walk up to you and tell you the decision that you should make in light of the scenario. Partners should pretend that their sibling or friend is the one facing the decision. Write down the name of the person you work with for each scenario.

SCENARIO:

**YOU HEAR THAT YOUR
BEST FRIEND HAS
DECIDED TO DRIVE HOME
FROM A PARTY AFTER
DRINKING.**

SIBLING/FRIEND:

NAME:

ACTIVITY

SCENARIO CARDS

Split the room in half. Half of the people should use the following cards to act out scenarios.

Walk around the room and display the scenarios in front of your face, one by one. Your neighbors should walk up to you and tell you the decision that you should make in light of the scenario. Partners should pretend that their sibling or friend is the one facing the decision. Write down the name of the person you work with for each scenario.

SCENARIO:

**YOUR BROTHER HAS
BECOME ADDICTED TO
MARIJUANA AND CAN'T
STOP SKIPPING SCHOOL
TO SMOKE.**

SIBLING/FRIEND:

NAME:

ACTIVITY

SCENARIO CARDS

Split the room in half. Half of the people should use the following cards to act out scenarios.

Walk around the room and display the scenarios in front of your face, one by one. Your neighbors should walk up to you and tell you the decision that you should make in light of the scenario. Partners should pretend that their sibling or friend is the one facing the decision. Write down the name of the person you work with for each scenario.

SCENARIO:

**YOU SEE A CLASSMATE
POP PRESCRIPTION PILLS
AT HIS/HER LOCKER. YOU
KNOW THEY STOLE THEM
FROM THEIR PARENTS.**

SIBLING/FRIEND:

NAME:

ACTIVITY

SCENARIO CARDS

Split the room in half. Half of the people should use the following cards to act out scenarios.

Walk around the room and display the scenarios in front of your face, one by one. Your neighbors should walk up to you and tell you the decision that you should make in light of the scenario. Partners should pretend that their sibling or friend is the one facing the decision. Write down the name of the person you work with for each scenario.

SCENARIO:

**YOU ARE GOING TO THE
HOMECOMING DANCE AND
EVERYBODY IN YOUR CAR
PASSES AROUND A BOTTLE
TO DRINK.**

SIBLING/FRIEND:

NAME:

ACTIVITY

SCENARIO CARDS

Split the room in half. Half of the people should use the following cards to act out scenarios.

Walk around the room and display the scenarios in front of your face, one by one. Your neighbors should walk up to you and tell you the decision that you should make in light of the scenario. Partners should pretend that their sibling or friend is the one facing the decision. Write down the name of the person you work with for each scenario.

SCENARIO:

**YOU GO TO A FRIENDS
HOUSE FOR A MOVIE AND
FIND THAT IT'S A PARTY
WITH A BUNCH OF
ALCOHOL AND DRUGS.**

SIBLING/FRIEND:

NAME: