

\_\_\_\_\_  
First Name

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Last Name

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Period

# Substance Prevention



\_\_\_\_\_  
POINTS      ASSIGNMENT

\_\_\_\_\_/75 pts Worksheet Total

\_\_\_\_\_/10 pts Book Activity Page

\_\_\_\_\_/10 pts Group Discussion on Substance Use in Teenagers

\_\_\_\_\_/10 pts Teenage Drinking Brain

\_\_\_\_\_/20 pts Tobacco, Marijuana and Other Drugs

\_\_\_\_\_/10 pts A Little More About Tobacco

\_\_\_\_\_/10 pts Analyzing Advertisements

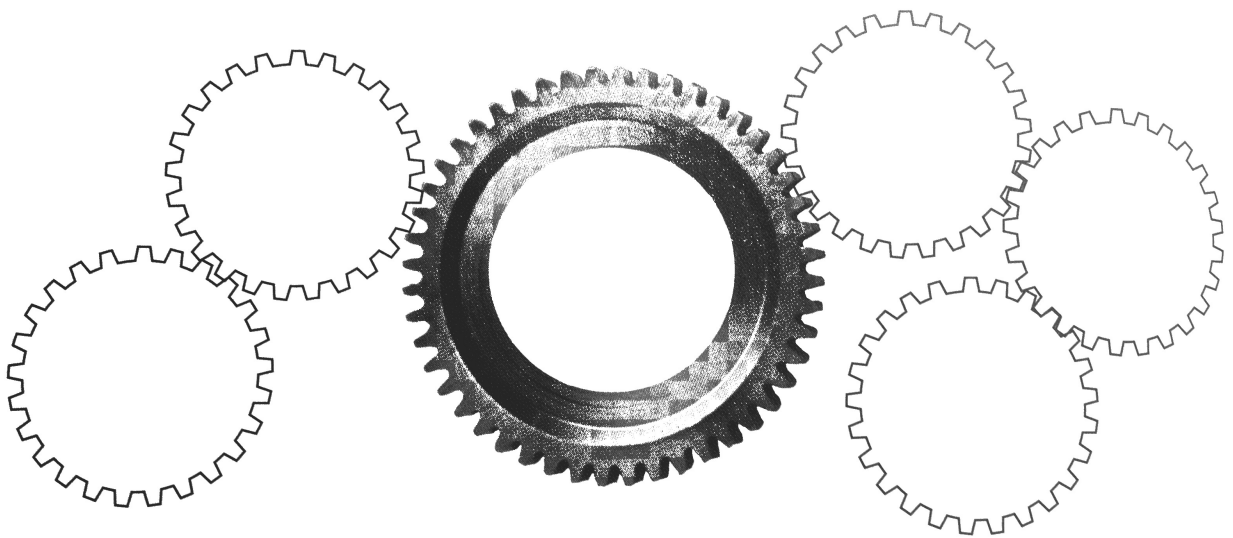
\_\_\_\_\_/5 pts My Anti Drugs Are...

## PARTNER ACTIVITY

	First Answer	Actual Answer
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Whether it's nicotine from secondhand smoke or the emotional impact of living with an addict, addiction touches more people than you think.

**Activity:** In the wheels below write the names of the people who would be impacted if you picked up an addiction. If you already have an unhealthy addiction, write the names of those you're impacting now.



**Activity:** List some things that are important to you. What things would you be willing to trade for an addiction? Because when you pick up an addiction, you are trading the things that are important to you for the addiction. Get it?

Important to Me	Willing to Trade?	Important to Me	Willing to Trade?

## **GROUP DISCUSSION ABOUT SUBSTANCE USE IN TEENAGERS:**

***In your small groups discuss the questions for approx 2 minutes and then write down your group's discussion. (Not just your opinion.)***

1. Is it really hard for teens today to be drug and alcohol free? Why or why not?
2. Do you agree that using drugs affects not only the drug user, but also affects the user's family, friends and community? Why or why not?
3. Do you think it is true that people will respect you more if you don't use drugs? Why or why not?
4. Is it a myth that using drugs is no big deal? If it is a myth, why do you think so many teens believe it?
5. What are some things you can say when someone offers you drugs or alcohol?
6. Do you agree that most teens don't use drugs? Why do teens sometimes think everyone uses?
7. Teens who have goals are less likely to use drugs or alcohol. Why do you think this is so?
8. Do you ever think of other people you care about as an anti-drug? What are some other anti-drugs in your life?

9. If you don't have an anti-drug in your life, how might you find one?
10. How does being drug-free affect your self-esteem?
11. When you decide to stay drug-free, how do you go about protecting that choice?
12. How does being drug-free affect the goals teens set for their future?

**Having goals that are important to you is essential in maintaining a drug-free lifestyle.**

**List five personal goals you would like to achieve over the next few months.**

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**List three educational goals you would like to achieve.**

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**List three possible careers you are thinking about choosing.**

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*If you had trouble listing these goals, think about why...*

# The Teenage Drinking Brain

## **VOCAB:**

Neurotransmitter:

Serotonin: A neurotransmitter that is involved in.....

\_\_\_\_\_: Neurotransmitter formed in the brain that is essential to the normal functioning of the central nervous system.

## **DRUG CATEGORIES:**

- Uppers(Stimulants):
- Downers(Depressants):
- Hallucinogens:
- Dissolvers(Inhalants):

**What is the typical teenage drinking style?** \_\_\_\_\_

Prefrontal Cortex:

Hippocampus:

**ALCOHOL AND JUDGEMENT-** The teenage brain is still developing. Alcohol can impair the parts of the brain that control the following...

1. Motor Coordination:
2. \_\_\_\_\_: Drinking lowers inhibitions and increases the chances that a person will do something they will regret when they are sober.
3. Memory:

4. \_\_\_\_\_: Drinking may lead young people to engage in risky behaviors; including getting into a car with someone who has been drinking. These behaviors result in illness, injury, and even death.

### **More effects on a teenager... Not just on the brain...**

- 1.
- 2.
- 3.
- 4.
- 5.

**FACT: \_\_\_\_\_ OF ALL TRAFFIC DEATHS ARE CAUSED BY ALCOHOL**

**Responses to class discussion... Long term consequences that could happen are:**

*What is Fetal Alcohol Syndrome (FAS):*

*Problems that may be caused by FAS are*

- 1.
- 2.
- 3.
- 4.



# ***Tobacco, Marijuana, Prescription Drugs, Club Drugs, Steroids, Inhalants, Cocaine, and Methamphetamines***

Use the green book to answer the following questions

## **The Truth about Tobacco:**

What percentage of young people who use tobacco daily continue to do so because they find it hard to quit?

Within how many seconds of the first puff does nicotine hit the brain and begin the addictive process?

Approximately what percentage of teens who smoke before 18 will eventually die from a tobacco related disease?

## **THE TRUTH ABOUT MARIJUANA:**

Marijuana is also known as...

What are some things that make marijuana a dangerous drug?

Is smoking marijuana less dangerous than smoking cigarettes? Why?

Is the marijuana used today stronger than when your parents were teens? Why?

## **The Truth about Prescription Drugs:**

What are some prescription drugs?

Painkillers and what other drug are close cousins?

What are some life threatening effects that come from abusing prescription drugs?

Aren't prescription drugs safer than street drugs?

Where are teens getting prescription drugs from?

## **The Truth about Club Drugs:**

What are some club drugs?

What are some physical effects that club drugs can have on our bodies?

If somebody slipped a club drug into your drink, would you realize it?

## **The Truth about Steroids:**

What are anabolic steroids?

What effects that steroids have on Patrick?

Besides bigger muscles, what other appearance changes can occur to the body?



Why can steroids be addictive?

List some ways one can still excel in sports without steroids.

### **The Truth about Inhalants:**

List some examples of inhalants.

List some physical effects inhalants cause.

### **The Truth about Cocaine:**

Why is cocaine addictive?

### **The Truth about Methamphetamines:**

Common Methamphetamines are...

List some negative effects crystal meth had on Sam.

Why is Meth unpredictable?

How does Meth affect the brain and body?

Why is Meth more harmful than crack, cocaine, and heroin?

# A LITTLE MORE ABOUT TOBACCO

**What are some effects of Nicotine?**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

***How many additives are in cigarettes?*** \_\_\_\_\_

**List effects of Tobacco**

**What are some ways people can stop smoking?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**E-Cigarettes Safety Concerns:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# Analyzing Tobacco and Alcohol Advertisements

The media uses lots of tools to entice us to buy certain products. Ask yourself the following questions when you are viewing commercials, ads, billboards, and really anything with a logo.

1. Who is the “\_\_\_\_\_”?
2. What is the “\_\_\_\_\_” of the message
3. What is the “\_\_\_\_\_” of the message?
4. What part of the \_\_\_\_\_ is \_\_\_\_\_ being told?
5. What “\_\_\_\_\_” are used?

## **WHAT TACTICS ARE ADVERTISING COMPANYS USING?!?!?**

**Sex Appeal:** You will find \_\_\_\_\_ and \_\_\_\_\_ by using the product.

\_\_\_\_\_: *Anyone who is anyone is buying this product. “Everything is doing it”*

**Snob Appeal:** Only Rich and sophisticated people use this product.

\_\_\_\_\_: Plain people, back-to-nature, back in the good-old-days, or just like home. Ads that create a feeling of comfort.

Testimonial (Usually a Celebrity):

\_\_\_\_\_: A symbol attached to a product, causes you to remember the product whenever you see its symbol.

**Health Appeal:**

**Humor Appeal:**

\_\_\_\_\_: **This product is better for you than all the rest**

**Your Turn: Use the following questions to analyze the advertisements.**

**ADVERTISEMENT 1:**

Type of Product:

Product Name:

The ad appeals to what basic need or desire?

Who is the target audience?

What emotions are evoked from the image?

Is it a realistic portrayal of life? Why or why not?

Is there any use of symbolism in the ad? If so, where?

Do you notice any subliminal or unnoticed messages? If so, where?

Does the ad treat men and women with equality? Why or why not?

What do you think of this ad? Do ads like this work? Why or why not?

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**ADVERTISEMENT 2:**

Type of Product:

Product Name:

The ad appeals to what basic need or desire?

Who is the target audience?

What emotions are evoked from the image?

Is it a realistic portrayal of life? Why or why not?

Is there any use of symbolism in the ad? If so, where?

Do you notice any subliminal or unnoticed messages? If so, where?

Does the ad treat men and women with equality? Why or why not?

What do you think of this ad? Do ads like this work? Why or why not?

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**ADVERTISEMENT 3:**

Type of Product:

Product Name:

The ad appeals to what basic need or desire?

Who is the target audience?

What emotions are evoked from the image?

Is it a realistic portrayal of life? Why or why not?

Is there any use of symbolism in the ad? If so, where?

Do you notice any subliminal or unnoticed messages? If so, where?

Does the ad treat men and women with equality? Why or why not?

What do you think of this ad? Do ads like this work? Why or why not?

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***My Anti Drugs Are.... (What things prevent you from choosing to do drugs?)***

**1.**

**6.**

**11.**

**2.**

**7.**

**12.**

**3.**

**8.**

**13.**

**4.**

**9.**

**14.**

**5.**

**10.**

**15.**

# PROJECT

This is a partner project. You will pick ONE of the following to do for project. Project is worth 50 pts. DUE DATE: \_\_\_\_\_

**Substance Prevention Campaign:** You are working for a company that tries to prevent teenagers from using drugs. Your job is to come up with a new anti-drug campaign including a brochure to handout and a billboard to post.

- 1) Create a brochure about the negative effects of one specific drug (LSD, mushrooms, krokodil, e-cigs, etc)
  - a) Name of the drug? (including any or all of the street names for this drug and the category it is included in  
EX: stimulant, depressant, hallucinogen, narcotic)
  - b) What are the consequences of using this drug?
    - i) Socially
    - ii) Physically
    - iii) Mentally/Emotionally
    - iv) Legally
  - c) What is the drug's origin? (When and how?)
  - d) Where is it found? Forms of drug?
  - e) Who is the target crowd?
  - f) What are the warning signs of drug abuse with this drug?
  - g) Include at least 3 staggering facts about this drug.
  - h) List two sources where someone with a problem could go for help or HOTLINES for help.
  - i) You must include a works cited page and list the Resources you used to access your information. (small print on back of brochure, use <https://www.lib.ncsu.edu/citationbuilder/> to correctly write the information)
- 2) ALSO create an Anti-Drug Billboard (Poster) that could be displayed around the school
  - a) Name of the drug
  - b) 3 negative effects of this drug on the body
  - c) Catchy slogan that people will remember

**Addict or Psychologist Interview:** Clear a drug related topic with your teacher. Schedule an appointment with a drug addict, or recovered drug addict or counselor or psychologist who works with addictions.

- 1) Before your appointment, write up 25 questions you'd like to ask the person and *get the questions approved by the teacher before the interview*. DUE DATE: \_\_\_\_\_
- 2) Do some background research about the topic you will be interviewing about.
  - a) What are the consequences of drug abuse?
    - i) Socially
    - ii) Physically
    - iii) Mentally/Emotionally
    - iv) Legally
  - b) Where is it found? Target crowd using this drug?
  - c) What are the warning signs of drug abuse with this drug?
- 3) Talk openly with the individual about their particular situation. Be thorough in your questions so that your project will have a conclusion.
- 4) Examples of topics you may consider would be drugs and social health, drugs and the brain, advertising legal drugs, prevalence of drug abuse in Utah, effects of addiction on the family, drug rehabilitation, etc.
- 5) Put together a **3 minute movie or 15 slide presentation** to share with the class about your experience.