

DRUGS: SMALL GROUP ACTIVITIES AND DISCUSSION

Group Activity (5 Minutes)

Divide the class in half. Ask each side to write down the names of famous people who have died from drug overdoses. The side with the most names after three minutes is the winner. Have each side share their answers.

SHOW THE VIDEO (16 Minutes)

Small Group Questions (10 Minutes - 4 per group, assign 3 or 4 questions)

1. What do you think about what Peter said in the video about drugs ruining his life?
Could this happen to you?
2. Why do you think so many stars and celebrities do drugs--and why have so many died because of it?
3. Why do people you know take drugs?
4. What are the pros and cons of taking drugs?
5. How do drugs change the way we feel about life?
6. Do you know anyone that is still using drugs today who has become a better person through drug use?
7. Has anyone ever said to you, "Hey, want a hit?" Or, "Just try it!" Is there pressure to do drugs in order to be accepted by your peers?
8. What can you do to stay clear of the temptation of drugs?

Group Activity (10 Minutes)

Discuss the answers students came up with for #3. Then discuss #6. End with the solutions found in #8. Remind them that being a leader means staying firm in your decision to not take drugs.

FAST FACTS

- 1 in 20 High School seniors use Marijuana or alcohol daily.
- One third of all high school students used some illegal drug or alcohol last year.
- About one in 10 emergency room drug cases is a patient 10 to 17 years old.
- Marijuana causes memory loss, both short-term AND long-term.
- LSD permanently damages your brain and can cause acid trip flashbacks at any time in the future, even if you're no longer taking the drug.
- PCP is an elephant tranquilizer.
- Just one marijuana joint contains more than ten times the tar and nicotine of a regular cigarette.

DRUGS: WRAP-UP

THERE ARE SERIOUS CONSEQUENCES TO DRUG ABUSE!

- Physical problems: death, brain damage, loss of ambition.
- Wasted future, job failure, marriage and relationship failure.
- Change of attitudes by being controlled by drugs. Even those who were once “good-people” often begin to steal from their friends to support their next high.
- Why couldn't the celebrities in the video stop taking drugs? They had it all, and they all died of drug overdoses.

GETTING HIGH OR DRUNK KEEPS US AWAY FROM OUR REAL SELVES!

- Drugs prevent you from learning to deal with life on your own.
- Drugs don't make your problems go away. When you come down from your high, you will still have things to deal with in your life.

MAKE A PLAN TO STAY AWAY FROM DRUGS AND ALCOHOL.

- Don't put yourself in situations where drugs will be offered to you.
- If you need to, get a new group of friends that will encourage you not to take drugs.
- Plan alternative activities on nights when big parties are happening. Plan ahead, so you won't get caught up in it.

IF YOU HAVE A DRUG PROBLEM, GET HELP!

- Talk with a counselor or a youth leader about it. They can help you.
- Teacher: Give out the numbers of treatment centers, help-groups, and hot-lines in your area.

HOMWORK: DRUGS

Homework Project: Know A Drug Addict

In this assignment you will be interviewing several different individuals. Contact your local hospital drug treatment center, AA or NA group, or even someone you know at school for each interview. Use a notebook to record their responses.

- A. Ask a person you know who regularly uses drugs these questions:
 - 1. What drugs do you use and what effects do they have on you?
 - 2. Why do you like doing drugs?
- B. If possible, ask a family member (they can be anonymous) about the user:
 - 1. What changes and effects has drugs had on your relative?
 - 2. How do you feel about drug abuse and the effects they've had on your family.
 - 3. How do you cope with all of this?
- C. Now ask a drug treatment center counselor, narcotics anonymous leader, youth leader or school counselor the following questions:
 - 1. What are some of the reasons teens get hooked on drugs?
 - 2. What are the most commonly used drugs and what are their side effects?
 - 3. How easy is it to become addicted, and how easy is it to stop on your own?
 - 4. What services does your organization provide to help young people and their families recover from the effects of drug abuse?
- D. Analyze the data you've gathered, and answer the following:
 - 1. What are the burdens on society that result from drug abuse?
 - 2. How do you feel drugs affect families?
 - 3. How have drugs affected you directly or indirectly?
 - 4. What is the same about you and the people you've interviewed?
 - 5. Based on what you have learned, what would you say to someone who says, "I can quit anytime" or "Drugs are OK if you know your limit"?

Homework Project: Arriving Addicted

A. Call your hospital's Public Relations department. Ask for a tour of the newborn unit and tell them you are doing a report on drug affected babies. Take a notebook or a video camera with you and ask a doctor or nurse these questions:

- 1. What problems do drug affected babies face in their first twenty-four hours?
- 2. What is the long-term damage that the babies might go through?
- 3. What reactions do the mothers have, and how does this affect them?
- 4. Why do pregnant mothers do drugs?
- 5. How much more does it cost, per baby, when they are born this way?
- 6. What advice can you give to teenagers who are experimenting with drugs?

B. Write a short paper from your research about drug abuse and babies. If time permits, present it orally and include some video footage of the babies.