

Powerful Choices

Today's teens are faced with many tough decisions including the decision to use drugs or not. Because adolescence is a time for trying new things, teens need to be educated about the risks and dangers of making the choice to use drugs. According to King College London Institute of Psychiatry, "even children who had shown no signs of behavior problems while they were young were more likely to go on to become addicted to alcohol or drugs, ... drop out of school and have a criminal record, if they took drugs or drank on 'multiple occasions' in their early teens." With this fact in mind, KLCH teachers will inform and challenge students with information and activities so students will be better able to make healthy decisions. Following the presentation, students will watch a video by AIMS Multimedia entitled "The Truth About Drugs." This is a powerful video that demonstrates the direct and indirect effects of drug use.

- I. Life's Biggest Decisions
 - A. Brainstorm a list of decisions individuals make in their life
 - B. Permanent decisions
 - C. Decisions that can be changed

- II. Growth Triangle
 - A. Mental Growth
 - B. Social Growth
 - C. Physical Growth

- IV. What Is a Drug?
 - A. Definition: A chemical that causes a change in the mind or body
 - B. Legal Drugs
 - C. Illegal Drugs
 - D. Troy Video and Discussion: A boy who started using drugs at age 10

- V. Classification of Drugs
 - A. Stimulants
 - B. Depressants
 - C. Narcotics
 - D. Hallucinogens

- VI. Tobacco
 - A. Chemicals in Tobacco
 - B. Facts about Tobacco
 - C. Death Rates

- D. Tobacco Companies
- E. Pig Lung Activity
- F. Smokeless Tobacco Video Clip

VII. Prescription Drugs

- A. Stimulants
- B. Depressants
- C. Narcotics
- D. Examples of Teens Who Abused Prescription Drugs

VIII. Alcohol

- A. Fetal Alcohol Syndrome
- B. Quick Facts About Alcohol
- C. Liver
- D. Risks of Alcohol Use
- E. Drunk Driving Activity: Drunk Driving Goggles
- F. Jacque Saburido Short Video

IX. Illegal Drugs

- A. Marijuana Facts
- B. Methamphetamine Facts
- C. "They Said... They Lied" Video Clip

X. Peer Pressure

- A. M&M Activity
- B. Techniques To Turn Down Drugs