



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

Teens begin using drugs for many reasons – to fit in, to escape their problems, to get attention, or simply because they're curious. Whatever the reason, it's imperative that teens know the facts about drugs so they can understand the risks. The questions and activities in this guide will help your students learn what drugs do to the body and mind, the dangers of using drugs, and how they can handle pressure to use drugs.

## Related KidsHealth Links

### Articles for Teens:

#### Drugs: What You Should Know

[KidsHealth.org/teen/drug\\_alcohol/drugs/know\\_about\\_drugs.html](http://KidsHealth.org/teen/drug_alcohol/drugs/know_about_drugs.html)

#### Marijuana

[KidsHealth.org/teen/drug\\_alcohol/drugs/marijuana.html](http://KidsHealth.org/teen/drug_alcohol/drugs/marijuana.html)

#### Inhalants

[KidsHealth.org/teen/drug\\_alcohol/drugs/inhalants.html](http://KidsHealth.org/teen/drug_alcohol/drugs/inhalants.html)

#### Prescription Drug Abuse

[KidsHealth.org/teen/drug\\_alcohol/drugs/prescription\\_drug\\_abuse.html](http://KidsHealth.org/teen/drug_alcohol/drugs/prescription_drug_abuse.html)

#### Dealing With Addiction

[KidsHealth.org/teen/your\\_mind/problems/addictions.html](http://KidsHealth.org/teen/your_mind/problems/addictions.html)

#### Peer Pressure

[KidsHealth.org/teen/your\\_mind/problems/peer\\_pressure.html](http://KidsHealth.org/teen/your_mind/problems/peer_pressure.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. Whether illegal, prescription, or over-the-counter, drugs can be dangerous. List the negative effects drugs have on someone's body and mind. How does drug use affect the way a person behaves?
2. Peer pressure is just one reason people use drugs. Why do you think some people give in to peer pressure when they know the dangers of drugs? How can people stand up to peer pressure? List other reasons people may take drugs.
3. Drug addiction can drastically hurt someone's health and lifestyle. Describe the consequences addiction can have on someone's future and relationships with others. How can someone get help for drug addiction?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### A Dose of Reality

#### Objectives:

Students will:

- Discover the dangers of drug use
- Identify the consequences of drugs on the body and mind

#### Materials:

- Computer with Internet access
- Video camera and tape

#### Class Time:

2 hours

#### Activity:

Being a teenager is not always easy. You're constantly faced with new challenges, and now that you're older, you're able to make your own decisions about these challenges. When things get really tough, drugs may seem like an easy way out. But before walking down that road, it's best to know the facts and dangers involved. Read the articles at KidsHealth to learn about drugs, what they do to the body and mind, and how they can lead to addiction. Next, work with a partner to create a video or play that highlights a particular drug and its consequences. In your video or play, be sure to show what drugs do to the body and mind and how they affect someone's life. Also include how drugs affect attitude, judgment, behaviors, and relationships. Once you have finished your video or play, share it with the class.

#### Extensions:

1. Now that you know the consequences of drugs, create an advertisement warning other teens against drug use. While creating your ad, make sure your message is focused and clear, and that your words and images convey these ideas.
2. Think about your plans for your future. Whether it's to graduate and go to college, do well in your next job or sports events, or to memorize your lines for the school play, using drugs can get in the way. List ways drugs can hurt you and your future. Next, brainstorm ways you can help ensure that drugs won't interfere with your plans.
3. Feeling stressed? List 10 ways you can reduce stress without using drugs. Create a poster to remind your peers of the positive ways they can deal with the pressures in their lives.



## Ease the Pressure

### Objectives:

Students will:

- Recognize how peer pressure affects the choices they make
- Identify ways to deal with pressure to use drugs

### Materials:

- Computer with Internet access
- Ease the Pressure Handout (available at: [KidsHealth.org/classroom/9to12/problems/drugs\\_handout1.pdf](http://KidsHealth.org/classroom/9to12/problems/drugs_handout1.pdf))

### Class Time:

90 minutes

### Activity:

While your friends can provide support through tough times, they may also be the root of your problems, especially if they're pressuring you to use drugs. As a result, it's important to know how to handle peer pressure when it arises. Read the articles at KidsHealth to learn about peer pressure and drugs. Using the Ease the Pressure handout, work with a partner to write a scene in which one teen is being pressured to use drugs. Think about who your characters are, what will happen in your scene, and the strategies he or she will use to say no. Finally, role-play your scenario for the class and discuss ways that teens can refuse to use drugs.

### Extensions:

1. Draw a line down the center of a sheet of paper. In the first column, list ways your peers might try to get you to do drugs. In the second column, list ways to counter these ploys.
2. A friend has revealed that he's using drugs and wants help. Role-play a scenario in which he asks an adult for help.
3. Peers aren't the only ones to pressure you to use drugs. Sometimes pressure comes from other places. What messages do you see about drugs on TV, in movies, and in other media? How do they affect your choices about drugs?

## Reproducible Materials

Handout: Ease the Pressure

[KidsHealth.org/classroom/9to12/problems/drugs\\_handout1.pdf](http://KidsHealth.org/classroom/9to12/problems/drugs_handout1.pdf)

