



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.
- 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.

National Health Education Standards:
www.cdc.gov/healthyschools/sher/standards/index.htm

Despite the fact that they're illegal and dangerous, drugs are still accessible to kids and teens. These activities will help your students learn what drugs do to the body and mind, and enable them to counter peer pressure to take drugs.

Related KidsHealth Links

For Kids:

What You Need to Know About Drugs

KidsHealth.org/en/kids/know-drugs.html

Dealing With Peer Pressure

KidsHealth.org/en/kids/peer-pressure.html

School Counselors

KidsHealth.org/en/kids/school-counselors.html

For Teens:

Drugs: What To Know

TeensHealth.org/en/teens/know-about-drugs.html

Prescription Drug Abuse

TeensHealth.org/en/teens/prescription-drug-abuse.html

Study Drugs

TeensHealth.org/en/teens/study-drugs.html

Are Steroids Worth the Risk?

TeensHealth.org/en/teens/steroids.html

Dealing With Addiction

TeensHealth.org/en/teens/addictions.html

I Think I May Have a Drinking/Drug Problem. What Should I Do?

TeensHealth.org/en/teens/drinking-drug-problem.html

Peer Pressure

TeensHealth.org/en/teens/peer-pressure.html

Discussion Questions

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

1. We've all heard warnings about illegal drugs and how dangerous they can be. What can drugs really do to the body and mind? Why are they so dangerous?
2. One problem with using drugs is that they're addicting. Why is it so difficult for people to stop using drugs once they're addicted? What happens to the body? In what ways can people get help with drug problems?



Activities for Students

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

The Real Deal

Objectives:

Students will:

- Learn how illegal drugs hurt the body

Materials:

- "The Real Deal" handout
- Computer with Internet access

Class Time:

1 hour

Activity:

What makes illegal drugs so dangerous? Drugs are basically chemicals that change the way your body works. But how do they change what your body is doing and why is this so harmful? Read the KidsHealth.org articles to learn more about drugs and what they do to the body. Next, select a drug that people take and use the handout to create a storyboard detailing what happens once someone takes that drug.

In your storyboard, be sure to address:

- The physical effects of using the drug
- How someone might behave under the influence of the drug
- Problems the person might face while being under the influence

Extensions:

1. Create a second storyboard showing someone's addiction to the drug. Be sure to show what it does to a person's body, mind, and lifestyle over time.
2. In a final storyboard, show how and where someone can seek help for drug addiction, and the things people can do to live a drug-free lifestyle.



The Pressure's On

Objectives:

Students will:

- Identify ways to deal with the pressure to use illegal drugs
- Determine alternatives to taking drugs

Materials:

- Computer with Internet access

Class Time:

1 hour

Activity:

A major reason kids and teens take drugs is peer pressure – they think it will help them fit in or look cool – but what would happen if the pressure were reversed? What if friends pressured each other to stay away from drugs? After reading the KidsHealth.org articles, work with a partner to create a scenario in which the idea of taking drugs comes up between two friends. The first one wants to take them, the second thinks it's a bad idea. How will the second friend say no and convince the friend not to do drugs? What are some healthy alternatives to doing drugs?

Extensions:

1. Sometimes all the pressure in the world isn't enough to convince someone to do the right thing. Imagine that the first friend really wants to take drugs. Rather than allowing this to happen, what can the second friend do now?
2. One way to prevent drug use is for parents and guardians to talk to their kids and teens about drugs. Write a fact sheet that lists what parents should tell their kids and teens about drugs and how to best bring up the subject.
3. Make a list of things kids and teens can say to deal with peer pressure to do drugs – quick one-liners to make it clear that drugs aren't for them.

Reproducible Materials

Handout: The Real Deal

KidsHealth.org/classroom/6to8/problems/drugs/drugs_handout1.pdf

Quiz: Drugs

KidsHealth.org/classroom/6to8/problems/drugs/drugs_quiz.pdf

Answer Key: Drugs

KidsHealth.org/classroom/6to8/problems/drugs/drugs_quiz_answers.pdf



Name: _____

Date: _____

The Real Deal

Instructions: Read the KidsHealth.org articles to learn more about drugs and what they do to the body. Select a drug people take and use this handout to create a storyboard detailing what happens when someone takes that drug. In your storyboard, make sure to address:

- The physical effects of using the drug
- How someone might behave under the influence of the drug
- Problems the person might face while being under the influence



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. List three reasons people abuse drugs.

- a. _____
- b. _____
- c. _____

2. Name two reasons drugs can be dangerous.

- a. _____
- b. _____

3. When people are dependent on a drug, they are _____.

- a. high
- b. narcotic
- c. addicted

4. List four signs that someone is abusing drugs.

- a. _____
- b. _____
- c. _____
- d. _____



Quiz Answer Key

1. List three reasons people abuse drugs.

Any three of the following: to fit in, to be popular, to feel better, to escape from problems, peer pressure, to get attention, curiosity.

2. Name two reasons drugs can be dangerous.

Any two of the following: damage to brain, heart, and other organs; limited ability to make good decisions and/or think clearly; makes people do dangerous things to themselves or others; can cause death; many drugs are illegal and can lead to prison and/or fines.

3. When people are dependent on a drug, they are _____ *addicted* _____.

- a. high
- b. narcotic
- c. addicted

4. List four signs that someone is abusing drugs.

Any four of the following: lose interest in school, change friends, moody/cranky, want to be left alone, difficulty concentrating, sleep a lot, get into fights, red/puffy eyes, lose or gain weight, cough a lot, runny nose.
