



[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.

National Health Education Standards: [www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

It's imperative that teens know the facts about drugs so they can understand the risks. These activities 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 To Know

[TeensHealth.org/en/teens/know-about-drugs.html](http://TeensHealth.org/en/teens/know-about-drugs.html)

#### Prescription Drug Abuse

[TeensHealth.org/en/teens/prescription-drug-abuse.html](http://TeensHealth.org/en/teens/prescription-drug-abuse.html)

#### Study Drugs

[TeensHealth.org/en/teens/study-drugs.html](http://TeensHealth.org/en/teens/study-drugs.html)

#### Are Steroids Worth the Risk?

[TeensHealth.org/en/teens/steroids.html](http://TeensHealth.org/en/teens/steroids.html)

#### Dealing With Addiction

[TeensHealth.org/en/teens/addictions.html](http://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](http://TeensHealth.org/en/teens/drinking-drug-problem.html)

#### Peer Pressure

[TeensHealth.org/en/teens/peer-pressure.html](http://TeensHealth.org/en/teens/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 can 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 hurt someone's health and lifestyle. Describe the consequences addiction can have on someone's relationships and their future. 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.*

### Dose of Reality

#### Objectives:

Students will:

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

#### Materials:

- Computer with Internet access
- Video recorder (or smart phone)

#### Class Time:

2 hours

#### Activity:

Read the TeensHealth.org articles 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 skit that highlights a particular drug and its consequences. In your video or skit, 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 skit, share it with the class.

#### Extension:

Feeling stressed? List 10 ways you can reduce stress without using drugs or alcohol. Check out the Stress & Coping minisite for teens ([TeensHealth.org/en/teens/center/stress-center.html](http://TeensHealth.org/en/teens/center/stress-center.html)), then create an illustrated poster or infographic to remind classmates about positive ways to deal with stress.



## 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

### Class Time:

90 minutes

### Activity:

While 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. That's why it's important to know how to handle peer pressure when it arises. Read the TeensHealth.org articles 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. Peers aren't the only ones to pressure people 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?

## Reproducible Materials

**Handout: Ease the Pressure**

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



Names:

Date:

## Ease the Pressure

Instructions: With a partner, write a situation in which a teen is being pressured to use drugs. Then act out your scene in front of your class. Use the questions below to get you started.

1. Describe your characters:
  
  
  
  
  
  
  
  
  
  
2. Describe the setting:
  
  
  
  
  
  
  
  
  
  
3. What drug is the person being pressured to use?
  
  
  
  
  
  
  
  
  
  
4. What's the situation? How is the character being pressured?
  
  
  
  
  
  
  
  
  
  
5. How will your character decline to use this drug? What strategies will he or she use?