
UNIT: SENSITIVE ISSUES**TOPIC: Substance Abuse****TIMELINE: 2-3 Days**

OBJECTIVES:

After completing this unit the student will:

1. Explain statistics associated with substance abuse in teens.
2. Define a typical substance abuser.
3. Recite Utah laws concerning substance abuse.
4. List behaviors that are associated with substance abuse.
5. Identify resources that help people with substance abuse problems.
6. Explain how media promotes substance abuse.
7. Identify activities and attitudes that help prevent substance abuse.
8. Develop statements that can be used to avoid pressures to become involved with substance abuse.

MOTIVATOR/INTRODUCTION:

Have students complete the pre-test on substance abuse. Discuss the answers with the students.

INFORMATION:

1. It's the Law
2. Typical Drug Abuser

GUEST SPEAKERS:

1. Drug Free Schools Coordinator, films, or videos he/she may have.
2. Law enforcement officer

INDIVIDUALIZED ACTIVITIES:

1. Destructive Behaviors
2. Preventing Substance Abuse
3. Assistance for Substance Abusers
4. Media and Substance Abuse
5. What Leads to Substance Abuse?
6. Spread the Word
7. Just Say . . .

GROUP ACTIVITIES:

1. 101 Things to Do Instead of Drugs

SUBSTANCE ABUSE OVERVIEW CONTINUED

CHALLENGE PROJECTS:

1. **INTERVIEW:** Have students talk to someone they know who has been a substance abuser. Discuss how the abuse began, how much it cost them in terms of dollars and in terms of personal trauma (health, work, school, family ties, etc.), how the person broke the habit and how much it cost to overcome the addiction.
2. **FAMILY/FRIEND DISCUSSION:** Have the students discuss with their families and/or friends ways they can prevent substance abuse. They could make a list of meaningful activities they could participate in to keep busy and away from harmful situations.

SUMMARY:

Substance abuse is a common problem. There are many types of substance abuse. It is importance to seek professional help for people with a substance abuse problem.

RESOURCES:
