PRE-TEST ON SUBSTANCE ABUSE

1. In Utah, how many students between 12-17 need treatment for alcohol or other drug abuse problems each year?
   a. 500-600
   b. 14,000-15,000
   c. over 1,000,000
   d. 1,000-3,000

2. Tobacco and alcohol are known as gateway drugs. This means that:
   a. they are easy to obtain
   b. they aren't real drugs
   c. they begin the use of other drugs
   d. you begin using them in your teen years

3. How many students in grades 7-12 in Utah schools use tobacco daily?
   a. 13%
   b. 5%
   c. 2%
   d. 25%

4. Active smoking kills how many people annually:
   a. 400,000
   b. 100,000
   c. 40,000
   d. 1,000,000

5. How many cigarettes does it take to begin the addictive process?
   a. 3 packs
   b. 2 cigarettes a day for a month
   c. 10 cigarettes
   d. 2 cigarettes

6. The legal age for use of alcohol in Utah is:
   a. 21
   b. 18
   c. 19
   d. 24

7. Fewer than eight percent of the youth who need treatment are receiving it. T  F

8. Passive smoking is the second leading cause of preventable disease. T  F

9. Youth who smoke are much more likely to use alcohol and other drugs than youth who do not smoke. T  F

10. Other than alcohol, marijuana is the most used drug by adolescents in Utah. T  F

11. A tax on tobacco products has no effect on the amount teenagers use. T  F

12. Cigarette smoking is the single most preventable cause of disease and death in the United States. T  F

13. Smoking costs in Utah, including direct medical expenses and lost productivity, exceed 160 million annually. T  F

14. Matching: How many deaths are caused daily by the following:

   _____ 385 a. illegal drugs
   _____ 35 b. tobacco
   _____ more than 1,000 c. alcohol

15. Place the list of drugs in the correct category: marijuana, alcohol, tobacco, cocaine, hallucinogens, prescription drugs

   **ILLEGAL DRUGS**

   **LEGAL DRUGS**
SUBSTANCE ABUSE PRE-TEST--KEY

1. In Utah, how many students between 12-17 need treatment for alcohol or other drug abuse problems per year?
   b. 14,00-15,000

2. Tobacco and alcohol are known as gateway drugs. This means that:
   c. they begin the use of other drugs. Gateway drugs make it much easier for
      the user to begin using different types of drugs. Gateway drugs are relatively
      easy to obtain and are less expensive than other drugs.

3. How many students in grade 7-12 in Utah schools use tobacco daily?
   b. 5%

4. Active smoking kills how many people annually:
   a. 400,000. Active smoking refers to the person that is actually
      smoking the cigarette.

5. How many cigarettes does it take to begin the addictive process?
   d. 2 cigarettes. Additions begin very easily, but are very difficult
      to break. It's much better to never touch harmful substances.

6. The legal age for use of alcohol is:
   a. 21

7. Fewer than eight percent of the youth who need treatment are receiving it. TRUE

8. Passive smoking is the second leading cause of preventable disease.
   F Passive smoking refers to being in the room with someone who is smoking.
   However, the second leading cause of preventable disease is alcohol abuse.

9. Youth who smoke are much more likely to use alcohol and other drugs than youth who do not
   smoke.
   T Once the addiction process has begun, it is much easier to move on to
   additional drugs.

10. Other than alcohol, marijuana is the most used drug by adolescents in Utah.
    F Marijuana is a harmful, addictive substance, but cigarettes and alcohol are the
    main drugs used by adolescents in Utah.

11. A tax on tobacco products has no effect on the amount teenagers use.
    F The cost of cigarettes decreases the amount of smoking done by teens.

12. Cigarette smoking is the single most preventable cause of disease and death in the United
    States. T

13. Smoking costs in Utah, including direct medical expenses and lost productivity, exceed 160
    million annually.
    T This is a very expensive habit for anyone to begin.

14. Matching: How many deaths are caused daily by the following:
    C 385 a. illegal drugs
    D 35 b. tobacco
    B more than 1,000 c. alcohol

15. Place the list of drugs in the correct category: marijuana, alcohol, tobacco, cocaine,
    hallucinogens, prescription drugs
    ILLEGAL DRUGS
    marijuana
    cocaine
    hallucinogens
    LEGAL DRUGS
    alcohol
    tobacco
    prescription drugs
    It is important to remember that legal drugs can be addicting and dangerous,
    just as illegal drugs.
TYPICAL DRUG ABUSER

Post pictures at the front of the room where all students can see them. Pictures should include a baby, an elementary age student, a teenager, a rebel (earring, long hair, poorly dressed, etc.), a professional (suits and briefcases), a housewife, an older couple. Be sure to include both male and females in the pictures.

Discuss:

1. Which of these people do you think is a substance abuser?
2. Write the number of the picture on your paper.
3. Describe why you think this person is addicted?
4. What kind of substances do you think this person uses?
5. Have the class share their opinions.
6. Share with the class that all of these people could be substance abusers, or none of them could be. You cannot tell if a person is a substance abuser simply by his/her appearance.
   a. The baby may be born addicted to the drugs his/her mother took.
   b. Elementary-age students can be hooked on their parents' addictions, or get substances from their friends.
   c. Teens that abuse drugs usually get hooked due to peer pressure and the willingness of associates to share substances with them.
   d. People who appear unkempt do not necessarily use drugs. Anyone can be a drug addict.
   e. Well-educated professionals can easily become hooked on recreational drugs. They have the money to spend and sometimes they use their high level of stress as an excuse to use alcohol and drugs.
   f. A mother or father can become addicted to prescription drugs or alcohol.
   g. Anyone may become hooked on pain killers, alcohol, or other substances.

POINTS TO STRESS:
1. ANYONE can become a drug addict.
2. You CANNOT identify a drug addict by his/her appearance, but many times you can identify him/her by his/her actions.
3. Never share prescription drugs with your friends or family members. The doses and effects of the drug may be deadly to them.
4. Alcohol and cigarettes are drugs. Don't let your friends talk you into trying them. Addiction happens very quickly.
5. NO ONE thinks he/she will become an addict. Everyone begins using drugs thinking they will not get hooked; unfortunately, many do become addicted.
IT'S THE LAW!

Obtain a copy of your school substance abuse policy. Make a transparency of it and the following state laws. Discuss these rules and laws with the class. Substance abuse is no laughing matter. It goes on a person's record for life and can affects the lives of everyone with whom he/she associates.

HB 152--Effective April 24, 1989

1st Conviction Any Drug Offense
   Court must order $150.00 drug fee
   Court must assess 20-100 hours of community service
   Court must order suspension of driver's license
   All of the above are in addition to any other penalties imposed

1st Conviction Alcohol Offense
   Court may notify drivers license division
   Court may impose community service hours
   Court may impose other sanctions
DESTRUCTIVE BEHAVIORS

There are many destructive behaviors associated with substance abusers. Find the words below that describe these behaviors.

<table>
<thead>
<tr>
<th>QMOBD</th>
<th>DOPMEN</th>
<th>GBGF</th>
<th>KBFK</th>
<th>OLMQ</th>
</tr>
</thead>
<tbody>
<tr>
<td>ISCHO</td>
<td>FAILU</td>
<td>EFKH</td>
<td>MBPQ</td>
<td>OGAQ</td>
</tr>
<tr>
<td>JKKEM</td>
<td>RACIM</td>
<td>EKJM</td>
<td>FHEP</td>
<td>DMPK</td>
</tr>
<tr>
<td>OCBC</td>
<td>FDPI</td>
<td>GJGQ</td>
<td>BMJD</td>
<td>AIOF</td>
</tr>
<tr>
<td>UOQT</td>
<td>AQFPL</td>
<td>MIV</td>
<td>LIOE</td>
<td>FOSK</td>
</tr>
<tr>
<td>INOLTA</td>
<td>NDFFD</td>
<td>BMDDEO</td>
<td>FQMD</td>
<td>CHGGE</td>
</tr>
<tr>
<td>CBHBD</td>
<td>JIAAL</td>
<td>BJLK</td>
<td>OOBDE</td>
<td>GPMG</td>
</tr>
<tr>
<td>JFFQOE</td>
<td>IADPEE</td>
<td>PALQOM</td>
<td>ICBE</td>
<td>MCCKA</td>
</tr>
<tr>
<td>JFMMJ</td>
<td>IHISK</td>
<td>LKPC</td>
<td>CQDH</td>
<td>BOQAN</td>
</tr>
<tr>
<td>KEQJE</td>
<td>GSSGF</td>
<td>NNBOI</td>
<td>YANG</td>
<td>BTGGH</td>
</tr>
<tr>
<td>LDKN</td>
<td>JIEMI</td>
<td>EONJV</td>
<td>LLML</td>
<td>NEOLI</td>
</tr>
<tr>
<td>HLPALOA</td>
<td>ALNEN</td>
<td>IGMJ</td>
<td>IJGGLD</td>
<td>DJALBP</td>
</tr>
<tr>
<td>DIBSD</td>
<td>NJOKI</td>
<td>TCEAMMAMP</td>
<td>QLKE</td>
<td>LEQOQD</td>
</tr>
<tr>
<td>BEIKP</td>
<td>ENANL</td>
<td>COAQD</td>
<td>FFERE</td>
<td>HNLDFG</td>
</tr>
<tr>
<td>NDJN</td>
<td>FLOCUOH</td>
<td>QHH</td>
<td>OLEFK</td>
<td>EEJG</td>
</tr>
<tr>
<td>JOPL</td>
<td>JABDAP</td>
<td>JKQL</td>
<td>KGQD</td>
<td>ESDOA</td>
</tr>
<tr>
<td>EEL</td>
<td>BBLKOA</td>
<td>AMJMKDKD</td>
<td>UAGMM</td>
<td>SKBDNHAI</td>
</tr>
<tr>
<td>HBPNNP</td>
<td>QRSNF</td>
<td>KHDGMK</td>
<td>JBBOB</td>
<td>PAMOHAD</td>
</tr>
<tr>
<td>NEHMKOP</td>
<td>CPJ</td>
<td>BJQI</td>
<td>PHJPPFG</td>
<td>QCNEGD</td>
</tr>
<tr>
<td>IGKDRCL</td>
<td>LGFL</td>
<td>HDGCEQ</td>
<td>KEQO</td>
<td>JQEOQD</td>
</tr>
<tr>
<td>HLDGA</td>
<td>GDLN</td>
<td>JOEP</td>
<td>KEMDLM</td>
<td>LHQFH</td>
</tr>
<tr>
<td>KLOL</td>
<td>GLOGK</td>
<td>DPEBI</td>
<td>JGI</td>
<td>EJHI</td>
</tr>
<tr>
<td>EPHHOQD</td>
<td>BEAD</td>
<td>NGGBFLATEOAL</td>
<td>IDPE</td>
<td>PCIC</td>
</tr>
<tr>
<td>JGF</td>
<td>FWE</td>
<td>NHAMPCL</td>
<td>KJGIY</td>
<td>CAECU</td>
</tr>
<tr>
<td>NLPAHEIF</td>
<td>DOIDK</td>
<td>HKLH</td>
<td>MBDMJ</td>
<td>HSNAGIE</td>
</tr>
<tr>
<td>BCLG</td>
<td>IGHN</td>
<td>AKHIBADLC</td>
<td>QAOGK</td>
<td>CJOLLM</td>
</tr>
<tr>
<td>LECECQ</td>
<td>HNCLCLJ</td>
<td>JML</td>
<td>LQKQDGK</td>
<td>NHDQGI</td>
</tr>
<tr>
<td>DCQA</td>
<td>IEEQPA</td>
<td>AACLH</td>
<td>QQBBPB</td>
<td>EAECRO</td>
</tr>
<tr>
<td>IOPKF</td>
<td>HMBM</td>
<td>OAGCBP</td>
<td>QLEHP</td>
<td>DNFJ</td>
</tr>
<tr>
<td>KMNJLQ</td>
<td>GKBH</td>
<td>LIEJFNI</td>
<td>LKPB</td>
<td>BPAQBLL</td>
</tr>
</tbody>
</table>

Do you have friends that are living with any of these conditions? If your friends are influenced by several of these situations, they may consider using drugs to "escape" from the pressures they face everyday. If you know people who are having this kind of trouble, be a good friend to them and help them find good activities to do with their time. However, if they try to get you involved in their bad (high risk) behavior, stop associating with them and spend time with your family or friends who have the same values as you.
PREVENTING SUBSTANCE ABUSE

There are many activities a person can become involved in which will help prevent substance abuse. Unscramble the following words to identify what these activities are.

A. TANGIEDTN "UTSJ SYA ON" SROMPARG

B. DOGO IOTCOMCUIMNAN

C. SVSAIESRTESEN

D. ROMPARG GVOSLINI LILKSS

E. OENIDSCI GAMKIN LKISSL

F. ESLF MMEPVIORNTE

G. SSSERT ITURDECNO

H. GLLFOOIWN ODOG ELOR LOMEDS

I. IICPARTCGN LSERFUA IKSLLS

J. NERL*. OT KIEL FOYLERUS

The most important skills you can learn to prevent substance abuse are assertiveness and refusal skills. If you need more information about these skills, see your teacher or contact your Drug Free Schools Coordinator.
A. TANGIEDTN "UTSJ SYA ON" SROMPARG
   Attending "Just Say No" Programs
B. DOGO IOTCOMCUIMNAN
   Good Communication
C. SVSAIESRTESEN
   Assertiveness
D. ROMPARG GVOSLNI LILKSS
   Problem Solving Skills
E. OENIDSCI GAMKIN LKISSL
   Decision Making Skills
F. ESLF MMEPVIORNTE
   Self-Improvement
G. SSSERT ITURDECNO
   Stress Reduction
H. GLLFOOINW ODOG ELOR LOMEDS
   Following Good Role Models
I. IICPARTCGN LSERFUA IKSLLS
   Practicing Refusal Skills
J. GNERILAN OT KIEL FOYLERUS
   Learning to Like Yourself
ASSISTANCE FOR SUBSTANCE ABUSERS

Using the telephone directory, find as many resources as you can that are available to help with substance abuse. List the name of the organization, the phone number and address. You may wish to call and ask what services they have available to help people prevent substance abuse, or to help people who abuse drugs. Some ideas are listed below:

<table>
<thead>
<tr>
<th>PEOPLE/ORGANIZATIONS WHO HELP</th>
<th>PHONE #</th>
<th>ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Health department</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Hospital</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Physician</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. School counselor</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Help line</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Substance abuse centers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Alcoholics Anonymous</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Clergy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Private counselor</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. Friend</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
MEDIA AND SUBSTANCE ABUSE

1. Look through an entire magazine or newspaper. Count the number of times you see addictive substances shown (beer, cigarettes, wine coolers, etc.). Some of the pictures may not be selling addictive substances, but count them anyway. How many did you find? ________________

2. Select the advertisement for an addictive substance you think was most convincing. Mount the advertisement on a piece of heavy paper. Then answer the following questions about the advertisement.

3. Where did you find this advertisement?

4. What is this advertisement trying to sell?

5. Do you want to use this product? Why or why not?

6. Does this advertisement show the person actually using the product? (The laws governing advertising prohibit illustrations of people actually using harmful products. They may be holding them, or have them near their mouth, but not actually using the product.)

7. What does the advertisement want you to think about this product?

8. Are these advertisements promoting good health?

9. Do these advertisements have a health warning label printed on the page?

10. Be prepared to share your advertisement and answers with the class.
WHAT LEADS TO SUBSTANCE ABUSE?

There are many circumstances that may lead to substance abuse. Complete the following crossword puzzle to find what some of these circumstances may be.

1. When a person is non-traditional, has low or no involvement in an organized religion, resists authority and is very independent, he/she is sometimes called ____________________________.
2. A family with one parent that lives at home is called a ____________________________ household.
3. When two single parents marry again, the family is then called a ______________ family.
4. When a person's friends push him/her to get involved with substance abuse, it is called ____________________________.
5. When you are faced with situations you do not how to solve, these situations might be called ____________________________.
6. When people are rebellious, hyperactive, delinquent and abuse drugs, we call this ____________________________ behavior.
7. The way a person lives (whether they smoke, what they eat, exercise habits, etc., it is called his/her ____________________________.
8. When a student gets low grades and is absent from school very often, that student has ____________________________ problems.
9. Children who care for themselves most of the time are called ____________________________ children.

WORDS TO USE:

LATCHKEY       BLENDED
SCHOOL         NON-CONVENTIONAL
PEER PRESSURE   SINGLE PARENT
LIFESTYLE       PROBLEMS
ANTISOCIAL

IMPORTANT!!!!!! If you live in one of the above situations it does NOT mean you will abuse drugs. However, these situations have been identified as conditions that may encourage drug abuse. Be cautious of your friendships to see if any of your friends may be in these situations and need some help. Do not try to handle serious problems by yourself--get an adult to help!
WHAT LEADS TO SUBSTANCE ABUSE?

CROSSWORD PUZZLE
WHAT LEADS TO SUBSTANCE ABUSE

ANSWERS:

1. non-conventional
2. single parent
3. blended
4. peer pressure
5. problems
6. antisocial
7. lifestyle
8. school
9. latchkey
SPREAD THE WORD

This is an assignment that will help our class spread the word to our school that substance abuse is unacceptable. You may work in a small group, or individually, to make some type of song, poster, advertisement, poem, cartoon, or motto to share with our class and school concerning why substance abuse is harmful.
JUST SAY . . .

What would you say in the following situations? Write your response, then discuss the situations as a class.

1. Your best friends are having a party this week-end. You've heard them talking about the drink they will be serving—it isn't alcohol free. What will you say?

2. Your parents had a party last night. There's a bottle of wine left in the refrigerator. No one is home but you and your friend. He/she suggests that you have a glass of wine. What will you say?

3. You have a splitting headache. Your friend has a pill he/she says will make it feel better. What will you say?

4. You have tried all year to become a member of a certain crowd. They have finally accepted you. Now, they are all at a party and someone gets out a package of cigarettes. You know the dangers of smoking and do not believe it is a good thing to do. They offer you the first cigarette. What will you say?

5. You are spending the week-end with your cousins. They offer you a drink that smells unfamiliar. You ask them what it is, but they just laugh and say, "Oh, you'll love it!". What will you say?

6. You just got home from a party. The pressure to have just one drink of beer was too much to resist. Your parents are still awake. They ask you to come and talk a while. From the looks on their faces, you know that they know you've been drinking. What will you say? Was it worth the drink?

7. You couldn't resist a few drinks at a party, and neither could everyone else, including the driver. You know the driver should not drive. What will you say to your friends when they encourage you to ride home with them? What could you do to get a safe ride home?
101 THINGS TO DO INSTEAD OF DRUGS

As a small group, make a list of fun, creative activities you can do in your spare time. They should help build self-esteem, not cost too much, and not hurt anyone. The first team finished gets 5 extra points for each member of the team.
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.
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.