

.....  
 SUBSTANCE ABUSE

MOTIVATOR  
 22 POINTS POSSIBLE

Name \_\_\_\_\_

Class \_\_\_\_\_

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
 

|                      |                    |
|----------------------|--------------------|
| <u>ILLEGAL DRUGS</u> | <u>LEGAL DRUGS</u> |
|----------------------|--------------------|

=====

SUBSTANCE ABUSE

MOTIVATOR  
SUBSTANCE ABUSE PRE-TEST KEY

## 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. Addictions 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:  

|                              |                  |
|------------------------------|------------------|
| <u>  C  </u> 385             | a. illegal drugs |
| <u>  A  </u> 35              | b. tobacco       |
| <u>  B  </u> more than 1,000 | c. alcohol       |
15. Place the list of drugs in the correct category: marijuana, alcohol, tobacco, cocaine, hallucinogens, prescription drugs  

|                      |                    |
|----------------------|--------------------|
| <u>ILLEGAL DRUGS</u> | <u>LEGAL DRUGS</u> |
| marijuana            | alcohol            |
| cocaine              | tobacco            |
| hallucinogens        | prescription drugs |

**It is important to remember that legal drugs can be addicting and dangerous, just as illegal drugs.**

## SUBSTANCE ABUSE-----INFORMATION

## 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.

## SUBSTANCE ABUSE-----INFORMATION

## 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 affect 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 driver's license division

Court may impose community service  
hours

Court may impose other sanctions

Name \_\_\_\_\_ Class \_\_\_\_\_

**DESTRUCTIVE BEHAVIORS**

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

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Q | M | O | B | H | D | O | D | P | M | E | N | G | B | B | G | P | F | G | B | Q | K | B | F | K | O | K | L | L | M | Q | M |
| I | S | C | H | O | O | L | F | A | I | L | R | E | F | P | H | E | H | K | L | M | B | P | O | P | A | Q | G | M | F | B |   |
| J | K | K | E | M | I | R | C | A | K | P | N | I | E | K | M | J | M | F | H | E | P | D | M | K | B | C | P | M | L | M | N |
| O | C | B | C | C | F | D | J | P | I | E | G | J | G | Q | K | B | M | J | D | A | I | O | F | U | F | Q | M | N | C | N | F |
| O | M | J | O | A | Q | F | A | M | I | L | Y | V | I | O | L | E | N | C | E | D | P | I | S | K | O | H | N | F | E | O | F |
| I | S | O | L | A | T | I | O | N | L | N | D | F | D | I | B | M | E | D | O | H | F | E | Q | M | D | C | H | G | G | E | P |
| C | B | H | B | D | J | A | A | L | B | J | L | K | J | O | O | B | D | E | M | G | P | M | E | G | J | G | I | E | C | D | P |
| J | F | F | Q | O | E | I | A | D | P | E | E | P | A | L | Q | O | M | I | N | C | B | E | E | M | C | D | A | O | B | A | O |
| J | J | F | F | M | J | I | H | I | S | K | L | K | F | C | Q | D | H | B | O | Q | A | N | C | C | N | I | M | B | P | I |   |
| K | E | Q | J | E | G | G | A | S | G | F | N | N | B | O | I | Y | A | N | G | E | B | T | G | G | H | J | N | J | I | L | K |
| M | H | A | E | K | H | I | E | B | A | K | C | B | B | F | T | N | F | O | I | O | O | A | N | Q | K | B | P | I | I | E | J |
| M | L | G | P | L | H | K | J | C | G | F | M | N | C | I | Q | Q | G | E | I | B | D | L | E | D | F | L | L | B | O | Q | C |
| L | D | K | N | J | I | E | M | I | E | O | N | J | V | L | L | M | L | N | E | O | L | I | C | D | J | N | L | O | A | J | F |
| H | K | P | A | L | O | A | L | N | E | N | I | G | J | M | G | J | I | J | G | G | L | D | D | J | A | L | B | P | G | N |   |
| D | I | B | S | D | N | J | O | K | I | N | T | C | G | E | A | M | M | A | M | P | Q | L | K | E | L | E | Q | O | Q | D | F |
| B | E | I | K | P | E | N | A | N | L | C | O | A | Q | Q | D | F | F | E | R | E | H | N | L | D | G | E | F | E | N | M | M |
| N | D | J | N | J | F | L | O | C | U | O | H | Q | H | H | I | O | L | E | F | K | E | E | G | I | J | D | A | F | L | K | E |
| J | O | P | G | L | J | A | B | D | A | P | J | K | G | E | L | K | J | G | O | E | D | S | D | O | P | A | K | C | D | G | A |
| E | E | L | I | B | L | K | O | A | O | M | A | J | M | K | D | U | M | A | G | M | M | S | K | B | O | D | N | H | A | I | K |
| H | B | Q | N | P | P | R | Q | G | S | N | F | K | H | E | D | G | M | K | J | O | B | B | P | A | P | M | O | H | A | D | J |
| N | E | H | M | K | P | O | C | P | J | I | B | J | Q | I | P | H | J | P | F | B | G | Q | C | N | E | N | D | G | N | B | I |
| I | G | K | D | R | C | L | Q | L | F | H | D | G | C | E | Q | K | E | Q | O | I | J | Q | E | O | D | O | Q | J | Q | I | J |
| H | L | D | O | G | A | G | L | D | N | J | O | E | F | K | E | M | D | L | M | L | H | Q | F | H | I | G | D | O | L | M | E |
| K | L | O | L | G | L | O | G | K | D | I | P | B | E | P | I | E | J | G | A | I | E | J | H | I | C | J | H | E | C | H | F |
| E | P | H | H | O | Q | E | D | I | B | E | A | D | G | N | G | B | F | L | A | T | E | O | A | L | I | D | P | E | P | C | I |
| J | G | F | E | F | W | E | I | N | H | A | M | P | C | Q | L | K | J | G | I | Y | C | A | C | E | U | P | A | K | O | Q | F |
| N | L | P | A | H | E | I | F | D | O | I | M | K | D | L | H | K | H | M | B | D | M | J | H | S | Q | N | A | G | I | E |   |
| B | C | L | G | I | G | N | N | A | K | H | I | B | A | D | L | C | Q | I | O | G | K | C | K | O | J | L | M | F | N | E | G |
| L | E | E | C | C | Q | H | N | C | L | D | L | J | J | L | L | Q | H | K | Q | O | K | K | N | D | N | H | O | D | G | I |   |
| D | C | Q | A | I | E | E | Q | P | O | A | D | C | L | H | Q | O | B | B | P | B | E | A | E | C | R | O | V | I | D | D | E |
| I | O | F | K | H | F | M | B | I | O | M | A | G | C | B | P | J | Q | L | E | H | P | D | N | F | J | I | E | O | P | C | I |
| K | M | J | L | Q | G | K | B | H | L | I | E | J | F | N | I | L | K | P | B | B | B | P | A | Q | B | L | L | K | P | J | E |

- |              |                |                  |
|--------------|----------------|------------------|
| ABUSE        | FAMILYVIOLENCE | POORPRODUCTIVITY |
| CRIME        | ISOLATION      | PREJUDICE        |
| DISABLED     | LOWINCOME      | SCHOOLFAILURE    |
| DISLIKESSELF | MENTALILLNESS  | SUICIDE          |
| DIVORCE      | MOBILITY       |                  |

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.

SUBSTANCE ABUSE-----INDIVIDUALIZED ACTIVITY  
29 POINTS POSSIBLE

Name \_\_\_\_\_ Class \_\_\_\_\_

### 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 GVOSLNI LILKSS

E. OENIDSCI GAMKIN LKISSL

F. ESLF MMEPVORNTE

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.

## PREVENTING SUBSTANCE ABUSE--KEY

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 MMEPVORNTTE

Self-Improvement

G. SSSERT ITURDECNO

Stress Reduction

H. GLLFOOIWN ODOG ELOR LOMEDS

Following Good Role Models

I. IICPARTCGN LSERFUA IKSLLS

Practicing Refusal Skills

J. GNERILAN OT KIEL FOYLERUS

Learning to Like Yourself

SUBSTANCE ABUSE-----INDIVIDUALIZED ACTIVITY  
20 POINTS POSSIBLE

Name \_\_\_\_\_ Class \_\_\_\_\_

## 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:

| PEOPLE/ORGANIZATIONS WHO HELP | PHONE # | ADDRESS |
|-------------------------------|---------|---------|
| 1. Health department          |         |         |
| 2. Hospital                   |         |         |
| 3. Physician                  |         |         |
| 4. School counselor           |         |         |
| 5. Help line                  |         |         |
| 6. Substance abuse centers    |         |         |
| 7. Alcoholics Anonymous       |         |         |
| 8. Clergy                     |         |         |
| 9. Private counselor          |         |         |
| 10. Friend                    |         |         |



SUBSTANCE ABUSE-----INDIVIDUALIZED ACTIVITY  
20 POINTS POSSIBLE

Name \_\_\_\_\_ Class \_\_\_\_\_

## 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.

SUBSTANCE ABUSE-----INDIVIDUALIZED ACTIVITY  
9 POINTS POSSIBLE

Name \_\_\_\_\_ 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 know 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:

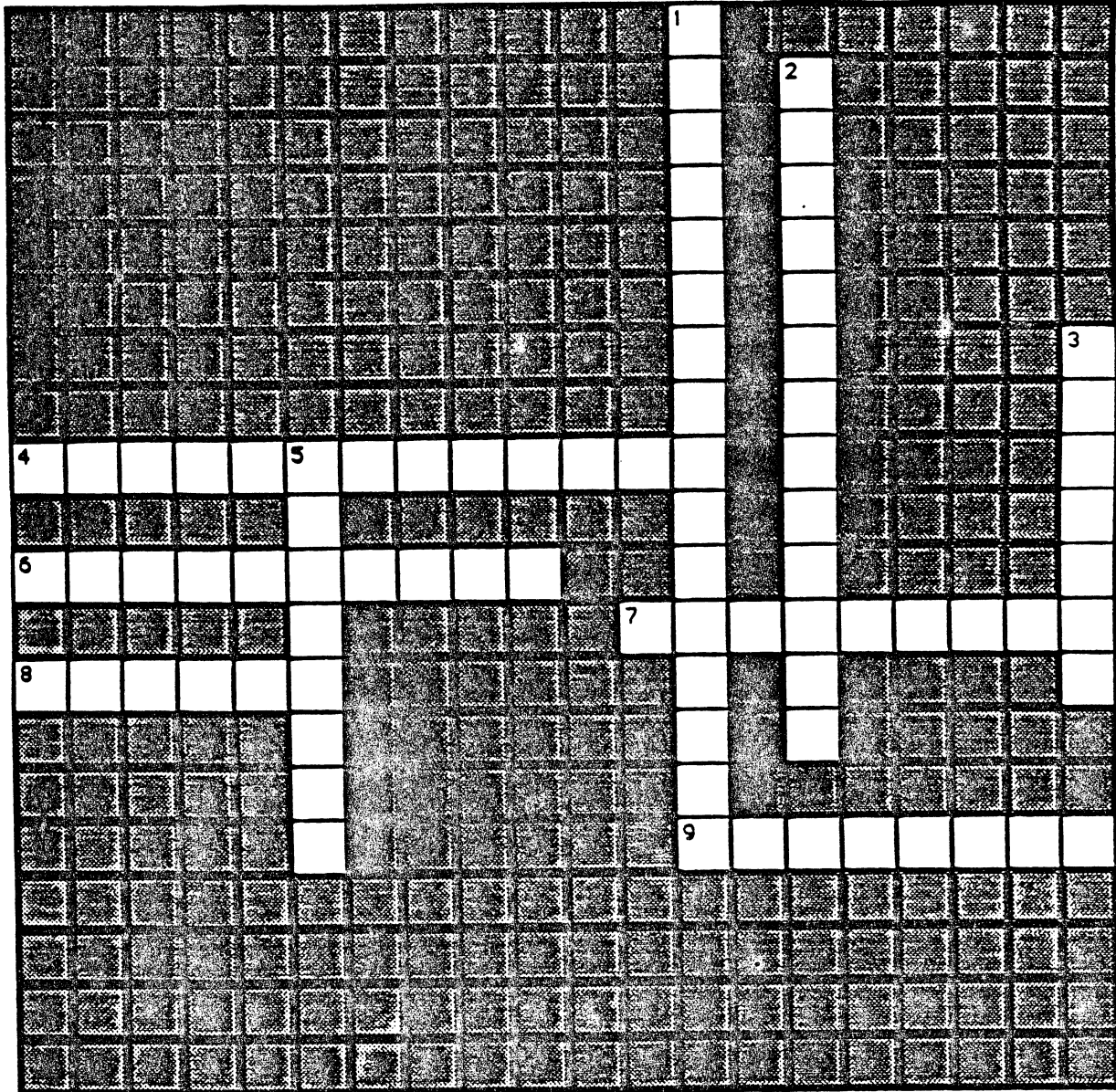
LATCHKEY  
SCHOOL  
PEER PRESSURE  
LIFESTYLE  
ANTISOCIAL

BLENDED  
NON-CONVENTIONAL  
SINGLE PARENT  
PROBLEMS

**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



SUBSTANCE ABUSE-----INDIVIDUALIZED ACTIVITY  
WHAT LEADS TO SUBSTANCE ABUSE--KEY

## 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

SUBSTANCE ABUSE-----INDIVIDUALIZED ACTIVITY  
20 POINTS POSSIBLE

Name \_\_\_\_\_ Class \_\_\_\_\_

### 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.

SUBSTANCE ABUSE-----INDIVIDUALIZED ACTIVITY  
21 POINTS POSSIBLE

Name \_\_\_\_\_ Class \_\_\_\_\_

### 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?

SUBSTANCE ABUSE

GROUP ACTIVITY

20 POINTS POSSIBLE

Name(s) \_\_\_\_\_ Class \_\_\_\_\_

### 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.

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SUBSTANCE ABUSECHALLENGE PROJECT  
20 POINTS POSSIBLE

Name(s) \_\_\_\_\_ Class \_\_\_\_\_

### 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.



SUBSTANCE ABUSE

CHALLENGE PROJECT

20 POINTS POSSIBLE

Name(s) \_\_\_\_\_ Class \_\_\_\_\_

### 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.