

## Substance Use

4/27

### The Basics:

<b>Grade:</b> 9 (Link) and 10	<b>Objective:</b> Students will increase their drug and alcohol abuse IQ by learning and teaching ten facts and myths about drug and alcohol use, and they will gain perspective on the actual rates of use among peers.	<b>Start here:</b> Drug use among teens is not at the epidemic levels many of us believe. Teens should not only know the risks involved in drug use, but also understand that many peers in their school and community choose not to use substances.
<b>Theme:</b> Prom Week – messaging for 9 <sup>th</sup> and 10 <sup>th</sup> grade		
<b>Duration:</b> 35 minutes		
Literacy strategies: Fact and significance; Paraphrase main ideas; Fishbowl		

### REQUIRED ACTIVITIES:

*After being divided into small groups, students will be given a multiple-choice question/topic that they must learn, understand and teach to the class.*

1. (5 min) Connection circle
2. (5 min) Divide students into ten groups – pairs or triads as class numbers dictate – and hand each group one of ten multiple choice question cards. They are to quietly discuss their question and decide on an answer.
3. (10 min) Once students have had an opportunity to selecting their answer, provide them the answer card that corresponds to their question. The small groups should review the answer and prepare to test the rest of the class [by asking the multiple-choice question aloud], and explain the answer IN THEIR OWN WORDS, eg. not reading verbatim from their answer card.
4. (5 min) Once all groups have gone, show the video: Teen Brain Development
5. (5 min) Following the video, refer to the attached PowerPoint to review how drugs impact the brain and brain development.
6. (Remaining time) Close with some statistics that should help students understand that while many teens feel that ‘everyone’ is using drugs, the prevalence of drug use at DHS is modest and has been stable both state-wide and nationally for several years. The point to emphasize is that many students are reluctant to abstain from drugs or alcohol not because of peer pressure but because they fear being the exception. In fact, recent studies suggest that MANY students elect not to use substances because they know it is illegal, unhealthy, can negatively affect school and relationships and have a range of negative effect on brain development.