

Lesson Plan
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Topic:
Drugs

Title:
What are drugs and how can you avoid them?

For:
Middle/Junior High, High School

Length of Time Needed:
45-50 minutes

Objectives:

1. Students will be able to define drugs, gateway drugs, and addiction.
2. Students will be able to learn about different techniques to use when avoiding drugs.

Material Needed:

1. Overhead projector & transparency
2. Board & markers

Activity:

1. What are drugs? Have the students give you a definition and then write it on the board.

Definition:

Drugs are a substance that hinders a person's cognitive ability.

2. Discuss different types of drugs. List them on the board.

Cocaine	Ecstasy	Alcohol
Marijuana	Opiates	LSD
PCP	Heroin	Crack

3. What are gateway drugs? Have the students write down their answer. Then write the definition on the board.

Definition:

Gateway drugs are drugs like alcohol and tobacco. These drugs are usually the first to be used and later lead to more deadly drugs like cocaine and LSD.

4. What is addiction? Have the students tell you their answers. Write the definition on the board.

Definition:

Addiction is to devote you to something.

5. How can you avoid drugs? Have the students work in groups to come up with different ideas. Have them write down their ideas to share. Then place the transparency on the overhead. Discuss.

Evaluation:

Ask these questions after the presentation.

1. What are drugs?
2. What are gateway drugs?
3. What is addiction?
4. How can you avoid drugs?

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The refusal skills steps

1. Ask yourself tough questions to really make yourself think about what you're doing.
2. Name the trouble. "Smoking pot is illegal."
3. Think of the consequences of your actions.
4. Suggest an alternative to doing drugs.
5. Remove yourself from the situation.