

# Essential Standards

8.ATOD.3 - Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.

# Clarifying Objective

8.ATOD.3.2 Identify positive alternatives to the use of alcohol and drugs

# Website for Teens

- [Too Smart to Start](#)

# Focus:

- *There is a popular outfitters store in western North Carolina called Footsloggers. They sell equipment that folks need if they are exploring the out-of-doors: gear for camping, climbing, whitewater rafting, and survival. They also sell t-shirts which read, “Get High on a Mountain!”*
- *The expression “to get high” has popularly meant “to be under the influence of drugs” since the 1960s, but that is not what the slogan on the t-shirt is intended to mean. The owners of the store promote the concept there are other ways “to get high.” They promote alternative activities which provide benefits for health, self-esteem, recreation, and friendship or team building. Achieving those benefits in the scenic mountains of North Carolina is an added bonus*

# Statement of Objectives:

- *When adults hope to influence young people to avoid alcohol and other drugs, we often tell true stories of tragic accidents or overdoses. This makes sense, as alcohol-related accidents are the leading cause of death among teenagers. Today we will look at reasons to avoid substances which are illegal or harmful. By the end of the lesson, you will create positive alternatives to using alcohol and other drugs.*

# Review:

- Display Common Reasons Young People Experiment with Drugs and Alcohol.
- *Before we start into a discussion of alternatives to drug and alcohol use, let's take a look at why young people use drugs in the first place.*
- *These are reasons cited by the U.S. Department of Education.*
- *What are additional reasons young people might say they experimented?*

## COMMON REASONS FOR YOUNG PEOPLE TO USE DRUGS AND ALCOHOL

- *relieve boredom*
- *feel good*
- *forget their troubles  
and relax*
- *have fun*
- *satisfy their curiosity*
- *take risks*
- *ease their pain*
- *feel grown-up*
- *show their independence*
- *belong to a specific group*
- *look cool*



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- Rank the order of the items as to which are more likely to influence a young person to experiment with alcohol and other drugs.



# Background Info

- *Experimentation with alcohol and drugs is far too common and occurs for too many reasons. The prevention of alcohol and drug use can come from a negative perspective (such as fear of getting into trouble) or from a positive perspective. In today's lesson, we will focus on positive alternatives.*
- *Many of you have probably seen a public service announcement in which a reference is made to \_\_\_(something)\_\_\_ being the “anti-drug.” The items include parents, teachers, questions, friends, life, and pets. Most young people avoid drugs to be able to achieve a goal or because other activities are more*

- Go to the internet site, <http://www.abovetheinfluence.com/> and open sites such as pets, soccer, or dancing. Have students listen to and view stories of others their age who have found “anti-drugs” to meet their needs for friendships, goal setting, or achievement. Ask how or why the anti-drug gave the young person satisfaction and prevented him or her from experimenting with substances.
- Place students into pairs and assign each pair an index card with an item written on it. [The items are listed on Appendix 2, Anti-Drugs from the National Youth Anti-Drug Media Campaign.] They are assigned to say how or why the anti-drug listed

# Anti-Drugs

Music

Dancing

Computers

Family

Basketball

My life

Football

Skateboarding

Biking

Drawing

Writing

Pets

Fashion

Comedy

Soccer

School

Acting

Tomorrow

Singing

Friendship



# Guided Practice:

- Provide each student with a copy of, *What are My Anti-Drugs?* Notice the column on the left were reasons youth gave for using drugs and alcohol.
- *In this activity, we will determine positive alternatives to the use of alcohol and other drugs. Select five items, indicate a positive alternative, and be ready to share those with classmates. One example might be “risk taking” and a student might say climbing the rock wall in gym or inviting a friend to go out would be examples of taking positive risks.*

# What are My Anti-Drugs???

<i>Reason for Using Alcohol/Drugs</i>	<i>A Positive Alternative</i>
<i>relieve boredom</i>	
<i>feel good</i>	
<i>forget troubles and relax</i>	
<i>have fun</i>	
<i>satisfy curiosity</i>	
<i>take risks</i>	
<i>ease pain</i>	
<i>feel grown-up</i>	
<i>show independence</i>	
<i>belong to a group</i>	
<i>look cool</i>	

# Closure:

- *Our lesson today dealt with the prevention of alcohol and drug use. Hopefully each of you will find the positive alternatives to “getting high” on a mountain, with friends, through reaching your future goals, or the recognition that living a healthy life is intoxicating in and of itself.*