

LEARNING OBJECTIVES

The purpose of this lesson is for students to review the dangers of drug use and how it impacts one's mental well-being.



LESSON CONTENT

Our mental well-being relies on our ability to focus our attention and think clearly. Healthy habits such as getting quality sleep and exercising can enhance our mental capacities. Addictive substances and behaviors, however, can distract, disrupt, or even severely injure us.

STRATEGIES

- Avoid addictive substances and behaviors.
- Never accept gifts or treats from strangers.

CONVERSATION STARTERS

- What situations may come up in the future that involve drugs/alcohol?
- How can you best commit to a drug-free life and maintain that goal?
- What habits help you think clearly and feel well?
- Who can you talk to if you see something concerning or dangerous?

EXTENDING THE LEARNING

- Drugs and alcohol may appear in the media that we watch, sometimes even in cartoons. If these appear while your family is watching, take a minute to teach your kids. Discuss whether the media accurately portrays the consequences of drug or alcohol use.