

LEARNING OBJECTIVES

The purpose of this lesson is for students to explain the effects of substance use and to develop healthy thinking and a drug-free lifestyle.



LESSON CONTENT

Substance abuse or poor habits may start due to curiosity, boredom, social pressure, or to alleviate emotional problems. Even if substances are positively depicted in media, they can have extreme and even tragic effects on every area of well-being, especially when regular use turns into an addiction.

STRATEGIES

- Avoid drug or alcohol situations.
- Face your feelings.
- Choose healthy alternatives.

CONVERSATION STARTERS

- What attitudes or beliefs have you observed in your peers about substance use?
- Do you know anyone that has been affected by harmful substances or behaviors? Explain.
- What are some simple things that you can say or do to refuse an offer for something harmful?

EXTENDING THE LEARNING

- Pay attention to how substance use or addictive habits are portrayed in the shows or movies that you watch. Discuss with family or friends about whether the representations are realistic or not. Explain the short- and long-term effects of the characters' choices.
- Invite friends or family to join you in a healthy self-care activity.