

SASO MIDDLE SCHOOL CHARACTER EDUCATION LESSON

TOPIC: DRUGS & ALCOHOL

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Note to Teacher: This lesson encompasses two of the Six Pillars of Character: Trustworthiness and Responsibility. Specifically, it focuses on having the courage to do the right thing, building a good reputation, using self-control, being self-disciplines, and being accountable for and considering the consequences of your choices. It offers the teacher guidelines to follow after students have viewed the SASO DVD of Joe Alexander (*Volume I. Drugs & Alcohol*) and/or the SASO VIDEO (*Character. Own it.*) which features Shawne Alston (Drugs).

Discussion questions, scenarios, and suggestions for writing and speaking assignments have been designed to develop student critical thinking, reflection, interaction, and creativity. They are interchangeable and should be determined by the teacher.

With regard to discussion questions and scenarios, teachers may pose questions to students individually or to small groups. With regard to the latter, a spokesperson for each group should be selected to summarize discussion to the rest of the class.

Discussion Questions:

1. What are drugs?
2. What are legal drugs?
3. What are illegal drugs?
4. What does it mean if someone has a drug problem?
5. What are some of the reasons why people use illegal drugs?
6. Do drugs solve problems?
7. What are the symptoms of drug abuse?
8. Are cigarettes and alcohol considered to be drugs?
9. What can a person do to help someone on drugs?
10. What is an enabler?

11. What support groups help the recovering addict? How do they work?
12. What support groups help the recovering addict's family? How do they work?
13. What factors in the family influence drug use?
14. What factors in the community influence drug use?
15. What factors in the school influence drug use?
16. What factors in the media influence drug use?
17. How do celebrities influence drug use?
18. How do peers influence drug use?

Scenarios: What would you do?

1. You know that a close friend is involved with drugs. You are worried about him/ her. What would you do?
2. You are at a party with your friends where underage drinking is occurring. You are offered a drink. You do not want to drink, but you are uncomfortable saying that, what would you do?
3. You know for certain that a student in your school is a drug dealer. What would you do?
4. You have a very bad headache. You know that your mother has a prescription in the cabinet that she takes for headaches. What would you do?
5. You have several antibiotic pills left over from the last time you had an ear infection. Your friend has all of the same symptoms that you have and wants to take your antibiotics. What would you do?

Writing/Speaking Assignments: Students either may write a paper or give an oral presentation about the topic (length and guidelines to be determined by the teacher).

1. Why do teenagers use drugs and alcohol?
2. Why do teenagers smoke?
3. Describe the effects of cigarettes on the body.
4. Describe the effects of alcohol on the body.
5. Describe the effects of sniffing glue on the body.

6. What happens legally to someone under the age of 18 who is caught with drugs?
7. What happens legally to someone 18 years of age or older who is caught with drugs?
8. What are Class A, B, and C drugs?
9. What happens legally to someone caught selling Class A, B, or C drugs?
10. What personality changes occur with drug abuse?
11. How does physical appearance change with drug abuse?
12. How does school activity change with drug abuse?
13. What are steroids and how do they affect the body?
14. Why do some athletes use steroids?
15. Discuss loyalty to a friend who is a drug dealer.
16. Discuss loyalty to a friend who is an abuser.
17. Describe how the family influences drug use.
18. Describe how the community influences drug use.
19. Describe how the school influences drug use.
20. Describe how the media influences drug use.
21. Describe how the media portrays drug use.
22. Describe how celebrities influence drug use.
23. Write a nonfiction or fiction story about drug abuse.
24. Write a poem or song about drug abuse.
25. Select one of the quotations about drugs below and explain what it means. Or, find a quotation about drug abuse and explain what it means. Identify the author of the quotation and describe who that individual is (e.g., Abraham Lincoln, 16th President of the United States).

Quotations About Drugs

1. Let us not forget who we are. Drug abuse is a repudiation of everything America is. (Ronald Reagan)
2. Today's students can put dope in their veins or hope in their brains. If they can conceive it and believe it, they can achieve it. They must know it is not their aptitude but their attitude that will determine their altitude. (Jesse Jackson)

3. Cigarette sales would drop to zero overnight if the warning said "CIGARETTES CONTAIN FAT." (Dave Barry)
4. Drugs are the enemies of ambition and hope - and when we fight against drugs we are fighting for the future. (Bob Riley)
5. Only in America - do drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front of the store. (Author Unknown)
6. I'm very serious about no alcohol, no drugs. Life is too beautiful. (Jim Carrey)
7. In the 1960s, people took acid to make the world weird. Now the world is weird, and people take Prozac to make it normal. (Author Unknown)
8. The human mind is capable of excitement without the application of gross and violent stimulants; and he must have a very faint perception of its beauty and dignity who does not know this. (William Wordsworth)
9. If we can get them to understand that saying "no" to drugs is rebelling against their parents and the generations of the past, we'd make it an enormous success. (John Van de Kamp)
10. The first thing in the human personality that dissolves in alcohol is dignity. (Author Unknown)
11. All the mistakes I've ever made in my life have been when I've been drunk. I haven't made hardly any mistakes sober, ever, ever. (Tracey Emin)
12. First you take a drink, then the drink takes a drink, then the drink takes you. (Francis Scott Key Fitzgerald)
13. One reason I don't drink is that I want to know when I am having a good time. (Lady Astor)
14. Drug use prevention is the best treatment and it cost less in lives and dollars. (Frank Kelly)
15. Drunkenness is temporary suicide. (Bertrand Russell)
16. Drugs are a waste of time. They destroy your memory and your self-respect and everything that goes along with your self esteem. (Kurt Cobain)
17. Drunkenness is nothing but voluntary madness. (Seneca)
18. One reason I don't drink is that I want to know when I am having a good time. (Lady Astor)
19. When you quit drinking you stop waiting. (Caroline Knapp)
20. An ounce of *prevention* is worth a pound of cure. (Benjamin Franklin)
21. A cigarette is a pipe with a fire at one end and a fool at the other. (Author Unknown)
22. Smoking is pulmonary rape. (Author Unknown)

23. Don't huff, don't puff. Stay away from that stuff. (Bushra Asim)
24. I wish all teenagers can filter through songs instead of turning to drugs and alcohol. (Taylor Swift)
25. Giving up smoking is the easiest thing in the world. I know because I've done it thousands of times. (Mark Twain)
26. Those who follow the crowd are quickly lost in it. (Rick Warren)
27. Drug misuse is not a disease, it is a decision, like the decision to step out in front of a moving car. You would call that not a disease but an error of judgment. (Philip K. Dick)
28. Words are the most powerful drugs used by mankind. (Rudyard Kipling)
29. A strong positive attitude will create more miracles than any wonder drug. (Patricia Neal)