

Successful Addiction Prevention Objectives:

- ◆ Encourage youth to value and maintain sound personal health.
- ◆ Teach youth to respect laws and rules regarding the use of alcohol, tobacco and other drugs- invite a police officer to come to class to share the rules/laws.
- ◆ Teach negative peer pressure refusal skills - role play refusal skills.
- ◆ Promote student activities that are drug free and offer healthy avenues for student interests.
- ◆ Assist students to identify the resources where they can go to for help.

Early and Middle Years:

Peer Pressure and Decision Making Classroom Activity:

Role Play scenario in which brother and sister come home from school and no one else is home. The house is full of the smell of a freshly baked cake. There is a note on the kitchen table from their mom telling them she went to pick up their dad. They are to stay in the house, not let any one in, and not to eat the special cake on the counter. A friend comes to visit, sees the cake and wants some. What do the children do?

Teacher: Facilitate a discussion before, after or even during the role play about Peer Pressure -What is it? How do we still be part our friend's circle yet go against their wishes? How do we make decisions that are best for us? What are the consequences of making inappropriate decisions? Who's fault is it if we disobey our parents? What is the best thing to do when you find yourself home alone? What is safe?

After the role play allow time for all students practice ways to say no and still be cool. ("No way! My parents would kill me!" "I'd rather do something that's more fun!", etc.)

Alcohol and other Drug Awareness Classroom Activity:

Role play a scenario in which 4 or 5 friends are together one lazy afternoon and are bored. One friend comes up with the idea of having a pretend party. They each think of ideas of what to have for entertainment and food at the party. One friend insists that it would be cool to have grown-up drinks (alcohol) and some joints. She said it won't be much of a party without it. A helpful adult overhears their conversation and shares information on alcohol, marijuana and other drugs. The children finalize their plans for a safe and healthy party.

Teacher: Before play acting, brainstorm and clarify information on alcohol and other drugs to ensure the child who is role playing the *helpful adult* has the correct information to share. Brainstorm reasons why alcohol and other drugs are not a good idea (ie: must be 18 to be legally able to drink; alcohol and other drugs makes your thinking impaired; alcohol, marijuana and other drugs can make your body so busy getting rid of it, that there is no time left for your body to take in nutrients and grow, etc.). Brainstorm a list of safe and healthy things to do at a party. After the role play talk about why adults might include alcohol at parties and