



## MODULE 11:

# Drugs And Alcohol

---

## Learning Goals

During this module, participants will:

- ◆ Discuss messages received about drugs and alcohol.
- ◆ Consider reasons why people use drugs and alcohol.
- ◆ Learn facts about drugs and alcohol and possible physical and emotional effects of their use and abuse.
- ◆ Learn about the risks and associated consequences of using drugs and alcohol.

## MODULE 11: DRUGS AND ALCOHOL

### DEFINE THE ISSUE

Substance abuse may play a factor in a youth's decision to run away, whether the abuse is that of a family member or his or her own. It may be the cause of a runaway incident or a method of coping with the challenges a runaway faces. However, youth don't need to be considered "at-risk" to be exposed to substance use. It's in their schools, neighborhoods, and social events.

Youth gather information about drugs and alcohol from a variety of sources, and this information may not always be accurate. Adolescence is a time of deciding about drug and alcohol use, even if the decision is to say "no." Module 11 aims to equip participants with knowledge about drugs and alcohol. Participants will engage in hands-on activities to make informed decisions regarding substance use. Drug and alcohol abuse prevention and intervention programs were ranked "very important" by participants in our initial stages of research.

### ICONS:

For further details, see the Introduction Module.



# MODULE 11: DRUGS AND ALCOHOL

## MODULE ACTIVITIES



ACTIVITY	TIME	METHODOLOGY
A. Advertising Messages About Drugs And Alcohol	10 minutes	Discussion/Brainstorming
B. Grab Bag Game	15 minutes	Discussion/Activity
C. Risky Decisions And Consequences Of Drug And Alcohol Use	10 minutes	Discussion/Activity
D. Swivel Game	10 minutes	Activity

Total time required: **45 minutes**



## MATERIALS

- ◆ Poster paper or chalk/dry erase board
- ◆ Markers or chalk
- ◆ Brown paper bag for Grab Bag game
- ◆ "Messages About Alcohol, Tobacco, and Other Drugs" worksheet
- ◆ Copy and cut "Grab Bag Drug Slips"
- ◆ "Substance Information Sheet" handout
- ◆ Copy and cut "Risks and Consequences Flash Cards"
- ◆ "Swivel Game" worksheet



Peers + Personal Influences + Future Life Planning



Consider showing the curriculum companion film "1-800-RUNAWAY".



## MODULE 11: DRUGS AND ALCOHOL

### ACTIVITY 11A. ADVERTISING MESSAGES ABOUT DRUGS AND ALCOHOL

10 minutes



**INTRODUCE** advertising messages about drugs and alcohol.

**STATE** *We have two reasons for talking about alcohol and drug use today. The first is that alcohol and drugs represent risks to your health and safety. The second reason is that using alcohol and other drugs affects your ability to make safe decisions.*

*Messages about alcohol, tobacco, and other drugs can come from many different places like the media, our friends, and our family. Sometimes the messages about alcohol, tobacco, and other drugs are about their perceived positive effects and sometimes they're about the negative effects these substances can have.*

**HAND OUT** "Messages About Alcohol, Tobacco, and Other Drugs" worksheets.

**DRAW** the following chart on poster paper or a chalk/dry erase board.

#### MESSAGES ABOUT ALCOHOL, TOBACCO, AND OTHER DRUGS

MUSIC	
+	
-	
MOVIES	
+	
-	
TELEVISION	
+	
-	

**STATE** *Let's talk about some of the messages we've seen in the media. First we're going to talk about messages that promote the use of alcohol, tobacco, or other drugs we've seen or heard in music, in movies, and on television. We'll put those in the "plus" area of the chart.*

**ASK** *What messages have you seen or heard that promote the use of alcohol, tobacco, or other drugs?*



**WRITE** the responses in the appropriate areas on the chart. Examples include billboards that show people smoking and beer commercials that depict people having fun. ENCOURAGE everyone to respond.

**STATE** *Great job! Now, we're going to talk about the messages that we've seen or heard in music, in movies, and on television that show the negative effects of using alcohol, tobacco, or other drugs.*

**ASK** *What messages have you seen or heard that are negative or discourage the use of alcohol, tobacco, or other drugs?*

**WRITE** the responses in the appropriate areas on the chart. Examples include anti-drug ads on TV and school programs. ENCOURAGE everyone to respond.

**STATE** *As you can see from looking at our chart, we receive a lot of messages from the media about using alcohol, tobacco, and other drugs.*

**ASK** *What other places have you seen positive or negative messages?*

**ALLOW** 1-2 minutes for participants to respond. Examples might include video games, billboards, and magazines.

**ASK** *What does it mean to you to receive these types of messages? How do they make you feel?*

**ALLOW** 1-2 minutes for participants to respond.

**STATE** *Perhaps someone you know and love has or has had a problem with alcohol and drugs. Think about how drinking or using drugs has affected his or her life. Now, think about how his or her drinking or using has affected you.*

*Next, we're going to brainstorm some reasons why people might use alcohol, tobacco, or other drugs.*

**ASK** *What reasons can you think of?*

**ALLOW** 2-3 minutes for participants to respond.

**WRITE** the responses on the left side of the poster paper or chalk/dry erase board. Examples include the following:

- Curiosity or experimentation
- Pleasure (like getting high)
- Relaxation
- Escape problems
- Relieve stress or anxiety
- Rebel
- Pressure from peers
- Pressure from family
- To be social
- Addiction



**STATE**

*We just listed some reasons why people might use alcohol, tobacco, or drugs. Now, let's think about some things that could be done as an alternative to using these substances.*

**ASK**

*What alternatives can you think of?*

**ALLOW**

2-3 minutes for participants to respond.

**WRITE**

the responses on the right side of the poster paper or chalk/dry erase board. Examples include the following:

- Get involved in school or extracurricular activities
- Exercise to relieve stress or anxiety
- Find a new activity that you enjoy doing, e.g., listening to music, reading a book, or playing sports
- Join a support/youth group to cope with painful problems or issues

**STATE**

*Remember that at any point where you need help dealing or communicating with a loved one, you may call 1-800-RUNAWAY and talk with someone at the hotline 24 hours a day!*

**ASK**

*Do you have any questions or comments?*

**DISCUSS**

responses.



## MODULE 11: DRUGS AND ALCOHOL

### ACTIVITY 11B. GRAB BAG GAME

15 minutes



#### INTRODUCE

"Grab Bag Game."

#### STATE

*To make healthy choices, people must know about alcohol and drugs and how they affect the body. For example, some drugs slow the body, making the pulse and breathing slower and lowering blood pressure. Other drugs make the body work faster than normal by increasing blood pressure, breathing, and heartbeat, and making it difficult to sleep.*

*Let's find out what you know about some commonly used drugs. This exercise is called the "Grab Bag Game". Let's break up into three groups.*

#### DIVIDE

participants into 3 groups. One way to do this is to have them count off in threes, and then have the 1's work together, the 2's and the 3's.

#### PLACE

the slips of paper from the "Grab Bag Drug Slips" handout into a brown paper bag and HAVE a participant from one team DRAW a slip from the bag and state it aloud.



You will not be able to cover all of the drugs in the time allotted. Use those that are most common in your area.

#### ASK

*What are some street names in our area for this drug?*

#### ALLOW

responses.

#### ASK

*How is the drug used?*

#### ALLOW

responses.

#### ASK

*What are the drug's effects on the body? Its health consequences?*

#### ALLOW

responses.

#### CORRECT

any misinformation.



For further information on any of the drugs, please visit the National Institute on Drug Abuse at <http://www.nida.nih.gov>. You can also refer to the "Substance Information Sheet" handout for specific information on each drug. You may copy the handout and distribute it to the participants.

#### HAVE

another team draw a slip and repeat the questions.



- CONTINUE** having teams draw slips and answer questions as time permits.
- STATE** *You did a great job on this exercise. There was a lot you knew about alcohol and drugs. How many of you learned something new?*
- DISCUSS** responses.
- ASK** *Do you have any questions or comments?*
- DISCUSS** responses.



## MODULE 11: DRUGS AND ALCOHOL

### ACTIVITY 11C. RISKY DECISIONS AND CONSEQUENCES OF DRUG AND ALCOHOL USE

10 minutes



#### INTRODUCE

Risky decisions and consequences of drug and alcohol use.

#### STATE

*We are talking about alcohol and drugs because they can affect your ability to make safe decisions for yourself, and they can harm you in ways other than their direct physical effects.*

*In this exercise, we're going to consider the different types of risks and consequences of using drugs and alcohol. Remember, that the consequence of a risk can not only affect you but also others, including family and friends.*

#### DIVIDE

participants into groups of 3 or 4.

#### HAND OUT

one set of flash cards to each group.

#### STATE

*The flash cards I just handed out contain a situation that has multiple decisions and consequences linked to alcohol and drug use. In your group, you're going to create a story by placing the cards in order, based on your understanding of the effects of drugs or alcohol in the everyday decisions that we make.*

*You will have 2 minutes to discuss with your group and place the cards in the order you think is most appropriate. There are no right or wrong answers.*

#### ALLOW

2 minutes for participants to complete their ordering of the flash cards. Listed below is one order in which students might arrange their flash cards.



There are multiple orders in which the flash cards could be sorted.

- Losing Your Job/Failing A Class
- Feeling Stressed Out
- Going To A Party
- Feeling Pressured By Friends Or Peers
- Using Drugs and/or Alcohol
- Giving A Friend A Ride
- Having A Curfew
- Driving Under The Influence
- Getting Into An Accident
- Hurting Yourself Or Someone Else
- Being Arrested/Going To Jail
- Having Your Driver's License Revoked
- Charged With A Felony
- Paying Court Fees
- Losing Your Friends



- ASK** *Who would like to be the first group to volunteer the order they selected?*
- SELECT** a volunteer.
- STATE** *Tell us about how you ordered your flash cards. Why did you choose that order? Did you and your partners think of a situation? Feel free to tell a story and name the character in your story.*
- CONTINUE** selecting groups until all have presented their results.
- ASK** *How might drugs and alcohol play a part in a youth's decision to run away?*
- DISCUSS** responses.
- STATE** *We make decisions every day. Some decisions have bigger consequences and may affect our lives for better or worse. Drugs and alcohol make it difficult to make healthy choices. Without the ability to make healthy decisions, we become susceptible to negative consequences that we have to live with for a long time.*
- ASK** *Do you have any questions or comments?*
- DISCUSS** responses.



## MODULE 11: DRUGS AND ALCOHOL

### ACTIVITY 11D. SWIVEL GAME

10 minutes



- INTRODUCE** "Swivel Game."
- STATE** *We're going to play a game to see how being disoriented can affect our ability to perform certain tasks.*
- DIVIDE** participants into groups of 4-5 members each. Make sure that there is enough empty space in the room to do this exercise.
- HAND OUT** "Swivel Game" worksheets.
- STATE** *Now I'd like each of you to write your name on your sheet and redraw the shapes in the 'BEFORE' chart.*
- ALLOW** 1-2 minutes for participants to complete their drawings.
- COMPARE** results.
- STATE** *Now please lay your worksheets on a table or other flat surface.*  
*Next, you will take turns spinning around in a circle. One person will spin around 10 times while his or her partners surround him or her in a circle. Your job is to make sure the spinner doesn't fall or run into other objects in the room.*  
*So, each group, please select your first spinner.*
- ALLOW** groups to choose the first spinner.
- INSTRUCT** the first person to spin around 10 times. When the person stops spinning, have him or her immediately redraw the shapes in the 'AFTER' chart.
- REPEAT** the exercise until each participant has had a chance to spin.
- STATE** *Now, everyone compare your drawings with those of the rest of your group.*
- ASK** *What differences do you see?*
- DISCUSS** responses.
- ASK** *Was it more difficult to draw the shapes after you had spun around?*
- DISCUSS** responses.
- ASK** *Do you think it would have been as difficult if you had spun around one time instead of ten?*
- DISCUSS** responses.



**STATE**

*This exercise was meant to be fun but it was also to show how difficult it can be to perform a simple task such as drawing shapes when you are feeling disoriented.*

**ASK**

*How does this relate to drinking or being high?*

**DISCUSS**

responses.

**ASK**

*Do you have any questions or comments?*

**DISCUSS**

responses.



## MODULE 11: DRUGS AND ALCOHOL

### SUMMARY

#### STATE

- *Alcohol and drugs represent risks to health and safety.*
- *Using alcohol and other drugs affects one's ability to make safe decisions.*
- *Messages about alcohol, tobacco, and other drugs can come from the media, our friends, and our family.*
- *Some messages are about perceived positive effects and some are about the negative effects.*
- *Drinking and drugs affects the user's life and the lives of those around him or her.*
- *Some drugs slow the body, making the pulse and breathing slower and lowering blood pressure. Others make the body work faster than normal by increasing blood pressure, breathing, and heartbeat, and making it difficult to sleep.*
- *A good source of information about drugs is the National Institute on Drug Abuse at <http://www.nida.nih.gov>.*
- *We saw the results of simply spinning around. Most drugs and alcohol have even stronger effects!*



# MODULE 11: DRUGS AND ALCOHOL

## HANDOUTS AND WORKSHEETS

- A. Messages About Alcohol, Tobacco and Other Drugs
- B. Grab Bag Drug Slips
- C. Substance Information Sheet
- D. Risks and Consequences Flash Cards
- E. Swivel Game

## REFERENCES

Harper, G. W., & Carver, L. J. (1999). Out-of-the-Mainstream youth as partners in collaborative research: Exploring the Benefits and Challenges. *Health Education and Behavior, 26*(2), 250-265

National Institute on Drug Abuse (n.d.). *Drug Fact Sheets*. Retrieved 2006 from <http://www.nida.nih.gov>

National Runaway Switchboard (2001). *Runaway Prevention Curriculum For Classroom and Community Educators*, Chicago, IL: NRS

## RESOURCES

TheAntiDrug.com was created by the National Youth Anti-Drug Media Campaign to equip parents and other adult caregivers with the tools they need to raise drug-free kids (<http://www.theantidrug.com>).

ETR (Education, Training and Research) Associates has information and resources available for order (<http://www.etr.org>).

National Institute on Drug Abuse, a component of the National Institutes of Health, created this website to educate adolescents, parents, and teachers on the science behind drug abuse (<http://teens.drugabuse.gov>).

National Runaway Switchboard is the federally-designated national communication system (hotline and website) for runaway and homeless youth. Youth and family members call 1-800-RUNAWAY or access the website to work through problems and to find local help (<http://www.1800RUNAWAY.org>).

TeachersGuide is a drug education resource developed by the National Youth Anti-Drug Media Campaign. It provides teachers with ideas and resources for incorporating drug prevention messages into the classroom (<http://www.jointogether.org>).



# MESSAGES ABOUT ALCOHOL, TOBACCO AND OTHER DRUGS

In the spaces below, give examples of both positive (+) and negative (-) messages about alcohol, tobacco, and other drugs found in music, movies, and television.

MUSIC	
+	
-	
MOVIES	
+	
-	
TELEVISION	
+	
-	

**Need to talk? Call us.**  
1-800-RUNAWAY  
**National Runaway Switchboard**  
[www.1800RUNAWAY.org](http://www.1800RUNAWAY.org)



## GRAB BAG DRUG SLIPS

Alcohol	Marijuana
Ecstasy	PCP
Cocaine/ Crack	Heroin
LSD	Depressants
Inhalants	Steroids
Stimulants	Tobacco
Methamphetamine	Valium
Ritalin	Oxycontin



# SUBSTANCE INFORMATION SHEET

Drug	What is It?	What can happen to your body	
		At First	Over Time
Alcohol	A chemical called ethanol. It is made from fruits and grains.	<ul style="list-style-type: none"> <li>• Faster and weaker heartbeat</li> <li>• Clumsiness/staggering</li> <li>• Confusion and lack of concentration</li> <li>• Nausea and vomiting</li> <li>• Quick changes in mood, becoming violent or depressed</li> </ul>	<ul style="list-style-type: none"> <li>• Permanent liver, heart and brain damage</li> <li>• Liver cancer</li> <li>• High blood pressure</li> <li>• Alcoholism</li> </ul>
Cocaine/Crack	A chemical from the leaves of the coca plant. It speeds up the brain and the body.	<ul style="list-style-type: none"> <li>• Faster heartbeat, rising blood pressure</li> <li>• Rise in body temperature</li> <li>• Faster breathing</li> <li>• Unable to sit still or sleep</li> <li>• Increased alertness</li> </ul>	<ul style="list-style-type: none"> <li>• Permanent lung damage</li> <li>• Holes and ulcers inside of nose</li> <li>• Personality changes and violent behavior</li> <li>• Fear of people and things (paranoia)</li> <li>• Seeing things that aren't real (hallucinating)</li> </ul>
Depressants	Chemicals used to treat mental illness. They depress or slow down the nervous system.	<ul style="list-style-type: none"> <li>• Calm and sleepy</li> <li>• Confusion and lack of concentration</li> <li>• Relaxed muscles</li> <li>• Slurred speech</li> <li>• Clumsiness/staggering</li> </ul>	<ul style="list-style-type: none"> <li>• Chest infections</li> <li>• Seeing things that aren't real (hallucinating)</li> <li>• Deadly when used with alcohol</li> </ul>
Ecstasy	Synthetic, psychoactive drug with both stimulant and hallucinogenic properties.	<ul style="list-style-type: none"> <li>• Increased heart rate</li> <li>• Increased blood pressure</li> <li>• Confusion and lack of concentration</li> <li>• Nausea and vomiting</li> <li>• Faintness</li> <li>• Blurred vision</li> <li>• Confusion</li> <li>• Depression</li> <li>• Paranoia</li> </ul>	<ul style="list-style-type: none"> <li>• Liver damage</li> <li>• Increased risk for heart attack/stroke</li> <li>• Disruption of mood/sleep and sexual activity</li> </ul>
Heroin	One of a group of chemicals called narcotics. They come from the opium poppy and are used as painkillers.	<ul style="list-style-type: none"> <li>• Slower heartbeat</li> <li>• Slower breathing</li> <li>• Shrinking pupils and watering eyes</li> <li>• Skin on face, neck and chest turning red</li> </ul>	<ul style="list-style-type: none"> <li>• Lung damage</li> <li>• Lower sex drive</li> <li>• Disrupts menstrual periods</li> <li>• Constipation</li> </ul>



Drug	What is It?	What can happen to your body	
		At First	Over Time
Inhalants	Chemicals that give off fumes that act on the brain	<ul style="list-style-type: none"> <li>• Nausea and vomiting</li> <li>• Dizziness, bad headaches</li> <li>• Slurred speech</li> <li>• Sneeze, cough, get bloody noses</li> <li>• Nausea</li> <li>• Urinating and defecating without control</li> </ul>	<ul style="list-style-type: none"> <li>• Permanent brain, lung and kidney damage</li> <li>• Tired feeling</li> <li>• Weak muscles</li> <li>• Skin turning blue</li> <li>• Deadly when used with alcohol or depressants</li> </ul>
LSD	A chemical so strong that a single flake can cause actions similar to mental illness.	<ul style="list-style-type: none"> <li>• Faster heartbeat, higher blood pressure</li> <li>• Increased body temperature</li> <li>• Feeling cold, shivering, getting chills</li> <li>• Difficulty in seeing and hearing</li> <li>• Becoming confused and panicky</li> </ul>	<ul style="list-style-type: none"> <li>• Permanent mental problems</li> <li>• See things that aren't real (hallucinate)</li> <li>• Severe depression</li> <li>• Suicide</li> <li>• Flashbacks</li> </ul>
Marijuana	A plant called cannabis. It affects the nervous system and has been used to make rope, cloth paint.	<ul style="list-style-type: none"> <li>• Feeling calm, relaxed, sleepy</li> <li>• Faster heartbeat</li> <li>• Slower reaction time</li> <li>• Dry throat, mouth, and lips</li> <li>• Bloodshot eyes, blurred vision</li> <li>• Loss of sense of time</li> </ul>	<ul style="list-style-type: none"> <li>• Heart and lung damage</li> <li>• Lung cancer</li> <li>• Can't remember things</li> <li>• Lower ability to fight off colds and flu</li> <li>• Lower sperm count and movement</li> <li>• Disrupts menstrual periods and ovulation</li> </ul>
Methamphetamine	A stimulant drug that strongly activates certain systems in the brain.	<ul style="list-style-type: none"> <li>• Aggression</li> <li>• Violence</li> <li>• Memory loss</li> </ul>	<ul style="list-style-type: none"> <li>• Cardiac and neurological damage</li> <li>• Impaired memory and learning</li> </ul>
OxyContin (prescription opioid)	A commonly prescribed drug used for its pain relieving properties.	<ul style="list-style-type: none"> <li>• State of euphoria</li> <li>• Drowsy feeling</li> <li>• Constipation</li> <li>• Depressed breathing</li> <li>• Nausea</li> </ul>	<ul style="list-style-type: none"> <li>• Physical dependence – withdrawal symptoms can occur (e.g., restlessness, muscle and bone pain, insomnia, diarrhea, vomiting)</li> <li>• Tolerance</li> </ul>
PCP	A chemical used as an animal tranquilizer	<ul style="list-style-type: none"> <li>• Faster heartbeat, higher blood pressure</li> <li>• Blurred vision</li> <li>• Seeing things that aren't real (hallucinating)</li> <li>• Slurred or stopped speech</li> <li>• Slower body movements and sense of time</li> </ul>	<ul style="list-style-type: none"> <li>• Permanent brain, heart and lung damage</li> <li>• Permanent speech problems</li> <li>• Fear of people and things</li> <li>• Can't remember things</li> <li>• Flashbacks</li> </ul>



Drug	What is It?	What can happen to your body	
		At First	Over Time
Ritalin (prescription stimulant)	A prescription drug used to treat narcolepsy, attention-deficit hyperactivity disorder (ADHD) and depression that has not responded to other treatments.	<ul style="list-style-type: none"> <li>• Increased or decreased blood pressure</li> <li>• Loss of appetite</li> <li>• Weight loss</li> </ul>	<ul style="list-style-type: none"> <li>• When misused, can become addictive</li> <li>• High doses result in irregular heartbeat, dangerously high body temperatures, and/or potential for cardiovascular failure or seizures</li> </ul>
Steroids	Related to the male sex hormone testosterone.	<ul style="list-style-type: none"> <li>• Acne, loss of hair</li> <li>• Quick mood changes, becoming violent or depressed</li> <li>• Increased muscle growth</li> <li>• Increased injuries to muscles, tendons and ligaments</li> <li>• Lower sex drive</li> </ul>	<ul style="list-style-type: none"> <li>• Heart attacks</li> <li>• Liver cancer</li> <li>• Stop growing taller</li> <li>• Testicles shrink, can't get erections, become sterile</li> <li>• Disrupts menstrual periods and ovulation</li> </ul>
Stimulants	Chemicals that stimulate or speed up the brain and nervous system.	<ul style="list-style-type: none"> <li>• Faster heartbeat, higher blood pressure</li> <li>• Becoming more alert</li> <li>• Feeling dizzy and shaky</li> <li>• Unable to sit still or sleep</li> <li>• Bad breath, dry mouth and lips</li> </ul>	<ul style="list-style-type: none"> <li>• Permanent brain, heart and lung damage</li> <li>• See things that aren't real (hallucinate)</li> <li>• Mood changes quickly</li> <li>• Severe depression</li> <li>• Lose weight</li> </ul>
Tobacco	Plant leaves that contain nicotine, a very poisonous chemical often used as an insecticide.	<ul style="list-style-type: none"> <li>• Faster heartbeat, higher blood pressure</li> <li>• Nausea</li> <li>• Dizziness</li> <li>• Feelings of tension and tiredness relieved</li> <li>• Bad breath bad, stained teeth</li> </ul>	<ul style="list-style-type: none"> <li>• Lung and heart damage</li> <li>• Lung, mouth and throat cancer</li> <li>• Stomach ulcers</li> <li>• High blood pressure</li> <li>• Sense of taste and smell reduced</li> </ul>
Valium (prescription Central Nervous System depressant)	Prescription CNS depressant used to treat anxiety, acute stress reactions, and panic attacks.	<ul style="list-style-type: none"> <li>• Slower brain activity</li> <li>• Lower inhibition</li> <li>• Sedation</li> <li>• Drowsiness</li> <li>• Dizziness</li> </ul>	<ul style="list-style-type: none"> <li>• Seizures can occur after usage is abruptly stopped</li> </ul>



## RISKS AND CONSEQUENCES FLASH CARDS

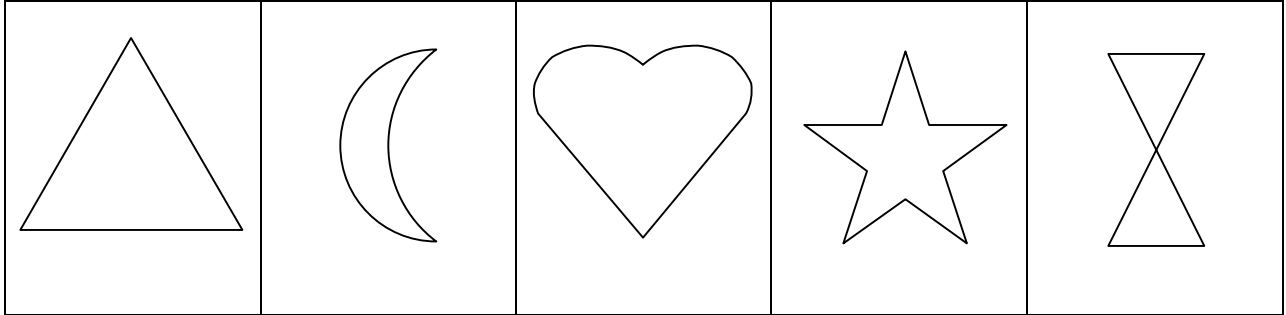
Losing Your Job/Failing A Class	Paying Court Fees	Feeling Stressed Out
Feeling Pressured By Friends Or Peers	Driving Under The Influence	Having A Curfew
Getting Into An Accident	Giving A Friend A Ride	Hurting Yourself Or Someone Else
Being Arrested/Going To Jail	Losing Your Friends	Having Your Driver's License Revoked
Charged With A Felony	Going To A Party	Using Drugs And/Or Alcohol



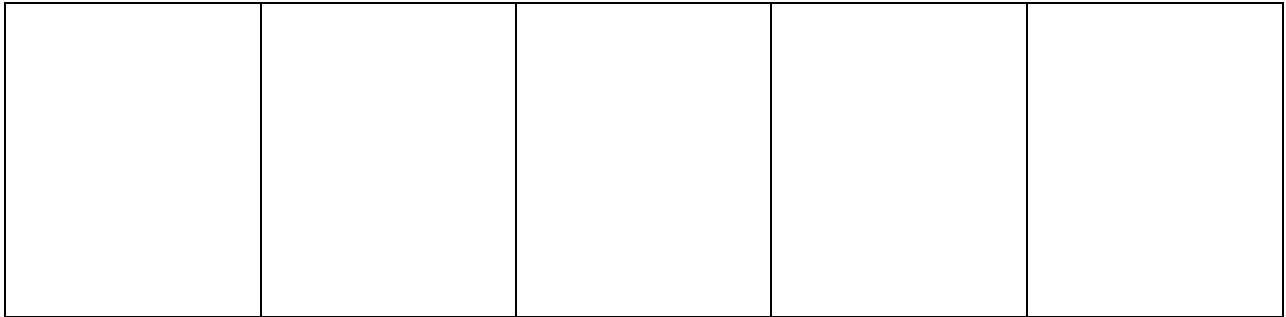
# SWIVEL GAME

**Directions:** Before you spin in 10 circles, draw the shapes below in the 'BEFORE' chart. After spinning, draw the same shapes in the 'AFTER' chart!

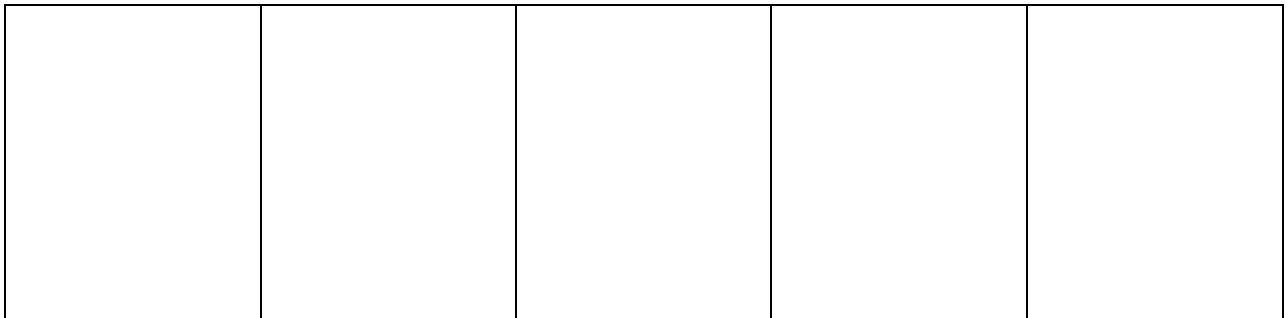
Name: \_\_\_\_\_



**BEFORE:**



**AFTER:**



**Need to talk? Call us.**  
1-800-RUNAWAY  
**National Runaway Switchboard**  
[www.1800RUNAWAY.org](http://www.1800RUNAWAY.org)



## Module 11: Drugs and Alcohol Pre and Post-Activity Worksheet

Initials:

Directions: Please put your initials at the top of the page and circle "pre" if you are taking the test before class or "post" if you are taking the test after class. Answer the following questions to the best of your ability!

What is your **gender**: \_\_\_\_\_ **Race/ethnicity**: \_\_\_\_\_ **Age**: \_\_\_\_\_

- All** messages about alcohol, tobacco, and other drugs that we get from media, our friends, and our family are negative.
  - True
  - False
- All of the following are examples of why someone might use alcohol, tobacco, or other drugs **EXCEPT** \_\_\_\_\_.
  - curiosity
  - pleasure
  - peer pressure
  - to make a phone call
- Drugs that slow down the nervous system are called \_\_\_\_\_.
  - stimulants
  - depressants
  - cocaine
  - ecstasy
- Prescription drugs aren't harmful for me even if I don't need them because they are always prescribed by a doctor and given by a pharmacist.
  - True
  - False
- What substance can cause permanent liver, heart, and brain damage and can cause high blood pressure over time?
  - Homework
  - Sugar
  - Cocaine
  - Alcohol
- What are some alternatives to using drugs?
  - Getting involved at school
  - Exercise
  - Joining a youth group
  - All of the above
- A substance made of ethanol and brewed from fruits and grains is \_\_\_\_\_.
  - alcohol
  - cocaine
  - heroin
  - none of the above
- Drug(s) that can cause physical damage to the body are called \_\_\_\_\_.
  - stimulants
  - depressants
  - hallucinogens
  - all of the above
- A substance made from a plant called cannabis and also used to make rope, paint and cloth is called \_\_\_\_\_.
  - PCP
  - tobacco
  - marijuana
  - none of the above
- Steroids are related to the male sex hormone.
  - True
  - False

