

## ***Power to Succeed***

***Drug, Alcohol and Nicotine Prevention  
2021-2022 School Year***

### **5<sup>th</sup>-12<sup>th</sup> Grade Outline for a One-Hour Program**

Portions of the program will be omitted if less than one hour.

#### **Introduction / Dreams and Goals**

Choices you make now may affect your future.

Object Lesson Game: Demonstrates that making healthy choices will give students the power to succeed in life.

#### **Addiction – Object Lesson**

Definition of addiction and demonstration of how addiction impacts the brain.

#### **Prescription Drugs**

If the prescription is not yours, it is not safe, and it is not legal.

You can face serious consequences if you share drugs.

#### **Opioids**

Opioids are defined. Students will see an illustration of the addictive power of opioids.

Common reasons why teenagers may abuse drugs.

True story of a teen fighting addiction.

#### **Marijuana / Synthetic Marijuana**

Students will see the dangers of marijuana for recreational use.

Can alter brain function, resulting in memory loss and lower grades.

Marijuana can lead to stronger and more dangerous drugs.

The harmful effects of synthetic marijuana.

#### **Alcohol – Game / True Story**

It is illegal for minors to buy, possess, or transport alcohol.

Vision impairment goggles demonstrate how alcohol can impair coordination.

True story shows how alcohol use can impact your future and your family.

#### **Nicotine/Vaping/Juuling/Dabbing**

Marketing strategies used by companies are discussed.

Examples of tobacco warning labels from all around the world state tobacco is hazardous to your health.

Safety concerns, health consequences, and risk of injury.

High levels of nicotine make some products highly addictive. Labels are not always reliable.

In the State of Texas, it is illegal for anyone under 21 to purchase or possess vaping/e-cigarette devices or fluid.

Not a safer or healthier alternative to smoking cigarettes as is commonly thought.

#### **How do I help?**

Talk to your friend and confirm the relationship.

Set a plan to change and avoid using.

Get help from a trusted adult.

Always respect your parent. Your parents' choices are their responsibility.

#### **Conclusion/Survey**

According to the Centers for Disease Control, most teens are not using drugs or alcohol.

A voluntary, anonymous survey is offered to students. Response averages/comments are sent to the school.