



Welcomes you to

Substance Abuse Prevention

Program Objectives:

- 1) Students will identify common substances that contain drugs and can be used in an addictive manner and define and discuss the terms “drug” and “addiction”.
- 2) Students will examine real hearts, arteries, and lung tissue to see the effects of substance abuse.
- 3) Students will discuss the physical, financial, and legal consequences of using alcohol and tobacco.
- 4) Students will discuss advertising strategies to get users hooked on various substances.

Suggested Classroom Activities:

- 1) Have the students observe prime time television one night and list the number of medicine or drug commercials in a one or two hour time span. (Be sure to have them include beer and wine.) In addition, ask them to write down any catchy slogans or jingles used to promote the products that help them to remember the commercial. (“For relief you can count on”, “Take Sominex tonight and sleep”, “More hospitals use Tylenol than any other”, etc.)
- 2) Have students make a list of medicines or drugs around their house or in their medicine cabinet. (Suggest that students obtain parental permission or assistance in examining the medicine cabinet.) Have them check for expiration dates (expired drugs should be discarded) and prescription or non-prescription. Do they know what each drug is used for?
- 3) For classroom discussion or debate: Several years ago, the government banned cigarette advertising from television. Should beer and wine commercials be banned? How about billboard and magazine cigarette advertising? What do students think about the current crackdown on tobacco advertising to youth?

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- 4) North Carolina is a major tobacco-producing state. How can we balance the needs of our tobacco farmers with our knowledge that tobacco kills more Americans than any other drug? Ask students to spend a few weeks or months following the tobacco issue in the news and bring articles to class for discussion or debate.

- 5) Different types of drinks contain different amounts of alcohol. For example, 5 oz. of wine, 12 oz. of beer, and 1 _ oz. of gin or whiskey each contain _ oz. of alcohol. Have students figure out the percentage of alcohol in each type of drink. If someone drank two cans of beer and two shots of gin, how much alcohol would be consumed? Have students design math problems for each other using the figures above. Do your students know people who drink? What and how much do they drink? How much alcohol are they consuming? How much alcohol does it take to begin to affect someone's mental and physical functions? Do any of these people drive after drinking? How do your students feel about that?

Resources for further information:

Al-Anon (Support for families affected by alcoholism): (828)285-0851

Alcohol/Drug Council of NC: (800)688-4232

Alcoholics Anonymous: (828)254-8539

American Cancer Society: (800)227-2345

American Lung Association of North Carolina Western Area: (828)252-2071

Blue Ridge Mental Health Center: (828)258-3500

Buncombe County/Asheville City Schools Health Education Coordinator: (828)255-5960

Buncombe County Drug Commission: (828)252-3240

SAVE: Survivors and Victims of Tobacco: (828)236-0110