

THE GREAT BODY SHOP

Family Bulletin

Brought to you by The Children's Health Market, Inc., P.O. 7294, Wilton, CT 06897 800-782-7077

Lesson One: Effects Of Drug Use:

IN THIS UNIT, STUDENTS WILL DISCUSS SUBSTANCE ABUSE, THE CONSEQUENCES OF ADDICTION TO ALCOHOL, TOBACCO AND OTHER DRUGS.

Lesson Two: Drug And Alcohol Intervention:

STUDENTS WILL INVESTIGATE METHODS FOR INTERVENTION, TREATMENT AND CESSATION OF DRUG DEPENDENCY.

Lesson Three: Protective Factors And Risk Behaviors:

THIS LESSON FOCUSES ON INTERNAL AND EXTERNAL FACTORS THAT INFLUENCE THE DECISION TO USE OR NOT USE DRUGS.

Parents – Your Opinion Counts!

As parents, you have tremendous influence on your children's attitudes toward drugs. Start the dialogue with your child early, and keep it going by frequently mentioning your feelings about smoking, drinking and drug abuse. Here are some tips:

- Speak honestly about the risks associated with smoking, drinking and other drugs. If you smoke, talk openly about how nicotine addiction has affected you. Set a date to quit and get help making it happen.
- Discuss ways your children can say no to negative peer pressure. Help them prepare for situations by running through potential scenarios they might experience with friends.
- Provide support and set healthy boundaries at home. Frequent communication, along with reasonable, age-appropriate rules. Consistent, unconditional love and enforcement of family rules help children develop trust and a sense of security.

Mayo Clinic – Your Child And Second-hand Smoke:

A genetic study has found that children who were exposed to secondhand smoke are more likely to develop lung cancer as adults, according to researchers from the National Cancer Institute and the Mayo Clinic. Exposure to secondhand smoke during adulthood has detrimental health effects, including increased lung cancer risk. Compared with adults, children may be more susceptible to secondhand smoke.

Tobacco Facts From The CDC:

Cigarette smoking is the leading cause of preventable death in the United States, accounting for approximately 443,000 deaths or 1 of every 5 deaths in the United States each year!

Each day in the United States, an estimated 1,000 young people between the ages of 12 and 17 years become daily cigarette smokers.



Need More Help? Check Out These Resources For Parent:

<http://www.smokefree.gov/>

<http://family.samhsa.gov/default.aspx>

<http://www.theantidrug.com/>

Touching Home

Name: _____

Date: _____ Class: _____

Directions: With a person in your family, complete the following page as you read and discuss it. If you complete this page with family using the computer, attach the E-mail or Instant Message conversation to this page.

1. Talk with a family member and discuss the importance of being drug-free.
2. Research with a family member where to find help for someone in your community who may have a problem with substance abuse. Is there a place available?
3. Interview a family member as to what they think about media and its influence. What concerns do they have?
4. Discuss with a family member what activities are available to you and your friends in the community that keep you away from substance abuse. Do you have any more ideas?

Comments or questions you and/or your family wish to share after completing the Touching Home page:

Signature of person who worked with you: _____

Note Taker's Page

Name: _____

Date: _____ Class: _____

Directions: Write the answer to the following questions, on a separate sheet of paper, as you read and discuss the Student Issue.

1. Name five problems that a teen may face after choosing to smoke or chew tobacco.
2. List one drug and a side effect from each of the following categories:
 - a. Cannabinoids
 - b. Depressants
 - c. Hallucinogens
 - d. Stimulants
 - e. Opiates
3. List five legal drugs and explain why you need to be responsible when dealing with these substances.
4. Explain in your own words "the dark side of addiction."
5. What is substance abuse?
6. What happens to a person who is chemically dependent on alcohol or drugs when they stop using?
7. List three places you can go for help if you or someone you care about has a problem with drugs or alcohol. Do you know how to get in touch with the person or facility?
8. Name three reasons why teens experiment with drugs or alcohol.
9. List some of the external assets, internal assets and protective factors that you have in your life that can help prevent you from using drugs.

Summarize the important things you have learned and will use from this unit.