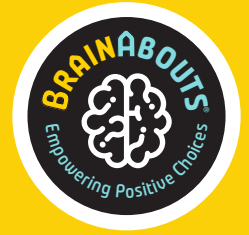
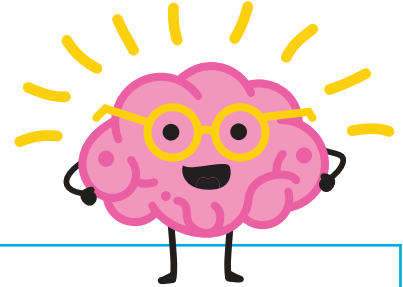


About Illicit Drugs - Level 1 Activity Handout



Video Viewing Guide

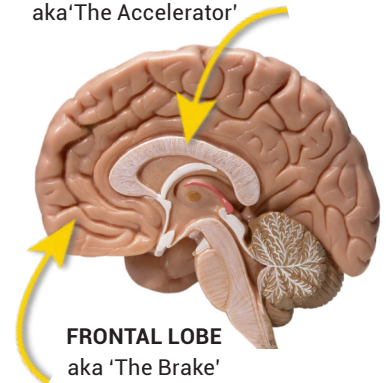
Do Now: Write 1-2 sentences in the box below in response to the question-
What do you already know about drugs? Has anyone ever talked to you about illicit drugs before?



Fill In The Blank

1. Illicit drugs are things like_____.
2. Addiction happens when your brain gets trapped by _____.
3. What can happen to your brain if you use illicit drugs?_____

LIMBIC SYSTEM
aka 'The Accelerator'



FRONTAL LOBE
aka 'The Brake'

Stop and Think...

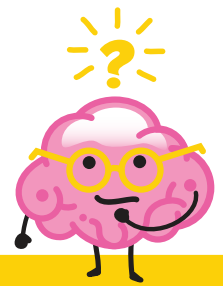
CFU #1 - What does addiction mean when we are talking about illicit drugs?

Stop and Think...

CFU #2 - What could happen if your brain gets too much dopamine from illicit drugs? (3:00 in the video)

Write About It Prompt

Directions: Write 5-10 sentences in response to the following question.
Use the box at the bottom to draw out your thoughts.

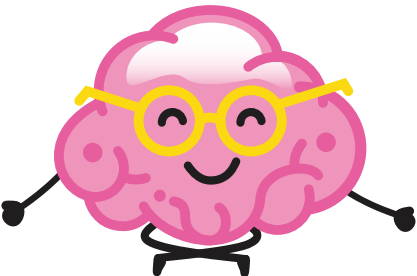


The video teaches us that illicit drugs can be sold by a drug dealer, but that some people get them from a doctor. What are some reasons a doctor might prescribe the drugs? Why is it important to never take drugs that are not prescribed to you?

Activity #1 - Independent Practice

Remember our old friend Dopamine? That is the chemical in our brain that makes us feel calm and happy when we do good things. Illicit drugs cause dopamine to go up way too high, which might feel good at first. But then, it runs out and you feel really down.

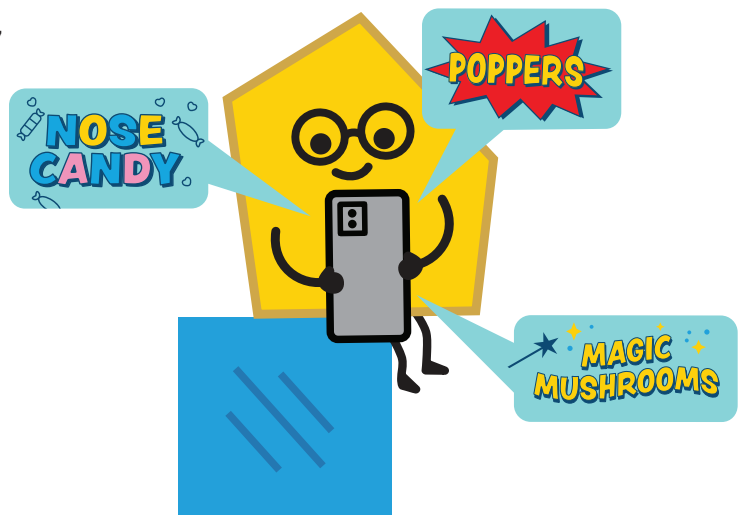
Directions: Fill out the chart below with things that make you feel calm and happy in a safe way!

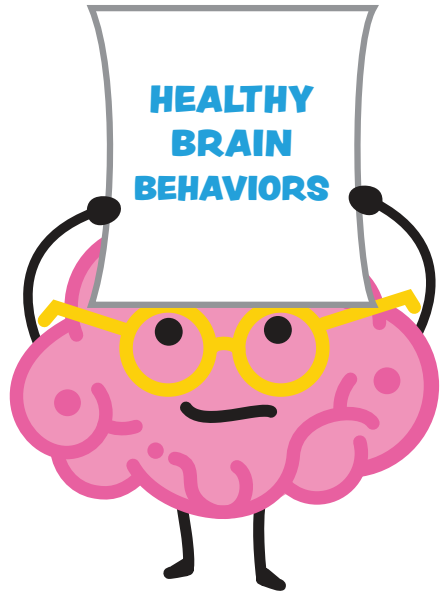
Things that make me feel calm and happy:	
	1.
	2.
	3.
	4.
	5.

Activity #2 - Group Activity

Beware! Some people who sell drugs give them nicknames that make them sound fun or safe for kids like "poppers," "nose candy," or "magic mushrooms." They are anything but safe, especially for your growing brain.

Directions: As a class, come up with 8-10 actions that a student could take if they are offered drugs, hear about someone doing drugs, or think they have seen drugs on their social media pages. Take 1-2 minutes to discuss which 3 actions you find the most important. After discussing this among yourselves, we'll tally the top 3 most important things to remember if they ever find themselves in this situation.





Activity #3 - Extended Learning

Make a class poster on healthy brain behaviors and then make a class poster on behaviors that are unhealthy. We will keep the **"Healthy Brain Behaviors"** poster hanging where you can refer to it often as a reminder of what healthy brain behaviors are!

Brain Quiz

1. Why do some drugs have nicknames or appear kid friendly?
2. **True or False:** Illicit drugs are NOT considered to be risky behavior that you could be affected by or hear about.
3. Most people hear about illicit drugs by:
 - A. High School
 - B. 20-30- years old
 - C. Middle School
4. **True or False:** People who get trapped in addiction start to always crave more.
5. Illicit drugs can be sold:
 - A. On the street
 - B. At schools
 - C. On social media
 - D. All of the above

