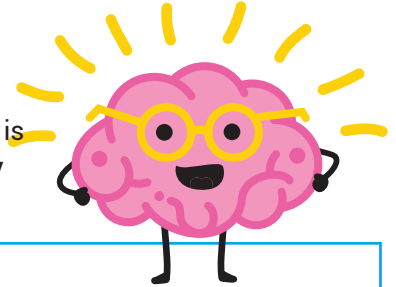


About Marijuana - Level 1 Activity Handout



Video Viewing Guide

Do Now: Write 1-2 sentences in the box below in response to the question - Marijuana is a drug that we hear about on a lot of TV shows, social media, etc. **What do you already know about Marijuana or "weed?"**



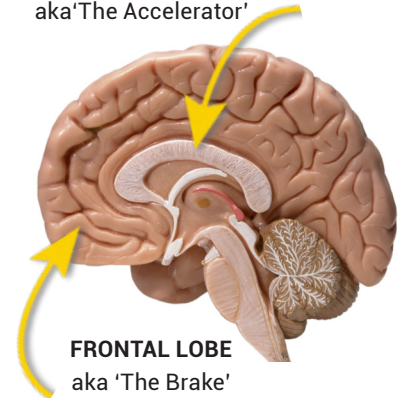
1. What are some other names for marijuana?

- _____
- _____
- _____

2. What are the short-term and long-term effects of marijuana?

- a. Short-Term: _____
- b. Long-Term: _____

LIMBIC SYSTEM
aka 'The Accelerator'



FRONTAL LOBE
aka 'The Brake'

Stop and Think...

CFU #1 - What are other common names for the drug marijuana? (0:55 in the video)

Stop and Think...

CFU #2 - What negative impacts does using marijuana have on the brain (2:55 in the video)

Activity #1 - Independent Practice

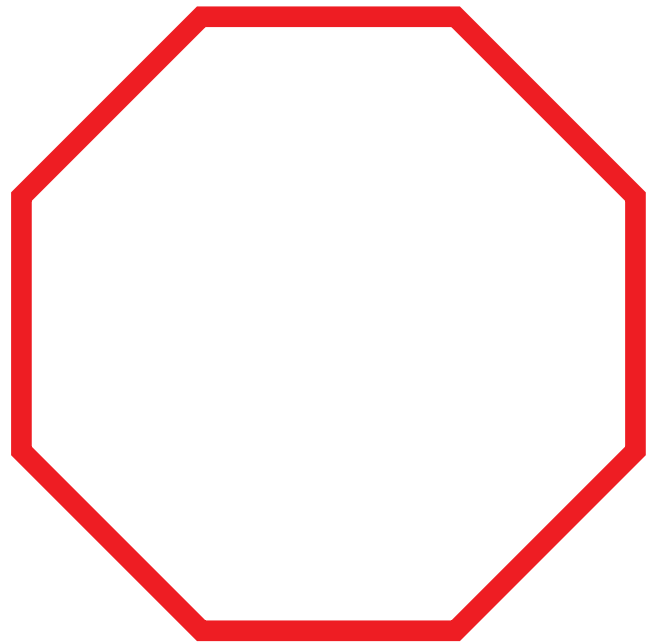
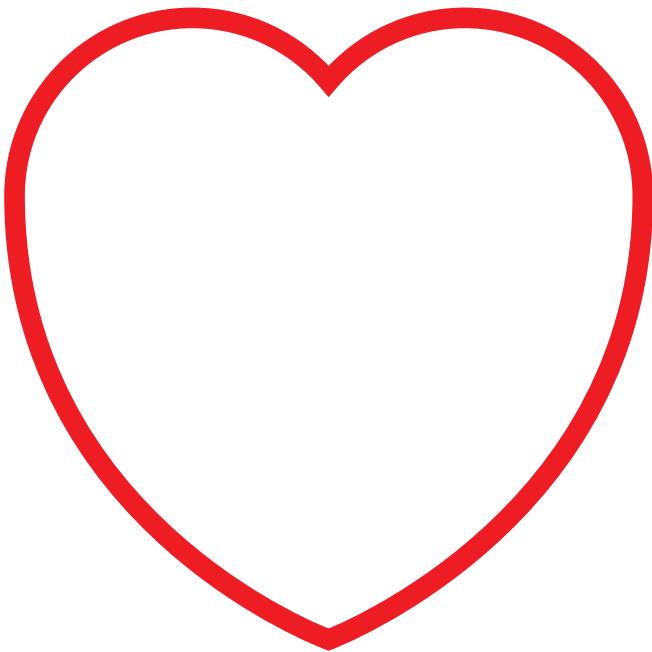
Directions: Because one risky behavior that young people get curious about is marijuana, we want to make sure everyone has a prevention plan in case they see or are offered marijuana. Fill out the space below to create a prevention plan.

Things I should SAY if someone offers me marijuana:	Things I should DO if I am around marijuana:
<ul style="list-style-type: none">• Ex; <i>"no thank you; sports are important to me and that is not good for my body."</i> <p>1. _____ _____ _____</p> <p>2. _____ _____ _____</p> <p>3. _____ _____ _____</p>	<ul style="list-style-type: none">• Ex, <i>walk away and find a nearby trusted adult.</i> <p>1. _____ _____ _____</p> <p>2. _____ _____ _____</p> <p>3. _____ _____ _____</p>

Activity #2 - Group Activity

Our video taught us that there is a chemical in marijuana that looks like a natural chemical that our body makes, called anandamide, which is dopamine's cousin! Its job is to keep our body in healthy balance and feeling good. Over time, our brain gets used to THC and wants more and more. That can lead to addiction.

Directions: As a class, brainstorm some healthy ways to maintain health and to feel good and list them in the heart shape. Next, identify reasons we need to stay away from addiction or unhealthy ways of getting dopamine and list those in the stop sign.



Activity #3 - Extended Learning

Directions: Take your prevention plan home and review it with your adult. Ask them the following questions, and have them record their answers for possible discussion the next day.

1. Can you please look at my prevention plan?
2. If I see or hear about someone using marijuana in our home or neighborhood, what should I do?
3. Can you help me add one thing I could **SAY** and one thing I could **DO** if I am ever in a situation where there is marijuana?

Brain Quiz

1. **True or False:** Some people call marijuana a medicine because it makes them feel good when they feel sick.
2. Marijuana contains which of the following:
 - A. THC
 - B. Anandamide
 - C. Dopamine
3. **True or False:** Marijuana is known to cure mental health issues.

