

WHEN YOU'RE IN TROUBLE, WHO DO YOU CALL?

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SECTION ONE

INTRODUCTION

Illegal drugs do a lot of damage to our brains. Graffiti damages our environment. Guns threaten our personal safety. All three are commonly misunderstood.

The following section contains valuable information on how to limit these threats to ourselves and our environment.

The goals for learners in this section are:

To inform participants about the dangers of drugs; define graffiti; examine the difference between graffiti and art; discover why people write it; find ways to stop it; better understand anger, violence, and why people use handguns.

INFORM LEARNERS:

THERE WILL BE A QUIZ FOLLOWING EACH SECTION.

1

DRUGS

DRUG DEFINITIONS; DID YOU KNOW?

Worksheet: Pages 39 and 40

Learner's Workbook: Pages 3 and 4

1. Write the following in three columns on the board or a large piece of paper where all can see: marijuana, cocaine, heroin. Have learners offer definitions for each term and write these below every heading. Then, ask them what effects these drugs cause. Write responses under the correct headings. Now, ask learners if cigarettes are drugs. Allow for answers (*The nicotine in cigarettes is a very addictive legal drug*). *What do they know about smoking and cigarettes?* Allow for answers. Write these on the board or a large piece of paper where all can see.
2. Have volunteers read worksheet page 39, Learner's Workbook page 3. Then, direct learners to check off those statements on worksheet page 40, Learner's Workbook page 4 that they already knew. *Did they know most of them? Any of them? Which ones? What did they learn?*

ILLEGAL DRUGS

Worksheet: Page 41

Learner's Workbook: Page 5

1. Have learners name all the illegal drugs they can think of and briefly state what they are and what they do. Write these on the board or a large piece of paper where all can see with a brief definition. Ask: *Are some of these worse than others?* Allow for answers.
2. Direct participants to complete worksheet page 41, Learner's Workbook page 5. Discuss worksheets as a group.

WHY DO PEOPLE USE DRUGS AND ALCOHOL? DRUG POEMS

Worksheet: Pages 42 and 43

Learner's Workbook: Pages 6 and 7

1. Ask learners to tell why they think people use drugs and alcohol. Write their responses on the board or a large piece of paper where all can see.
2. As a group, read worksheet page 42, Learner's Workbook page 6. Challenge participants to add three reasons to the bottom of the worksheet.
3. Have volunteers read the poems on worksheet page 43, Learner's Workbook page 7 out loud. Challenge learners to create their own poems on the bottom of the worksheet. Those who wish to may read their poems to the group.

PEER PRESSURE

Worksheet: *None*

1. Ask learners what they think peer pressure means. Allow for answers. (*Peer pressure means pressure from your friends.*) Explain that friends can talk them into using alcohol or experimenting with drugs. They have to be strong people to resist peer pressure. They are responsible for their own actions and are in control of their own lives!
2. Divide the group into pairs for role-play. Ask each one to pretend they are friends. Then, one learner in each pair must think of some make-believe action that he wants his friend to do. It might be to skip class, to shoplift, or to buy some beer with a fake ID. Put the pressure on your friend to do it. Act out the scene. Now, switch roles and act as the one being pressured to do what your friend wants. Resist and be responsible.
3. Ask: *How did you feel doing this activity? What did you learn when you switched roles?*

MARIJUANA; WHAT IS ADDICTION?

Worksheet: *Pages 44 and 45*

Learner's Workbook: *Pages 8 and 9*

1. Ask learners: *What kind of people become addicted to pot?* Allow for responses. Write these on the board or a large piece of paper where all can see. Then ask: *Why do you think pot is an easy drug to become addicted to?* Follow the above procedure.
2. Have volunteers read worksheet page 44, Learner's Workbook page 8. Then, have learners complete worksheet page 45, Learner's Workbook page 9. Review answers as a group. (*Answers are on page 109 of this Manual.*)

DRUG ROLE-PLAYS

Worksheet: *Page 46*

Learner's Workbook: *Page 10*

1. Ask volunteers to role-play the situations on worksheet page 46, Learner's Workbook page 10. After each monologue, discuss what else the character might have said.

WRAP-UP

Worksheet: *None*

1. Go around the room and have each learner share a reason not to do drugs. If you have a small group, go for a second round.

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LEARNER'S WORKSHEETS

www.ariseflife-skills.org

DRUG DEFINITIONS

Review what the major illegal drugs do.

Marijuana

Also called pot. Smoked from joints and pipes. Causes memory failure and respiratory disease.

Cocaine

A powder sniffed up the nose. Highly addictive. Causes depression, tiredness, a lack of concern, and leads to death.

Heroin

A drug shot up the arm with a needle that leads to death. Your body becomes addicted. You need the drug 24 hours a day, seven days a week.



DID YOU KNOW?

Check the box if you know the facts below. When you're finished, you can talk about your answers with the rest of the group.

- Cigarette smoking is the deadliest drug of all.
- One out of seven deaths in the United States is due to smoking.
- Smoking accounts for one-third of all heart-related deaths.
- Nicotine is as addictive as heroin or cocaine.
- The risk of developing cancer is 10 times greater for smokers.
- Smoking causes 85 percent of all lung cancer deaths.
- People who smoke one pack of cigarettes a day decrease their life expectancy by about six years.
- Tobacco companies need to recruit 1,200 new smokers every day to replace those who have died.
- Tobacco companies spend billions every year on ads that promote smoking.
- Smoking can kill you.

Source: *The Great Brain Robbery*, Tom Scott and Trevor Grice, 1998.

ILLEGAL DRUGS

Below is a list of drugs that are illegal to anyone in the United States. Rank them from **1 to 8**. **One** is the most dangerous and **eight** is the least dangerous drug.

- _____ Crack
- _____ Cocaine
- _____ Ecstasy
- _____ Hallucinogens/LSD
- _____ Hashish
- _____ Marijuana
- _____ Narcotics/Heroin
- _____ Opiates/Opium

Now, write why you believe the number 1 drug on your list is the most dangerous.

If you'd like to share and discuss your answers, feel free to do so.

WHY DO PEOPLE USE DRUGS AND ALCOHOL?

Read the following out loud, and then discuss if you think these reasons for using drugs and alcohol are correct.

1. In order to feel that they belong.
2. Just to feel like one of the crowd.
3. To loosen up and become the life of the party!
4. To strengthen their performance.
5. As an experiment.
6. Because of peer pressure.
7. Because their parents or other role models are users.

Can you think of any more reasons why you or a friend might have used drugs?
Add them to the list below.

8. _____
9. _____
10. _____

Explain which of these is the worst reason for using. Why?

DRUG POEMS

Read the following short poems about drugs out loud.

Gettin' High

*Alcohol gave me wings...
Then it took away the sky.
Pot made me laugh and giggle...
I don't remember why.
Crack cocaine made me cry...
I wanted to die.*

Dope

*For every high there is a low,
For every trip, a return ticket.
There are no short-cuts through chemistry,
Just short-circuits in the brain's hemisphere.*

Now, try writing your own poem about why drugs are bad:

Share the poem out loud if you wish.

MARIJUANA

Marijuana, a hallucinogen, is taken from the leaves of a plant and is smoked as a cigarette or “joint.” It is also referred to as “pot.”

What kind of person becomes addicted to pot?

Someone popular, with lots of friends, someone who is different from all the rest. Someone who is “cool.” Someone like you.

Why do you think pot is an easy drug to become addicted to?

Maybe you’ve smoked pot a couple of times, and you think that you haven’t smoked long enough to be addicted to it. You’ve heard that pot isn’t addictive; and it isn’t. Your body does not need to have it. But your mind can become addicted to just about anything! People who smoke pot often become very nervous and have trouble remembering things; yet they continue to smoke pot. Go figure!

Pot is illegal, right?

Right. People caught using pot have to pay a large fee. People caught selling pot may serve time in jail.

BUYING AND SELLING POT ARE AGAINST THE LAW!

WHAT IS ADDICTION?

Below is a list of behaviors. Circle three which you think are physical addictions (what your BODY wants), and underline four psychological addictions (what your MIND wants):

1. Shooting up heroin
2. Shopping
3. Cigarette smoking
4. Overeating
5. Smoking pot
6. Working out
7. Drinking coffee

DRUG ROLE-PLAYS

Now, try these role-playing exercises. They are monologues (speeches said by one person). Read the opening lines and tell the rest of the person's story.

1. I'm fifteen and I've been smoking pot for three years. I hate that I can't have fun without drugs anymore. I don't want to be a zombie for the rest of my life.
2. I'm sixteen and I've been using cocaine for a month. I know I have to stop but I can't seem to get off it. It's making me a different person.
3. All my friends drink. I don't like to drink or want to be an alcoholic, but I don't want to look stupid in front of my friends.
4. I just went through a six-week drug detox program. I am clean, but what do I do when my friends try to get me back on drugs?
5. My best friend died of a heroin overdose a month ago. Now, another one of my friends is heavily involved in heroin. How can I prevent another death without messing up our friendship?

