

# Say “No” to Drugs and Alcohol



## Fathers and Sons Program

### Facilitator Script

*(Read the text in the boxes as you go through the PowerPoint slides)*

Today we are going to talk about the effects of illegal drugs and alcohol.

First can anyone tell me the names of some drugs?

Can anyone name some illegal drugs?

**(WAIT FOR RESPONSES - make sure to distinguish legal vs. illegal drugs)**

Some of the drugs mentioned like alcohol, cigarettes, and marijuana cause a lot of problems for young people so we are going to take a closer look at them. Let's begin with alcohol.



# Alcohol

There are many different types of alcohol.

People who are over 21 are allowed to drink alcohol responsibly. Is anyone here 21? Well, that means it's illegal for you to drink alcohol.

Why do you think they make it illegal for young people to drink alcohol?

**ANSWER:** Alcohol has bad effects on the body and mind, especially for young people.

Let's discuss some of the short and long term effects.

## Short-Term Effects of Alcohol



- Blurred vision
- Hearing problems
- Bad decision making
- Bad breath
- Silliness
- Clumsiness

### (AFTER EFFECTS COME IN ASK...)

Are any of these good for you?

What are some of the things that you could not do while suffering from these effects?

**ANSWER:** Drive a car, play a sport

# Short-Term Effects of Alcohol

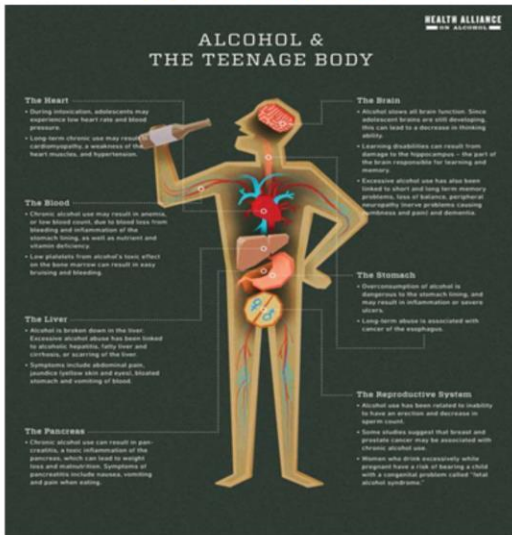
## Hangovers!



Even the short term effects of alcohol can last for a long time.

Often people who drink too much experience intense head and body aches called hangovers the next day.

# Long-Term Effects of Alcohol



- Loss of appetite
- Stomach problems
- Skin problems
- Memory loss
- Liver, heart, and nervous system damage

## (READ EFFECTS)

Tell me how having these symptoms could affect someone's life?

**(Coach students along if necessary)**

Now let's talk about another drug that seems to harm many young people, tobacco.

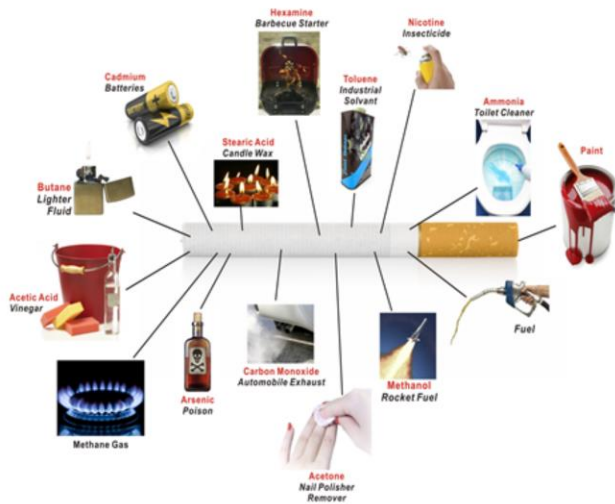


# Tobacco

What kind of products contain tobacco?

- Cigars
- Cigarettes
- Chewing tobacco/snuff
- Pipes

# Effects of Tobacco



1. What's in tobacco?

1. What does it do to the body?

1. Why do people smoke?

## What is in tobacco?<sup>1</sup>

Tobacco contains numerous chemicals like tar, lead, carbon monoxide which all can cause cancer. In addition, when these chemicals are let off in the body they clog up people's lungs. Smoking is so bad for your health that tobacco products must have a warning label on them.

## (CLICK SLIDE)

### What does it do to the body?<sup>2</sup>

Smoking doesn't do anything good for the body. It makes the heart work faster, raises blood pressure, causes stomach ulcers, creates cancer, messes up skin, and leads to extensive mouth problems.

## (CLICK SLIDE)

### Why do people smoke?<sup>2</sup>

One of the chemicals in tobacco is called nicotine. Nicotine is a very addictive chemical. Once it gets in the body a person feels like they physically and mentally need to have it in their system. Once a person feels this way it is very hard to quit smoking, but it can be done. If nicotine never gets inside the body, then a person will never experience cravings. This is why it's not a good idea to ever experiment with cigarettes or any tobacco products.

So far we have talked about drugs that are legal for adults and illegal for children. Now let's talk about drug that is illegal for everyone.

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# Marijuana

Is this a legal or illegal drug?

***(Explain that it is illegal, reinforce difference between legal and illegal. If students bring up medical marijuana use explanation below.)***

Medical marijuana is only for a people with certain illnesses, usually chronic illnesses, and is only allowed in some states. If you and I had marijuana we would be arrested for it.



# Marijuana?



## Slang names:

“Weed”

“Bud”

“Herb”

“Chronic”

“Dank”

Marijuana has many different names. Has anyone heard of other names for marijuana?

**(WAIT FOR ANSWERS)**

Now that we know the different names for marijuana let's talk about what it is made of.

# What is marijuana made of?



Marijuana grows from the cannabis plant and contains hundreds of harmful chemicals.<sup>4</sup>

The main chemical is called THC and when it gets in the blood stream it affects the brain in many negative ways.<sup>4</sup>

# How is marijuana used?



Marijuana is usually smoked in cigarette papers (joints), cigar wrappers (blunts), pipes or bongs. Stay away from these things if you see it.

What would you say to someone who was trying to give you marijuana?

**(WAIT FOR ANSWERS)**

# Short-Term Effects of Marijuana Use



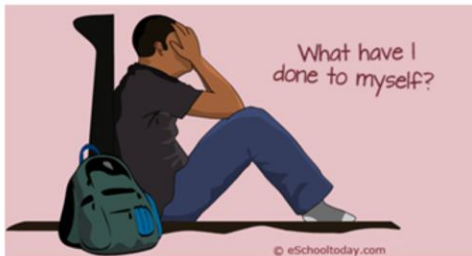
Someone who is high  
on marijuana may...

- Act silly for no reason
  - Become dizzy
  - Get itchy red eyes
  - Cannot remember things
- 

What do you think some short term effects of marijuana are on people?

**(CLICK ON SLIDE)**

# Long-Term Effects of Marijuana Use



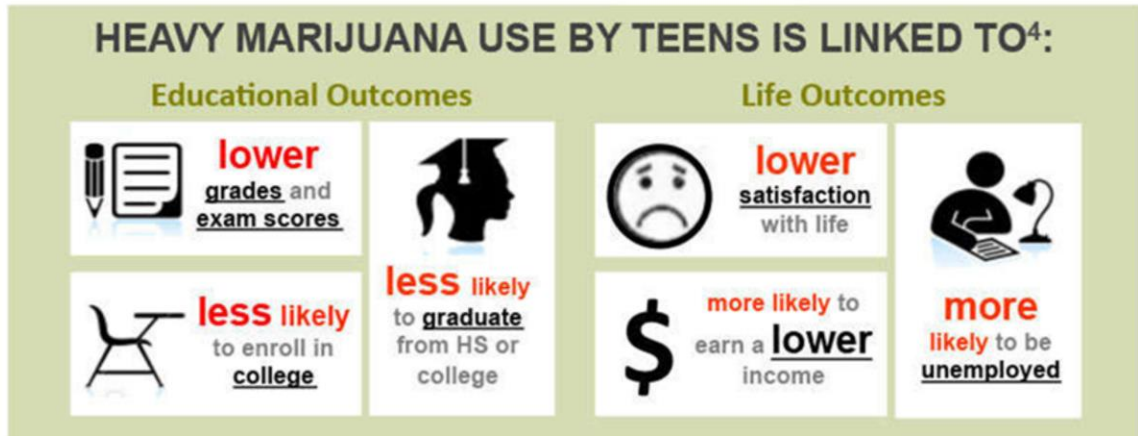
- Reduces thinking, memory, and learning abilities
- Depression
- Anxiety
- Damage to your kidneys, liver, heart, and lungs

What do you think some long term effects of marijuana are on people?

**(CLICK ON SLIDE)**

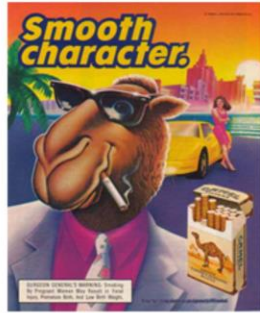
Many of these long term effects cannot be corrected—meaning smoking as a young person can harm you for the rest of your life.

# Marijuana and the Brain



Marijuana use can also be damaging to the brain. Heavy marijuana use is linked to education, specifically lower grades and test scores, being less likely to enroll in college, and less likely to graduate from high school or college.

Teens who use marijuana are more likely to have lower satisfaction with life, not have a job, and earn less money.<sup>4</sup>



# The Media

Where do we get messages about drugs?

**(CLICK ON SLIDE)**

In the media. The media includes magazines, internet ads, music, videos, television, and movies.

The media has a big influence on how we think and act because we get messages from it all day long. Unfortunately, the media doesn't always send the correct messages when talking about marijuana, cigarettes, and alcohol.

The bad parts like people getting diseases, people losing their jobs and money, people going to jail, and people dying are not shown.

Also the media tends to use cartoon characters and bright colors which often gets kids attention. This can confuse kids into thinking that drugs are something they should be interested in. Because the media sends so many mixed messages it is important that everyone remembers that drugs do bad things to our bodies and minds.

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# The Media

Media has a lot of influence on how we think and act, but they don't usually give all of the facts.

They use famous people or sexy people to sell things like alcohol and beer, but this does not mean that it is good for you to drink.





# Peer Pressure

Although the media has a huge influence on us, so do our friends. When friends pressure you to make bad decisions it's called peer pressure. A true friend would not want you to do anything that is bad for your health.

Make sure to hang around people who don't use drugs or pressure you to do drugs. If your friends are drug free it will be much easier to avoid situations where drugs are around. However, if drugs are around it is important that you refuse them.

Let's practice saying no to drugs. I'm going to act like one of your friends and offer you drugs. Then you will show the group how you would respond.

***Be very animated, but keep the flow of the activity moving rapidly. Praise all the students at the end instead of individually to save time. Ask the sons what they have learned about different drugs that have been discussed in the PowerPoint presentation. Try to use slang names when possible.***

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# What is your anti-drug?

One way to avoid drugs is to get into things that make you feel good about yourself and what you can do.

Some people are good at sports, singing, playing a musical instrument, dancing, writing, drawing, speaking, and a lot of other things.

Tell me some things that you are good at doing.

**(WHEN SON TELLS YOU SOMETHING HE IS GOOD AT, RESPOND WITH THE QUESTION BELOW).**

How would using drugs effect (*fill in with their response*)?

# Where can you get help?

**Friends**



**Church community**



**Family**



**School counselors**



**Local Health Department  
Public Treatment Programs**



All these places offer help to people on drugs who would like to stop using them. They can help adults and kids who want to quit.

Can you think of any place else or someone else who might be able to help?

**(WAIT FOR ANSWERS)**

# What are your dreams?



Everyone close their eyes (**wait 10 seconds**) I'm going to give you instructions, but I don't want you to respond with words.

First, think of something you want to do in your future.

**(Give examples: drive a car, play college ball, graduate from high school)**

**Leave five seconds after each statement**

Now, imagine yourself doing it.

What does it look like?

How does it feel?

Is your heart racing or calm?

How does smell?

{Open eyes}

I hope that whatever you thought of comes true.

Don't let drugs destroy the chances of you really experiencing it!

**Now we are going to do an activity to help you talk to your father about drugs and alcohol.**

## ACTIVITY

A big part of avoiding drugs is being able to talk with your fathers. Please think of some questions that you would like to ask your father about alcohol, tobacco, marijuana or other drugs. Let's use our Drug Activity sheets to write down some questions.

**(END OF PRESENTATION)**

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