

# **Let's Talk About: What You Need to Know About Drugs**

Grades 2 to 6

**TEACHER'S GUIDE**

**MazzMedia**  
Quality Classroom Content

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## **Why Young Learners Should View this Program?**

This program introduces young learners to the types, and differences between legal and illegal drugs. Students will learn that legal drugs, such as medicines are used to ease the symptoms of sickness, cure diseases, prevent and control illness.

Viewers will come to understand that tobacco and alcohol are recreational drugs that are only legal for adults, and that legal does not mean the drug is safe.

In addition, the program discusses the short term and long-term, harmful effects of abusing tobacco and alcohol. The program then focuses on illegal drugs including marijuana, cocaine and heroin and how each can permanently damage your body and brain.

## **Learning Objectives**

- understand the difference between legal and illegal drugs
- learn that medicines are drugs used to control, prevent and cure illnesses
- understand tobacco and alcohol are recreational drugs that are only legal for adults
- realize that legal does not mean it's safe
- recognize the harmful effects of drug abuse
- learn that illegal drugs including marijuana, cocaine and heroin and how each can damage your body and brain.

## **Summary of the Video**

The video program is presented in a documentary style.

The documentary begins by showing that there is a difference between legal and illegal drugs and that there are some drugs that are legal for adults to consume, but not for young people.

The video then explains that medicines are drugs that are used to treat illnesses and diseases. Medicines are legal drugs and safe when they're used appropriately.

Next, the documentary discusses tobacco and alcohol, two legal, very of common recreational drugs in our society. The program goes into detail as to what tobacco and alcohol are made of, and their effects on the body and brain.

Students will then learn about marijuana and its effects on memory, focus and learning. It then explores the ongoing debate of legalizing and not legalizing weed. The program discusses different types of illegal drugs such as narcotics, cocaine and heroin, and their powerful addictive properties and harmful physical and psychological effects.

## **Preview Questions**

What do you know about drugs? Why do you think people use drugs?

Do you think legal drugs are safe? Are medicines safe?

Why is it a good idea to make the decision not to use recreational drugs?

## **Discussion Questions**

- After viewing this program, do you think you would like to smoke cigarettes or marijuana when you are older? Why, or why not?
- Have you ever been asked to drink alcohol? What would you do or say if someone asked you to do this?
- Does anyone in your home use legal, recreational drugs like tobacco or alcohol? How do you feel when they smoke or drink in the house? Do you like or dislike being around a person who smokes or drinks alcohol?
- Why is it important not start using drugs? Why is it dangerous to become addicted to a drug?
- What would you say to someone you really like if they began to use an illegal drug?

# **Interdisciplinary Activities**

## ***Language Arts***

Have your students do research and write or give a report on one of the drugs mentioned in the video (tobacco, alcohol, marijuana, cocaine, heroin). The information should include where the drug comes from, how it is made and how it is distributed. Also, the short-term and long term effects of the drug on the human body and brain.

Or, have students do a report on the growing abuse of illegal medication and how that is affecting people's lives and our communities.

## ***Language Arts; Creative Expression***

Ask your students to pick one of the drugs discussed in the video. Ask your students to write a public service announcement about the dangers of that drug. Students can perform it in front of the class or record it on video.

## ***Language Arts***

Have your students interview someone they know that is a smoker or former smoker and ask questions such as "Why did you start smoking?", "What made you decide to stop?", "Were you ever addicted to nicotine", "How did it feel when you didn't have a cigarette for a long time?".

## ***Math; Art***

Have your students research the cost of a pack of cigarettes. Ask them to add up the cost of smoking 1, 2, and 3 packs per day. Have them come up with a cost per day, week, month, year and 10 years. Ask them what else they could buy with that amount of money and have them draw a picture of it. Have them title the picture "If I don't smoke, I can buy ..... "(use Activity Sheet 2 and 3s)

## ***Language Arts; Social Studies***

Discuss the concept of advertising with your students. Explain how advertisements are created to try to make people buy a product. Go to one, or several of the following Youtube links provided below that show alcohol TV commercials. After watching the commercials have a discussion about what the ads were saying about alcohol.

Ask students what they think about the advertisements, “Were they misleading?”, “Do you think alcohol should be allowed to be advertised on television?”, “Why or why not?”.

## ***Creative Expression***

Have your students create a poster based on the negative effects of marijuana, tobacco or alcohol. For example, “Go bad breath? Try Cigarettes! They’ll make it ever worse. . Encourage students to have fun and be creative. They can work individually or in small groups.

# The Truth About Drugs

Illegal drugs are bad for your health. Choose an illegal drug, and design a t-shirt that tells the truth about that particular drug .





# The Cost of Smoking

Solve the problem.

Write your answer here.

1. Find out the cost of a pack of cigarettes and write it down.  
\$ \_\_\_\_\_ per bottle
2. How much would it cost per week if a person smoked 1 pack of cigarettes each day?  
\$ \_\_\_\_\_ per day
3. How much would it cost per year if a person smoked 1 pack of cigarettes each day?  
\$ \_\_\_\_\_ per year
4. How much would it cost over a period of 5 years if a person if a person smoked 1 pack of cigarettes each day?  
\$ \_\_\_\_\_ over 5 years

Do your work here.

x

## Activity Sheet 3

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Draw a picture of what you would buy with money you don't spend on cigarettes.

**“If I don't smoke, I can buy ..... “**

## Dear Smoker...

Do you have a family member or person you know that smokes cigarettes? Write a letter to that person and tell them what you learned about drugs and smoking. Explain to them why you are worried about them.

Dear .....

.....

.....

.....

.....

.....

.....

.....

Sincerely, .....

# True or False

	TRUE	FALSE
1. Marijuana, tobacco and cocaine come from plants.		
2. Nicotine and alcohol are not addictive, legal drugs for adults.		
3. Medicines are drugs that can be prescribed by doctors.		
4. It's okay to take more medicine than the doctor prescribed if the medicine isn't working fast enough.		
5. Second hand smoke can be harmful to the person not smoking.		
6. Smoking marijuana is safer than drinking alcohol.		
7. Illegal drugs like heroin and cocaine are addictive and dangerous for your health.		
8. All drugs change the way your body and brain work.		
9. Cancer is one of the many diseases caused by smoking tobacco.		
10. Only legal drugs have long-term negative effects.		
11. Narcotics are drugs used to relieve pain.		
12. The legal age for drinking alcohol is 18 years old.		

# Suggested Resources

<http://drugfacts4youngpeople.com/>

<http://pbskids.org/itsmylife/body/drugabuse/>

Campaign for Drugs-Free Kids. <https://www.tobaccofreekids.org/research/factsheets/pdf/0001.pdf>

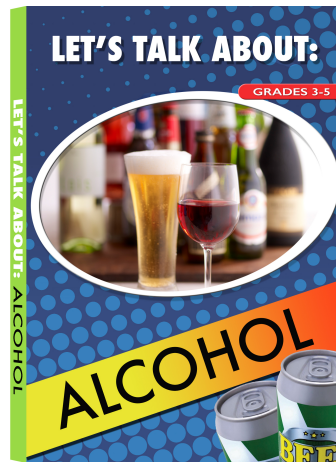
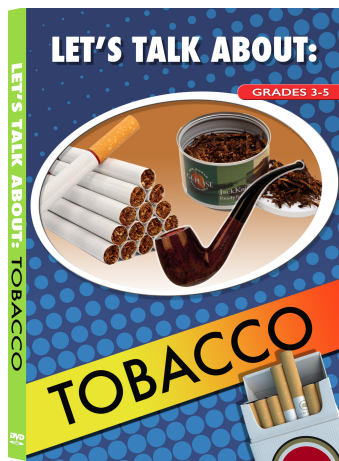
<http://kidshealth.org/en/kids/know-drugs.html>

American Lung Association. <http://www.lung.org/stop-smoking/smoking-facts/?referrer=https://www.google.com/>

<https://www.teachervision.com/drugs-and-alcohol/teacher-resources/6595.html>

HealthyChildren.org. <https://www.healthychildren.org/English/health-issues/conditions/tobacco/Pages/Dangers-of-Secondhand->

# Related Materials From



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