



Sample Drug Abuse Prevention Lesson Plans

Communication Arts

- Write an essay on how alcohol and drugs have affected your life. This can be about personal experiences, the story of someone you know that has a substance use disorder, or what helps motivate you to stay drug and alcohol free.
- Write a research paper that debunks the myths about drugs, alcohol, and addiction.

Resources:

1. National Institute on Drug Abuse, www.drugabuse.gov
2. Facts about Drugs www.drug-facts.org

Mathematics

- Conduct an anonymous survey at your school and compile the data. You may ask: have you ever used alcohol, have you ever tried marijuana, have you ever used tobacco, have you ever taken a pill that wasn't prescribed for you, etc. The survey should be limited to a few questions.
- Analyze data on drug use and see how the numbers compare in your county, in Missouri, and in the nation. This could be done in groups.

Resources:

1. National Statistics on Drug Use and Health www.samhsa.gov/data/NSDUH.aspx
2. Missouri Student Survey 2012
www.dmh.mo.gov/docs/ada/2012MissouriStudentSurveyReport.pdf

Science

- Explain the chemical compounds of the most frequently abused drugs and how they physically affect different parts of the brain and body.
- Illustrate how addiction is a disease of the brain. Explain how the brain develops, how drugs interact with receptors in the brain, and the role of endorphins in addiction.

Resources:

1. The Science of Addiction <http://www.drugabuse.gov/related-topics/addiction-science>
2. Understanding Addiction
http://www.helpguide.org/harvard/addiction_hijacks_brain.htm

Social Studies

- Have students research prevention messages and how they have evolved over the years. Let them create future prevention messages to use on their kids.

- Conduct an anonymous survey at your school and compile the data. You may ask: have you ever used alcohol, have you ever tried marijuana, have you ever used tobacco, have you ever taken a pill that wasn't prescribed for you, etc. The survey should be limited to a few questions.
- Using the data collected in your school's survey or from the MO Student Survey, create a positive messaging campaign in your school that explains that MOST students do not use drugs and alcohol. This could include morning announcements or having a pep rally to congratulate students for being drug and alcohol free.

Resources:

1. MO Student Survey
www.dmh.mo.gov/docs/ada/2012MissouriStudentSurveyReport.pdf
2. Conducting a Youth Risk Behavior Survey
http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs_conducting_your_own.pdf

Fine Arts

- Graphically design a drug free logo for your school that incorporates your mascot and a positive statistic that says Most *SCHOOL NAME* Students do not drink or use drugs.
- Create posters and t-shirts to sell or give away as prizes.

Health/Physical Education

- Explain how alcohol use interferes with sports and athletic performance.
<http://www.actmissouri.org/wp-content/uploads/2012/08/MYAAFactSheet-November-2012.pdf>
- Discuss how addiction is a disease that primarily targets young people. If adolescents abstain from drugs and alcohol until they are 21, they usually will not develop substance dependency.
<http://teens.drugabuse.gov/drug-facts/brain-and-addiction>
- Have a guest speaker that is in recovery tell their story to the class. www.morecovery.org