

Choices and Responsibility

Take 5 to High 5



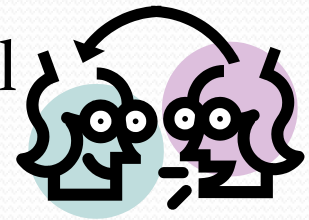
Today's Ground Rules

- No idea is a dumb idea



(Sometimes weird ideas are the ones that work the best!)

- Make the group safe- everyone needs to feel safe enough to take a risk and share ideas.



- Keep brainstorming!!!!



- Respect each other with words and action.



Be a critical thinker

Which of these items is NOT part of critical thinking:

- Brainstorming
- Comparing and contrasting
- Analyzing and evaluating
- Predicting consequences
- Just reacting to a situation (acting impulsively)



The Take 5 to High 5!

- The five critical thinking steps to making good decisions when it comes to drugs and alcohol.



1) Think: Is it safe?



Myth V. Facts - Alcohol

Myth Alcohol isn't as harmful as other drugs.

FACT Alcohol increases your risk for many deadly diseases, such as cancer. Drinking too much alcohol too quickly can lead to alcohol poisoning, which can kill you.

Myth Adults drink, so kids should be able to drink too.

FACT A young person's brain and body are still growing. Drinking alcohol can cause learning problems or lead to adult alcoholism. People who begin drinking by age 15 are five times more likely to abuse or become dependent on alcohol than those who begin drinking after age 20.²

Myth Drinking alcohol will make me cool.

FACT There's nothing cool about stumbling around, passing out, or puking on yourself. Drinking alcohol also can cause bad breath and weight gain.

Myth v. Facts - Marijuana

Get the Facts...

Marijuana affects your brain. THC (the active ingredient in marijuana) affects the nerve cells in the part of the brain where memories are formed.

Marijuana affects your self-control. Marijuana can seriously affect your sense of time and your coordination, impacting things like driving. In 2005, nearly 242,200 people were admitted to emergency rooms suffering from marijuana-related problems.¹

Marijuana affects your lungs. Marijuana smoke deposits four times more tar in the lungs² and contains 50 percent to 70 percent more cancer-causing substances than tobacco smoke does.³

Myth v. Facts - Marijuana

Marijuana affects other aspects of your health.

Marijuana can limit your body's ability to fight off infection. Heavy marijuana use also has been linked with depression, anxiety, and personality disturbances.⁴

Marijuana is not always what it seems.

Marijuana can be laced with substances such as PCP, formaldehyde, or codeine cough syrup without your knowledge. "Blunts"—hollowed-out cigars filled with marijuana—sometimes have crack cocaine added.

Marijuana can be addictive. Not everyone who uses marijuana becomes addicted, but some users do develop signs of dependence. In 2006, nearly 290,000 people entered drug treatment programs to kick their marijuana habit.⁵

Myth v. Facts: Tobacco

DID YOU KNOW?

You are getting bombarded with messages about drugs in songs and movies. A study of the most popular songs in 2005 found that about:

1 in 3

songs said something about drug, alcohol, or tobacco use.

3 in 4

rap songs said something about drug, alcohol, or tobacco use.

And of the top 90 movies over the last two decades, almost

7 in 10

movies showed characters smoking.

1 in 3

movies showed people getting drunk.

Get the facts, and make your own decisions.

Tobacco

Wrinkles, bad breath, yellow teeth, wheezing, stinky clothes?...Let me at those cigarettes!

ADDICTION

SKIN DAMAGE

CATARACTS

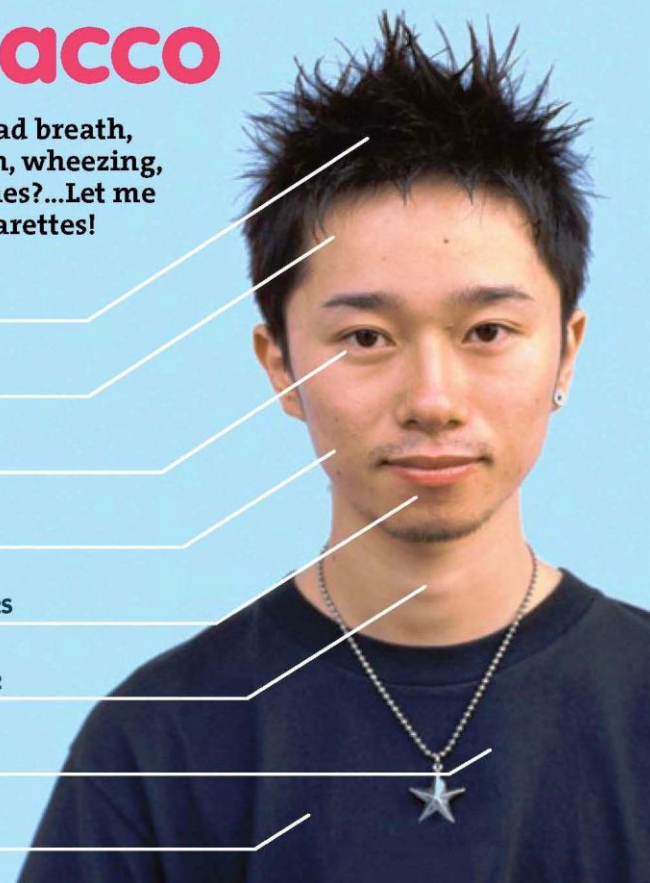
WRINKLES

MOUTH CANCERS

THROAT CANCER

HEART DISEASE

LUNG DISEASE



Myth v. Facts – Prescription Drugs

A lot of you have asked: how can

PRESCRIPTION DRUGS

**be harmful when they're prescribed
by doctors?**

Prescription drugs aren't bad—they totally help a lot of people. It really depends on the *who*, *how*, and *why* of it—*who* were they prescribed for (you or someone else?), *how* are you taking them (as prescribed or not?), and *why* (to get well or to get high)?

DID YOU KNOW? Mixing pills with other drugs or with alcohol really increases your risk of death from accidental overdose.

2)

Check Your Emotions & Attitudes



3) What are your Values?

- Is it right or wrong?



- Why might kids act differently from their values?

4) Think through Consequences



5) Discuss with an parent/adult:
who, what, where and when.



Family **D**ay
A day to eat dinner with your children.

The High 5 to Decision Making

- 1) Is it safe?



- 2) Have I checked my emotions and attitude?



- 3) Does it meet my values?



- 4) Have I thought through **CONSEQUENCES** ?

- 5) Have I let an adult know my plans?



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