

# AIM FOR SUCCESS™

A V O I D I N G   T H E   R I S K S

## *Power to Succeed*

### *Understanding the Problems of Tobacco, Alcohol and Other Drugs*

Not only does this program educate teens about the dangers associated with tobacco, alcohol, marijuana, prescription drugs and other common street drugs, but also the illustrations and true stories empower teens to avoid experimenting with drugs.

#### **6<sup>th</sup> – 12<sup>th</sup> Grade Program Outline for a 1 Hour Presentation**

Portions of the program will be cut if less than 1 hour.

#### **Introduction: Dreams and Goals - Game**

Choices you make now will affect your future dreams and goals.

#### **Addiction – Object Lesson**

An illustration is used to help students understand the dangers of developing a tolerance to drugs as well as the all consuming power of addiction.

Your Power To Succeed is to not even start.

#### **Methamphetamine – Faces of Meth**

Meth is one of the most highly addictive drugs.

It can cause physical problems as well as serious psychological problems.

Students will be amazed as they view before and after pictures of people who have used Meth.

#### **Cocaine – True Story**

Getting high on cocaine is easy, but avoiding the addictive power is not.

Some have become addicted to cocaine the first time they try it.

Kicking an addiction to cocaine is extremely difficult for many people.

#### **Prescription Drugs - Discussion**

If the prescription is not yours, it is not safe and it is not legal.

Combined with alcohol, it could become deadly

Abusing prescription drugs can lead to a serious addiction.

#### **Marijuana – Discussion**

Not everyone goes from use to abuse to addiction – but some do.

Can alter brain function; resulting in memory loss and lower grades.

Leading reason why teens go into treatment.

#### **Alcohol – Game / True Story**

It is illegal for minors to buy, possess, or transport alcohol.

Volunteers demonstrate how alcohol can impair coordination by playing a game of catch while wearing goggles that simulate being under the influence

True story shows how alcohol use can impact your future, your family and relationships.

#### **Tobacco – Slide Show / Object Lesson / True Story**

Review of tobacco warning labels around the world. All countries, all languages – Tobacco is hazardous to your health.

Object lesson and true story show the dangers to your health and effects on your family and relationships.

Students learn the extravagant cost of tobacco addiction.

#### **What if your friend is using? – Discussion**

Real friends don't want their friends to get hurt. Talk to your friend. Avoid using. Get help.

#### **Survey**

A voluntary, anonymous survey is offered at the conclusion.

Aim for Success tabulates the surveys and sends a report of the results and comments from students.