



## ***Power To Succeed - Christian***

### ***Avoiding Tobacco, Alcohol and Drugs***

The Power To Succeed program motivates teens to avoid tobacco, alcohol and drugs to help them reach their dreams and goals. The following outline requires at least 60 minutes.

### **Program Outline**

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

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

#### **Addiction – Game / Object Lesson**

Addiction is an uncontrollable desire that controls your life despite negative consequences.

Drug use changes the chemicals in your brain so that it is dependent on the drug to feel normal. The dependency will make “the highs less high,” increase depression, and make it tough to enjoy normal pleasures. Your Power To Succeed is to not even start.

#### **Cheese-Heroin – Discussion**

Even if they make it smell good and less expensive, it is still Heroin and can be deadly.

Your Power To Succeed is to not even try it!

#### **Cocaine – True Story**

John lost a great job, good money, and a beautiful wife to cocaine. Now he is homeless, jobless and addicted.

#### **Prescription Drugs – Discussion**

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

#### **Marijuana - Discussion**

No commonly accepted medical use. Alters brain function.

Your Power To Succeed is to not ever try it.

#### **Alcohol – Game / True Story**

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

“Are You an Alcoholic?” game teaches who is more at risk to become an alcoholic. Even those at high risk won’t be an alcoholic if they never start!

True story shows that alcohol use affects more than your dreams and goals. It can impact your family and relationships. Your Power To Succeed is to not ever start using alcohol.

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

It is illegal for minors.

Slide show depicts tobacco warning labels in various countries.

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

The cost of tobacco addiction is demonstrated. Your Power To Succeed is to not even try tobacco.

#### **What does God say about Drugs?**

King Solomon's Proverbs provide wisdom on the use of alcohol and drugs. Students learn that using drugs and alcohol is not wise and can rob you of success.

#### **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.