



**TEXT PLEDGE**  
RISE UP

# ACTIVITY BOOK

## AVOIDING DRUGS AND ALCOHOL

GRADES 7 - 8



**NAME:** \_\_\_\_\_



**TEXT PLEDGE IS A NONPROFIT IN GREATER GRAND RAPIDS, MI, THAT SEEKS TO CHANGE THE WORLD ONE PLEDGE AT A TIME. OUR 10 PLEDGES FOCUS ON ENDING SOME OF THE WORST SOCIAL ISSUES AFFECTING OUR COMMUNITIES, FROM DISTRACTED DRIVING TO ACTS OF VIOLENCE. EACH PLEDGE CHALLENGES MEMBERS TO PRACTICE COMPASSION, SPEAK UP WHEN THEY WITNESS INJUSTICE, AND HELP OTHERS IN TIMES OF CRISIS. TOGETHER, WE CAN MAKE THE WORLD A KINDER PLACE.**





## A Message From Our Founder

*Experimentation with drugs and alcohol is one of the most dangerous things that we can do to our bodies. This includes taking medicines not prescribed to us or using prescribed medicines in unsafe ways. Additionally, we can cause harm to our bodies when using over the counter products not meant for our age group.*

*Everyone's bodies are unique and respond differently to these chemicals. Keep track of your prescription medication and speak to a doctor or medical professional before consuming new prescriptions. Take control of your body and encourage others to do the same.*

*In this activity book, you will explore your own ideas related to drugs and alcohol and how they can impact your health and your behaviors.*

***Crisis lines are always available at [TextPledge.us](https://www.textpledge.us)***

*Happy Learning!*



**Ms. Naomi**  
Founder at the Text Pledge Project





# Investigator for one day...

An investigator is in charge of gathering reliable information to answer questions by following certain steps. Answer the questions by searching for truthful information.

**1. Provide your own definition of the word “drug” and write it below. What do you think of when you hear this word?**

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**2. Use a dictionary to research the definition of the word “drug”. Write the definition below and credit the source.**

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**3. Which of the following are considered drugs? Select all that apply.**

- Coffee
- Medications prescribed by a doctor
- Illicit substances like marijuana and cocaine
- Nicotine-containing products (e.g., cigarettes)

**4. What impact can drugs have on your body? Select your answer.**

- A) Improved physical fitness.
- B) Enhanced memory and concentration
- C) Increased risk of addiction, impaired judgment, and health problems
- D) Better sleep quality
- E). All of the above



# Myth vs Fact

You already know what the drugs are and the related consequences of using them. Select which one you think is the true fact from each option.

Prescription drugs are always safe since they come from a doctor

Misusing prescription drugs can be dangerous and harmful.

Alcohol has the same impact on everyone, regardless of body weight or size.

The impact of alcohol can vary based on factors like weight and tolerance.

Early substance use increases the risk of addiction.

Kids are less likely to become addicted to substances than adults.

Energy drinks and alcohol make a safe combination.

Combining energy drinks with alcohol can be risky and harmful.

Substances use can negatively impact academic achievements.

Using drugs or alcohol can improve your academic performance





# From stats to reality

In a city, among 17500 people over 12 years old, 8750 have used illicit drugs at least once. What is the percentage of people over 12 years old who have used drugs at least once?

In several schools, 3600 twelfth grade students were surveyed and 864 reported having used illegal drugs. What is the percentage of twelfth grade students who have used illegal drugs?

**BOTH** of the percentages you just calculated **ARE ACTUALLY TRUE**. Currently, in the United States, those percentages indicate people over the age of 12 who have used drugs at least once and twelfth graders who have used illegal drugs.

To find the last **true fact**, complete the following sentence by performing the mathematical process:

$$(x/5)+20=160$$

\_\_\_\_\_ K Approximate number of drug overdose deaths in the US since the year 200.





# Side Effects

All bodies react differently to the consumption of drugs and/or alcohol. The effects of drugs and alcohol on the body can be temporary, but continued use can cause permanent consequences.

Consider the list of side effects below and determine if each consequence is temporary or permanent. Write "T" for temporary or "P" for permanent on each line.

- \_\_\_\_\_ Nausea and vomiting
- \_\_\_\_\_ Dizziness/Headaches
- \_\_\_\_\_ Addiction or dependence
- \_\_\_\_\_ Fatigue or drowsiness
- \_\_\_\_\_ Increased heart rate
- \_\_\_\_\_ Dilated pupils
- \_\_\_\_\_ Brain damage
- \_\_\_\_\_ Slurred speech
- \_\_\_\_\_ Impaired judgment and decision-making
- \_\_\_\_\_ Mood swings
- \_\_\_\_\_ Organ damage (liver, kidneys, heart)
- \_\_\_\_\_ Loss of coordination
- \_\_\_\_\_ Cardiovascular problems
- \_\_\_\_\_ Anxiety or paranoia
- \_\_\_\_\_ Respiratory issues
- \_\_\_\_\_ Hallucinations or delusions
- \_\_\_\_\_ Death



# Dr. Diagnosis

Pretend you are a doctor. Your patient has been abusing alcohol and drugs for years. As their doctor, your job is to know the facts about the diagnosis you provide your patients. Use your internet research skills to explain how each diagnosis effects the human body.



## **Peripheral neuropathy:**

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## **Psychosis or schizophrenia:**

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# Verses of Valor



It's time for you to create a simple acrostic poem where you reflect on what you learned in this workbook and invite others to avoid them. Each line of the poem starts with a letter spelling out "DRUG-FREE".

	<b>Example</b>
<b>D</b>	efending our health, we take a stand _____
<b>R</b>	_____ _____
<b>U</b>	_____ _____
<b>G</b>	_____ _____
<b>F</b>	_____ _____
<b>R</b>	_____ _____
<b>E</b>	_____ _____
<b>E</b>	_____ _____

 **DRUG AND ALCOHOL ABUSE HOTLINE**  
Do not hesitate to contact this line in case you need help. **1-8-0-0-6-2-2-4-3-5-7**



# TEXT PLEDGE

RISE UP

Commit to all ten pledges

**1**

**STOP DISTRACTED  
DRIVING**

**2**

**END  
DISCRIMINATION**

**3**

**END ACTS  
OF VIOLENCE**

**4**

**PREVENT BULLYIN AND  
CYBER BULLYING**

**5**

**RAISE MENTAL HEALTH  
AWARENESS**

**6**

**STOP DOMESTIC  
VIOLENCE AND ASSAULT**

**7**

**END DRIVING UNDER  
THE INFLUENCE**

**8**

**STOP HUMAN  
TRAFFICKING**

**9**

**PROTECT ANIMAL  
RIGHTS**

**10**

**PROTECT THE  
ENVIRONMENT**

[www.textpledge.us](http://www.textpledge.us)