



TEXT PLEDGE
RISE UP

ACTIVITY BOOK

**AVOIDING
DRUGS AND ALCOHOL**

GRADES 9 - 12

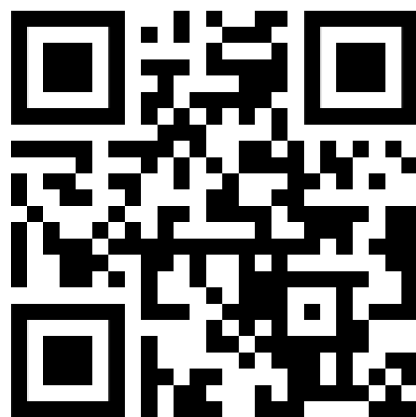


NAME: _____

www.textpledge.us



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?

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

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



Analyzing Statistics for Action

Review and reflect on the statistics provided below.

24%

12th Graders Who
Have Used Illegal
Drugs

Reflect on the prevalence of drug use among 12th graders. What impact does this have for teenagers approaching adulthood?

700k

Approximate Number
of Drug Overdose
Deaths in the US Since
the Year 2000

Consider this statistic. What insights can be drawn about the impact of drug overdose deaths?

61%

How Much Drug Use
Went Up Among 8th
Graders Between
2016 and 2020

Analyze the trend reflected in this statistic. What factors might contribute to the increase in drug use among 8th graders?

Analyzing Statistics for Action (.cont)

After you know the statistics behind drug and alcohol abuse, reflect on the following questions.

Consider the emotional responses triggered by the statistics.

How do the numbers make you feel? Why do you think you feel this way?

Reflect on the role of peer influences in your life.

Have you ever faced peer pressure related to substance use? How did you handle it, and what did you learn from the experience?

Analyzing Statistics for Action (.cont)

After you know the statistics behind drug and alcohol abuse, reflect on the following questions.

Think about your thoughts on prevention strategies.

What measures do you believe would be effective in preventing drug and alcohol abuse, both for individuals and also within the community?

Reflect on your prior knowledge about drug and alcohol use.

How has this activity contributed to expanding your awareness, and has it challenged any preconceived notions?



Chemical Investigator

Use your research skills to complete this fact sheet.

Alcohol



Impact to the Human Body

Ex. Metabolism and breakdown in the body.

Legal Situation

Penalties for underage drinking or DUI.

External Influence

How do you see this drug portrayed in advertising or pop culture?

Effects

Short-term (e.g., relaxation)
Long-term (e.g., liver damage)



Chemical Investigator

Choose any drug and use your research skills to complete this fact sheet.

Drug:

Impact to the Human Body

Ex. Metabolism and breakdown in the body.

Legal Situation

Penalties for possession or distribution.

External Influence

How do you see this drug portrayed in advertising or pop culture?

Effects

Short-term and long-term effects on the body and mind.



Beyond the Surface

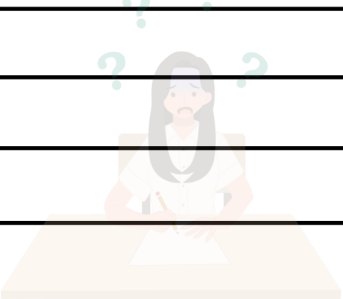
Read each scenario, analyze it and write:

- The possible **consequences**.
- What could have **helped them to avoid** the situation
- The **methods of help** they could seek.

Scenario 1: Coping with Academic Stress

Emily, a dedicated student, becomes overwhelmed by the pressures of exams and academic expectations. In an attempt to cope with the stress, she turns to prescription medication not prescribed to her.

Consequences

A faint illustration of a person with long dark hair sitting at a desk with a white paper. Above their head are four question marks, suggesting confusion or stress.

Methods of Avoidance

Resources for Help

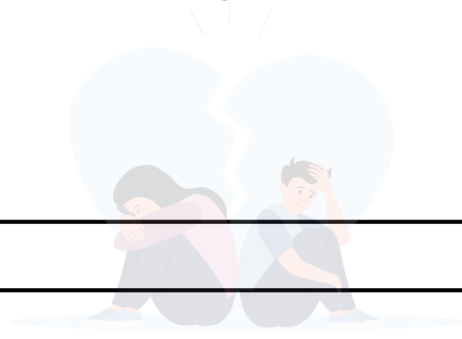
Beyond the Surface (cont.)

Read each scenario, analyze it and write:

- The possible **consequences**.
- What could have **helped them to avoid** the situation
- The **methods of help** they could seek.

Scenario 2: Curiosity and Experimentation

Curious about the effects of drugs, Lily decides to experiment during a social gathering. In her quest for understanding, Lily faces unexpected challenges as the experiment takes an unexpected turn.



Consequences

Methods of Avoidance

Resources for Help

Beyond the Surface (.cont)



Scenario 3: Unhealthy Coping Mechanism

Facing family issues and lacking healthy coping mechanisms, Ryan resorts to drug use as a way to escape reality. As the substance becomes a crutch for dealing with challenges, Ryan's struggle intensifies.



Consequences

Methods of Avoidance

Resources for Help

Beyond the Surface (.cont)



Scenario 4: Dealing with Emotional Turmoil

After experiencing a difficult breakup, Alex seeks solace in drugs to numb the emotional pain. Unaware of healthier coping mechanisms, Alex's journey through the emotional turmoil becomes entangled with substance use.

Consequences

Methods of Avoidance

Resources for Help



DRUG AND ALCOHOL ABUSE HOTLINE

Do not hesitate to contact this line in case you or other person need help.

1-8-0-0-6-2-2-4-3-5-7

International Strategies



Country: _____

It is time to find out what other strategies are currently being implemented to prevent people from the dangers of drugs and alcohol. Choose a country and answer the following questions.

What are the primary approaches or methods employed in the country to combat teenage drug use?

Are there specific examples of notable success stories or challenges faced?

What challenges can be encountered in implementing these strategies globally?



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RISE UP



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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

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