



TEXT PLEDGE
RISE UP

ACTIVITY BOOK

**AVOIDING
DRUGS AND ALCOHOL
GRADES 9 - 12**



NAME: _____

ABOUT TEXT PLEDGE



Text Pledge is a nonprofit in Greater Grand Rapids, MI, that seeks to change the world one pledge at a time. Our 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, and speak up when they witness injustice. We encourage you to help others in times of crisis. Together, we can make the world a kinder place.

Our pledge program includes the following elements available on our website www.textpledge.us and the Text Pledge App available on iOS/Google Play.

NATIONAL SMART CARD

EMERGENCY HOTLINES
AND RESOURCES



FREE
DOWNLOAD

NATIONAL STATISTICS

UPDATED MONTHLY
TO REFLECT THE IMPACT OF
EACH PLEDGE TOPIC IN OUR
WORLD



VISIT OUR
WEBSITE

EDUCATION PROGRAMS

ACTIVITY BOOKS
FOR AGES KINDERGARTEN
THROUGH GRADE TWELVE.
AVAILABLE ON THE TEXT PLEDGE
WEBSITE AND THE MOBILE APP.



DOWNLOAD
OUR
MOBILE APP

WWW.TEXTPLEDGE.US





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



Drug and Alcohol Abuse Hotline 1-800-622-HELP



Analyzing Statistics for Action

Review and reflect on the statistics provided below.

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

24%

12th Graders Who
Have Used Illegal
Drugs

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

700k

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

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

61%

Increase of Drug
Use Among 8th
Graders Between
2016 and 2020



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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?



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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?



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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)



Drug and Alcohol Abuse Hotline 1-800-622-HELP



Chemical Investigator

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

Drugs

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)



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Beyond the Surface

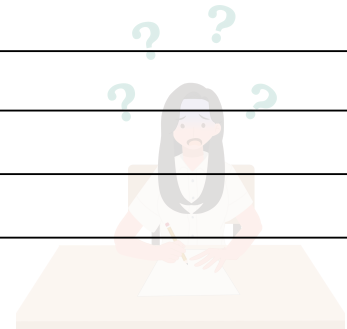
Read each scenario, analyze it and write:

- The possible **consequences**.
- What could have **helped to avoid** the situation.
- The **methods of help or resources** available.

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



Methods of Avoidance

Resources for Help



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Beyond the Surface (cont.)

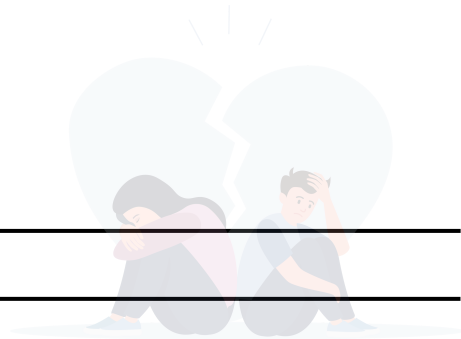
Read each scenario, analyze it and write:

- The possible **consequences**.
- What could have **helped to avoid** the situation.
- The **methods of help or resources** available.

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



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

Country: _____

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



International Strategies (cont.)

Did you find examples of notable success stories or challenges? Describe your findings below.



What challenges can be encountered in implementing these strategies globally?

STATE THE FACTS

INSTRUCTIONS:

There are many statistics related to the harmful effects of drugs and alcohol. Take a few minutes to do research. What did you find that was most surprising to you?

In the space below, write FIVE facts that you learned. Don't forget to cite your sources!

STATE THE FACTS

CITE THE SOURCE

1

2

3

4

5

Congratulations!

You have completed the activity book. Taking this pledge is just one symbol of your commitment to make the world a kinder place.

What happens next?

Students can continue to make a difference through the following actions:

- Reflect and practice self-awareness.
- Speak up and confront social issues and injustices.
- Know where to find resources and support.



**Complete our survey for a chance to win
Text Pledge swag!**

Share your thoughts about our activities! We want to know how to make them better.

Looking for Answers?



**Scan this code to view the
answer key for this activity book**



TEXT PLEDGE

RISE UP



Commit to all ten pledges

- 
- 1** STOP DISTRACTED DRIVING
 - 2** END DISCRIMINATION
 - 3** END ACTS OF VIOLENCE
 - 4** PREVENT BULLYING 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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