

LESSON PLAN

Getting Started: Make a copy of all lessons and worksheets before displaying the classroom poster. The poster can be a useful discussion lead-in for the lesson.

“Drug Facts vs. Myths”

Students identify questions that they have about drugs, and then research facts vs. myths.

Materials: “Drug Facts vs. Myths” worksheet (English and Spanish versions provided)

Time Required: One 20-minute class period, with additional time for wrap-up

Discussion

- ▶ Discuss sources where students might get information regarding drugs. Answers might include: friends, family, health professionals, educators, law enforcement, Internet, media, TV, music, clergy/faith leaders. What are the pros and cons of each?
- ▶ Why are **facts** important when it comes to drugs? How do you determine what is factual and what is not (**myth**)? What types of questions should you ask to help you determine if a particular source is *reliable* or not? Answers might include: Is the information fact-checked/verified? What are the provider’s qualifications? Does the information reflect personal opinion or bias? Is the information up-to-date?

Worksheet

- ▶ **Step 1:** Have students identify a question they have about drugs. Distribute the “Drug Facts vs. Myths” worksheet for students to write down their question. (For additional questions, give students extra worksheets.)
- ▶ **Step 2:** Working in small groups, ask students to survey classmates and write down their responses. Then ask them to survey individuals outside of class for additional responses. (Note: English and Spanish versions of the worksheet are provided.)
- ▶ **Step 3:** Have students research (and cite) reliable sources for factual

information regarding their question. See “Resources” section below.

- ▶ **Step 4:** Based on responses in Step 2 and facts in Step 3, have students identify myths that might exist regarding the question they developed in Step 1.

Wrap-up

- ▶ Did you “shatter” any myths by uncovering facts about drugs? How can knowing facts help you make smart decisions in situations involving drugs?

Additional Discussion Topics

- ▶ How do you convince a friend who is using drugs that he or she may be at risk for addiction or other bad consequences even though they feel fine right now?
- ▶ Some teens may believe the myth that abusing prescription drugs is safe because the drugs are prescribed by a doctor. What information would convince you or your friends that abusing prescription drugs could be dangerous?

- ▶ Do you consider it cheating when athletes use steroids to improve their performance? If yes, what should the consequences be?
- ▶ Knowing what we do now, would you make cigarettes illegal if you could? What information should lawmakers consider in deciding whether to make a drug legal or illegal?

Additional Activity

Students can further their understanding of drug facts by taking the **National Drug IQ Challenge**.

Materials: Questions from the National Drug IQ Challenge and Answer Key reproducibles (English and Spanish versions provided)

Distribute copies for students to do as an additional in-class activity and as a take-home activity with their families.

Also challenge students to take the complete **National Drug IQ Challenge** online available free at drugfactsweek.drugabuse.gov/iqchallenge.php.

Resources

National Drug Facts Week

drugfactsweek.drugabuse.gov A new national health observance week just for teens (November 8–14, 2010) featuring Q&A events in which teens get a chance to ask honest questions about drugs and get factual, nonjudgmental answers from scientific experts. Also includes the free downloadable booklet **Drug Facts: Shatter the Myths**, with scientists’ answers to questions about drugs and drug abuse.

Drug Facts Chat Day

drugabuse.gov/chat NIDA’s annual online “chat” event in which teens get answers to their drug-related questions from NIDA scientists (to be held November 9, 2010). Also visit the Web site for complete Q&A transcripts of all Chat Day events.

NIDA for Teens

teens.drugabuse.gov NIDA’s teen site, featuring facts, games, videos, and real-life stories about the science of drug abuse and addiction.

Heads Up: Real News About Drugs and Your Body

scholastic.com/headsup Co-developed by NIDA and Scholastic, this series provides cutting-edge student and teacher content.

National Drug IQ Challenge

drugfactsweek.drugabuse.gov/iqchallenge.php An online challenge to test students’ knowledge about facts related to drug abuse and addiction.