



Children's Health
Education Center™

A member of Children's Hospital and Health System.



1533 N. RiverCenter Drive, Milwaukee, WI 53212
Phone (414) 765-9355 • Toll-free (866) 228-5670
Fax (414) 765-0996
BlueKids.org

Alcohol, Tobacco and Other Drugs Prevention

Suggested CHEC-out activities

Books

- “Drugs, Alcohol and Tobacco: Totally Awesome Teaching Strategies®,” Meeks, Linda; Heit, Phillip; and Page, Randy. McGraw-Hill, 1999.

Videos

- **Drug Abuse: Altered States**, CastleWorks, Inc,
www.castleworks.com

Web sites

- Partnership for a Drug-Free America,
www.drugfreeamerica.org
- Science NetLinks (Meaningful, Standards-based Experiences for Students),
www.sciencenetlinks.com
- Above the Influence,
www.abovetheinfluence.com
- Kids Health,
www.kidshealth.org/teen

1 Say “No!”

Brainstorm as a class, different pressure situations that could arise and how to get out of them. Create your own “How to Say No” video.

2 Drug research

Ask the students to choose one drug to research further. It could be a drug covered in the program or a different drug. Have students present their findings to the class.

3 Public service announcement

Divide the class into two groups and ask each group to begin a discussion about the same drug. Ask one group to create a public service announcement warning kids about the dangers of the drug. Ask the other group to create a public service announcement endorsing the drug. Both groups are required to include truthful and accurate information in their public service announcement. After the groups have presented, discuss which would be more effective in preventing drug use.

4 Safe way home contract

Create a contract that each student can take to a trusted adult. The contract should state that if the student is ever in a situation where he or she needs a ride home (perhaps because someone has been drinking alcohol or using drugs), he or she can call the chosen trusted adult. Reinforce that, this way, the student will know he or she has a safe way home and out of an uncomfortable or dangerous situation.