



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 I

Suggested CHEC-out activities

Videos

- “Brainstorm: The Truth About Your Brain On Drugs,” Sunburst Visual Media. (800) 431-1934.
- “Moyers on Addiction: Close to Home Complete VHS Set,” www.amazon.com

Web sites

- Centers for Disease Control and Prevention, www.cdc.gov/tobacco
- Kids Health, www.kidshealth.org
- The National Youth Anti-drug Media Campaign, www.theantidrug.com
- Partnership for a Drug-free America, www.drugfree.org
- National Institute on Drug Abuse, www.nida.nih.gov
- Above the Influence, www.abovetheinfluence.com

1 It could happen to me

As a class, have students list reasons their peers might use alcohol, tobacco and other drugs. Have them list places they might be pressured to use these substances. Discuss how the lists might change in middle school and high school.

2 How to say no

Create pressure situation skits for students to act out. The lists from the first activity should provide ideas. Have students practice getting out of pressure situations.

3 Research

Have students write short research papers on assigned drugs. Have them use the library and recommended Web sites to get information, and they can use the information to create short presentations to show young adults.

4 Cigarette smoke

To make students aware of the numerous chemicals cigarettes contain, ask them to search the Internet for “cigarette additives.” Compile a list of the additives on the board. On register tape or long pieces of paper, cut inch-wide strips and ask students to write the names of the additives or to draw pictures and symbols to represent them. Next, ask the students to roll up on their additive lists as small as possible. Then ask students to create pretend cigarettes out of toilet paper or paper toweling rolls. Next, tape one end of the additive list in the pretend cigarette and push the rest of the list inside. When the students are finished, they can unroll the lists to show all of the chemicals that cigarette smoke contains.