

Name:

Class:

Date Due:

### **“Great Life” Grab Bag – Living Drug Free**

**Task:** You will be creating a “great life” grab bag. The goal is to educate/remind teens (and of course yourself) about the risks linked to tobacco, alcohol, and other drug use. It will also include refusal skills/strategies, and the benefits of remaining drug free.

#### **Requirements:**

**1) Health risks linked to the use of tobacco products. (Including e-cigarettes.) Impact on the mind and body.**

(10 Short-term or Long-term)

/20 points

**2) Health risks linked to alcohol abuse. Impact on the mind and body.**

(5 Short-term or Long-term)

/10 points

**3) Drug classification mini book/flip book.**

(Each drug classification should include: a description/explanation 1 point and at least 4 effects on the mind/body 4 points.)

/30 points

**4) Refusal skill survival guide.**

(5 refusal skills/strategies that could help you become pressure proof.)

/10 points

**5. Benefits of remaining drug free.**

(10 freedoms/benefits you create for yourself by choosing to be drug free.)

/20 points

6) Decorate your **ENTIRE** bag using positive/inspirational words, quotes, symbols, and pictures that represent **your** “Great” life. (25 minimum)

/10 points

Total Points: /100