

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. 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. /10 points

Total Points: /100