

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. (15-20 minimum) /10 points

Total Points: /100