

LIFE is all about CHOICES

Living My BEST Life

(Drug Awareness Task)

We have spent time exploring the freedoms and benefits choosing to be drug free has on a person's life. We have explored the power of protective factors. We have also discussed the different types of drugs and the effects they can have on our overall health. We have learned that choosing to experiment with drugs and alcohol can significantly increase your risk of addiction. All decisions have results/consequences/potential outcomes. **Life is all about choices.**

This task will allow you to analyze, compare, and contrast the possible results and consequences of your choices. You will create a visual that displays these potential life outcomes.

| Choosing the Path of Drug Abuse (15 total) | Choosing to be Drug Free (15 total) |
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| <p>When creating this side of your visual, think about the following...</p> <ul style="list-style-type: none">• Physical, mental/emotional or social health effects of drug abuse/addiction. <p>➤ Choose 15 words or symbols that would best represent the potential results linked to drug abuse/addiction.</p> | <p>When creating this side of your visual, think about the following...</p> <ul style="list-style-type: none">• Protective factors.• Things you want to be, have, or attain.• What is important to you?• Priorities and personal goals.• What are your true talents, gifts, and passions in life? <p>➤ Choose 15 words or symbols that would best represent the potential results linked to choosing to be drug free.</p> |

The purpose/goal of this visual is to inspire you to make good life choices when it comes to drugs and alcohol. Take pride in all you do 😊