



Supplemental Marijuana Prevention Activities for Youth

The pages that follow provide lesson plans and reproducible activities that can be used independently or as enhancements to the Mobilizing Michigan... ***The Real Facts about Marijuana: Information for Teens*** curriculum (power point). ***Marijuana: Download the Facts*** is a Teaching Guide from NIDA (National Institute of Drug Abuse).

Activity Two, ***Consider the Source***, may prove to be particularly useful as an assignment that students can take home and complete with a parent after participating in classroom discussion about marijuana. Giving an assignment that involves parent participation opens the door for dialogue between students and their parents that might not otherwise occur.

To order additional free copies of the ***Marijuana: Download the Facts*** Teaching Guide, visit www.drugabuse.gov, (click on the "Publications" tab) or call 1-877-643-2644 and refer to Order Number AVD224.

 SCHOLASTIC

Grades 7-12
Aligns with National
Standards

Marijuana: Download the Facts

Teaching Guide
for Grades 7-12

 Poster

 Lesson Plans

 Student Activity
Reproducibles

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NIDA NATIONAL INSTITUTE
ON DRUG ABUSE

National Institutes of Health
U.S. Department of Health and Human Services

HEADS UP REAL NEWS
ABOUT DRUGS AND YOUR BODY

Dear Teacher,

Teenagers are increasingly bombarded with mixed messages about marijuana—from TV, the Internet, popular music, and even friends and family. These messages can make it difficult for students to sort fact from fiction. How do they know who or what to believe?

As an educator, you are aware of how important it is for teens to have reliable information about drugs. Scholastic and the scientists at the National Institute on Drug Abuse (NIDA) have created this poster/teaching guide, **Marijuana: Download the Facts**, to help students learn how to distinguish facts from myths.

The lessons and critical-thinking activities included in this guide will give your students important tools to help them analyze the meaning behind media and social messages. Paired with essential facts about the risks associated with marijuana use, these lessons will equip your students to make informed decisions.

Thank you for sharing this valuable information with your students.

Nora D. Volkow, M.D.
Director
National Institute on Drug Abuse

Ann Amstutz Hayes
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ALIGNMENT WITH NATIONAL STANDARDS

Science (NSES/NRC)

- Life Science
- Science in Personal and Social Perspectives
 - Risks and benefits
 - Personal and community health

Language Arts (IRA/NCTE)

- Students apply a wide range of strategies to comprehend, interpret, evaluate, and appreciate texts.
- Students participate as knowledgeable, reflective, creative, and critical members of a variety of literacy communities.
- Students understand how different media are structured to present a particular subject or point of view

ADDITIONAL RESOURCES

For facts about drugs and health, visit:

- www.teens.drugabuse.gov
- www.scholastic.com/headsup
- www.drugabuse.gov

For more printable lessons and student worksheets, visit:

- www.scholastic.com/headsup/teachers

Lesson	Title	Summary	Skills Addressed
Teacher pages	Lesson Plans/Answer Key	Additional resources and answer key	
1	"Marijuana Facts" Activity Reproducible	Facts about drug use with critical-thinking questions	• Life Science • Critical Thinking
2	"Consider the Source" Activity Reproducible	Identifying differences between fact and opinion	• Evaluating Sources • Critical Thinking
3	"Think It Through" Activity Reproducible	Deconstructing editorial cartoons	• Media Literacy • Critical Thinking
4	"Analyzing Media Messages" Activity Reproducible	Identifying hidden messages in popular culture	• Media Literacy • Critical Thinking



Marijuana Facts

**FACT: Marijuana is addictive.**

Delta-9-tetrahydrocannabinol (THC) is the main active ingredient in marijuana. It stimulates brain cells to release the chemical dopamine, artificially causing a feeling of pleasure. The “high” feeling it creates is one of the reasons some people use it again and again, which can lead to addiction. And the younger you start, the higher your risk for addiction. About one in six teenagers who smoke marijuana will become addicted.

FACT: Marijuana use can negatively affect your performance in school and athletics.

THC affects many parts of the brain, including those that control memory and movement. Marijuana users may experience the following:

- problems with learning and memory
- distorted perceptions (sight, sound, time, touch)
- impaired motor coordination
- increased heart rate
- loss of interest and motivation

**FACT: Driving under the influence of marijuana is dangerous.**

Safe driving involves good concentration, judgment, and reaction time. Safe drivers must also be alert and have good coordination. Smoking marijuana—and mixing it with even small amounts of alcohol—negatively affects all of these necessary skills. In fact, up to 14 percent of the drivers who die in car accidents have marijuana or both marijuana and alcohol in their bloodstreams.

Think It Through: Considering the scientific facts above, study the following scenarios. Look for marijuana myths and answer the questions on separate paper. Apply facts regarding the dangers present in each situation.

- 1.** Two members of a high school football team are nervous before a big game. A friend gives them a joint and tells them it will help them calm down before the game. What are the risks involved for these two teammates? What about the team as a whole?
- 2.** A young man wants to smoke marijuana with his date before going to a movie. He tells her it will “open her mind” and enhance her understanding of the film. He will be driving her home afterward. What do the facts tell you about the dangers involved in this scenario?
- 3.** A study group gets together to prepare for an important test. During a study break, one member pulls out a joint and offers to share it with anyone who wants to join her. What do the facts tell you about the risks?