

Session 7
What are Drugs and Alcohol?
Good and bad Drugs/Tobacco
Alcohol and other Drugs can Hurt my Body

Today you will learn information about alcohol, tobacco and other drugs. These drugs have very harmful effects on your body and it is important to learn about them and be able to make a decision to avoid them in the future. Today's essential questions are: What are drugs? How can they harm my body?

What are drugs? _____

How can they harm my body? _____

Our definition of drug is the following:

Drug – a drug means tobacco, alcohol, all illegal substances and any medicine that is abused.

Last lesson we learned about a good drug which is medicine, but medicine is much different from bad drugs. Medicines are good for us as we take them when we are sick. Medicine if used for the wrong reason or if you were to use the wrong amount of it can become a bad drug. Bad drugs are not medicines. They can harm our bodies and minds. People can get arrested for using or selling them or letting young people have them. Remember to always be safe and avoid the use of bad drugs and only use medicines when an appropriate adult has directed you to do so.

Session 7 Activity

Effects of Cigarettes on a Person

For today's activity we are going to examine the effects of cigarettes on people and learn some facts about alcohol and cigarettes. Please review the next page: "Effects of Cigarette Smoking on a Person" and answer the questions that follow. (an answer guide will follow the quiz sheet.)

Session 7 Wrap-up

Today you learned about how bad drugs can hurt your body and affect your health in a negative way. You also learned that good drugs such as medicine can be harmful if they are not used correctly. It is important to understand as you get older that it is best to avoid bad drugs and the harmful things they will do to your body. Please take the time now to complete session 7 on your “What I like about me” page at the end of this binder.