

Saying No

NHES Standard 4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Teaching Objectives

- Identify a minimum of ten different illegal drugs and their effect on a person's health and wellness.
- Encourage others to make healthful choices related to being drug-free.

Teaching Strategies

- Have students follow the steps in the activity and use their textbooks and reliable print and online resources in their research.
- Be certain students include specific information in their presentations, explaining ways drugs affect physical, mental/emotional, and social health.
- As students develop their presentations, encourage them to incorporate strategies to demonstrate effective ways to practice refusal skills. Remind them of the audience and suggest they use creativity to engage younger students.

Assessment

Using a rubric, student work should provide comprehensive evidence of the following criteria to achieve the highest score.

- ✓ Includes the word "no" in their response
- ✓ Explains why they are refusing
- ✓ Proposes alternatives

Hands-On **HEALTH**

Activity **Saying No**

Illegal drug use can harm your physical, mental/emotional, and social health. You will create a presentation for younger students, providing information about illegal drugs and advice on how to use refusal skills to avoid drug use.

What You'll Need

- a computer with Internet access
- one large sheet of white paper and colored markers

What You'll Do

Step 1

Working with a partner, review the text for information on the risks of drug use. On the large sheet of paper, list the names of ten illegal drugs, and the effects of each drug.

Step 2

Create a computer presentation that helps younger students understand the risks of using illegal drugs. Show them how to use refusal skills.

Step 3

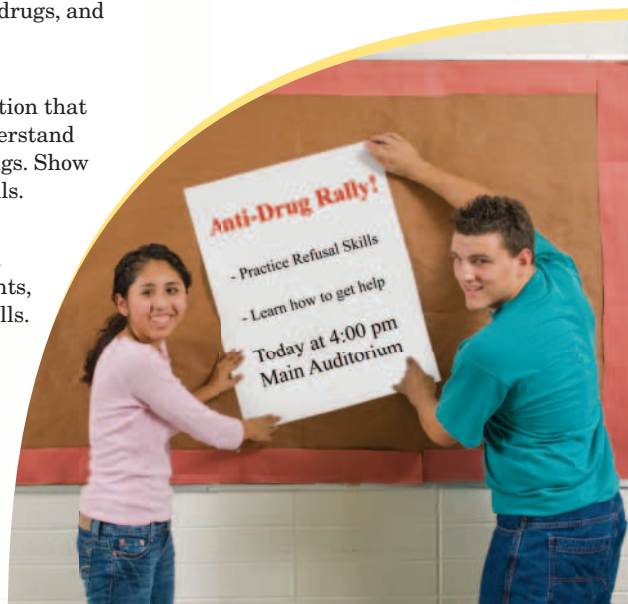
Show your presentation to a class of middle school students, and demonstrate refusal skills.

Apply and Conclude

Ask the middle school students for feedback. Write a short reflective paper on the effectiveness of your presentation, including what you would do differently.

Checklist: Refusal Skills

- ✓ Say no, and explain why you are refusing
- ✓ Propose alternative activities to the group
- ✓ Use body language to back up your words
- ✓ Walk away from the situation if necessary



More About...

Stress and Drug Abuse Post-traumatic stress disorder (PTSD) is a known risk factor for drug abuse. It can occur in people who witness or become victims in a violent attack, natural disaster, or accident. Children exposed to severe stress are more likely to abuse drugs than adults. Children and teens who have suffered trauma and may be

experiencing PTSD should be identified and treated to reduce the risk of later problems with drugs and alcohol. Teachers and other adults should be attentive to how children and teens are responding to a stressful event and take action as needed to get professional help for them.