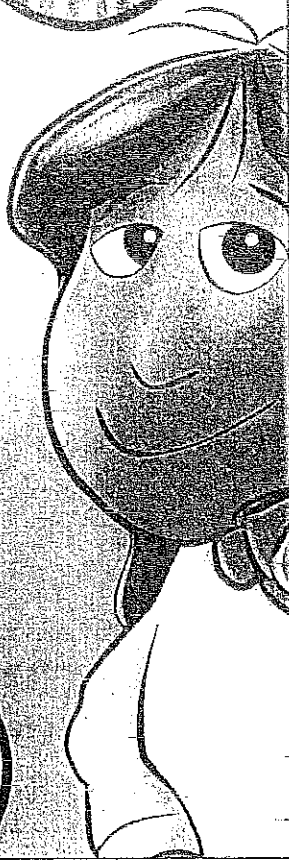
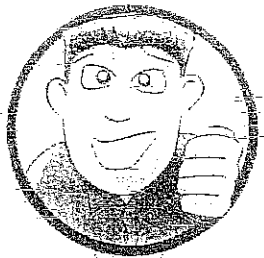
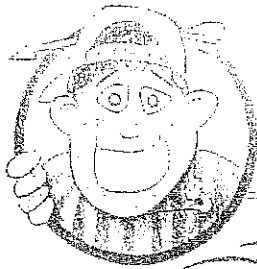


MENTAL HEALTH



# The Buzz on Drugs

## Student Workbook

Name: \_\_\_\_\_

# Grade 7



# Looking Ahead

Fill in the blanks beside the things you would like to do.  
These are your goals for the future.

1 By the time I leave middle school, I want to

A play a \_\_\_\_\_  
(musical instrument)

B try out for \_\_\_\_\_  
(sport)

C excel in \_\_\_\_\_  
(subject)

D join \_\_\_\_\_  
(club)

E participate in \_\_\_\_\_  
(activity)

F other \_\_\_\_\_



2 By the time I leave high school, I'd like to

A learn to \_\_\_\_\_  
(skill)

B visit \_\_\_\_\_  
(a country or place)

C get a part-time job \_\_\_\_\_  
(doing what?)

D buy \_\_\_\_\_  
(something special)

E have a good relationship with \_\_\_\_\_  
(which person?)

F other \_\_\_\_\_





A large rectangular frame with a border of small circles. Inside the frame, there are two vertical lines and one horizontal line, creating a grid-like structure. The circles are arranged in a regular pattern along the perimeter of the rectangle.

- 

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# MARTIN LUTHER KING CARDS

Cut on the dotted lines.



1

Martin Luther King, Jr. **named** his goal—that all Americans would be treated as equals—on August 28, 1963, in Washington, D. C. He named his goal in a speech on the steps of the Lincoln Memorial.

2

In his speech, Martin Luther King **pictured** his dream in many different ways. For example, he said that in his mind he pictured black people and white people eating at the same tables and going to the same schools.

3

In his famous speech, Martin Luther King said, “this situation **can** and will be changed.”

4

Martin Luther King wanted his dream to come true peacefully. He **thought about how to do it**. He wrote speeches and organized protest marches. He met with other civil rights leaders to plan sit-ins.

5

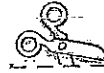
Martin Luther King did not wait around, hoping that something would happen to make his dream come true. He didn't just talk about what he was going to do someday. He **went for it**. He did it. That's why everybody in this room knows his name, and everybody in America knows his dream. That's why black people and white people are sitting together in restaurants and schools all over the country.

6

Martin Luther King did not live to see his dream come true, but as a nation, we celebrate it every year on Martin Luther King Day. On the third Monday of January, Americans say, “**Good job!**”

## Celebrity Profiles Cards

Directions: Cut on the dotted lines.



1 He became interested in software and began programming computers at age 13. His goal was to make the computer a valuable tool for every home and office. At age 20, he started a company that became the worldwide leader in software for personal and business computing—Microsoft Corporation. Who is he?

2 Her mother wanted her to be a ballet dancer, but after one class, she knew her feet weren't made for ballet slippers, but for soccer cleats. At the age of 7, she pictured herself as a winning soccer player. At 15, she became the youngest woman ever to play on the U.S. National Soccer Team. She was named Female Athlete of the Year for 5 years in a row. When her brother died of a rare blood disease, she started a foundation to raise money for bone marrow research. Who is she?


3 His goal was to become the best baseball player in history. If he got 4 hits in one game, his goal was 5 hits in the next game. As he got closer to Babe Ruth's career record of home runs, some people said no one could do better than Babe Ruth. When people said, "You can't do that," he said, "Yes, I can," and he tried even harder. He broke Babe Ruth's career record and hit 755 home runs. Who is he?

4 He wanted to become a movie director at the age of 13. He showed home movies to friends while his sister sold popcorn. When he was 17, he toured Universal Studios. The next day he borrowed his father's briefcase and went to the studio. He found an empty trailer and wrote his name and the word "director" on the trailer door. He became one of the best directors of all time. He directed Jurassic Park and Shrek. Who is he?

5 She was born in 1954 in Mississippi. Her abusive mother never let her read a book. As a child, no one told her that she was loved or gave her a pat on the back. When she did a good job, she gave herself a pat on the back. She said her goal was "to help other people by talking." Later, she had her own book club and a talk show seen by more than 15 million people a day. Who is she?



# Guess Who?

 Fill in each blank with the name of one of the personalities at the right.

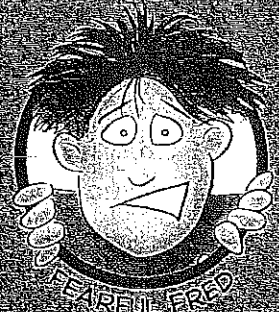
- ① \_\_\_\_\_ waits until Thursday to begin a term paper due on Friday.
- ② \_\_\_\_\_ rides a three-wheeler while doing a head stand.
- ③ \_\_\_\_\_ won't try out for the school play because none of the other seventh graders have auditioned.
- ④ \_\_\_\_\_ hits the snooze button on the alarm clock and oversleeps fifteen minutes.
- ⑤ \_\_\_\_\_ always orders a cheeseburger, never even trying the grilled chicken.
- ⑥ \_\_\_\_\_ decides not to try out for the soccer team because he has never played soccer before.
- ⑦ \_\_\_\_\_ buys a pair of shoes because of the great color and then realizes that they don't fit.
- ⑧ \_\_\_\_\_ makes fun of other people in front of a group.
- ⑨ \_\_\_\_\_ is too shy to meet new students at school.
- ⑩ \_\_\_\_\_ makes faces behind the teacher's back so everyone else can see.
- ⑪ \_\_\_\_\_ hears that two friends are sneaking out tonight and decides to go along.
- ⑫ \_\_\_\_\_ plans to make better grades this quarter, but hears about some parties right before exams and forgets all about studying.

 Describe a good decision maker:

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# Make a Choice



1 Your teacher told you that you will get an F in math this grading period. Will you...

- ☐ A. tell your parents?
- ☐ B. wait until your parents see the report card?
- ☐ C. not sure

2 You saw a friend taking money from a teacher's purse. Will you...

- ☐ A. tell the teacher what you saw?
- ☐ B. tell your friend?
- ☐ C. not sure

3 You have a girlfriend or boyfriend you like a lot. He or she starts smoking. Will you...

- ☐ A. break up?
- ☐ B. stay together?
- ☐ C. not sure

4 You hear a rumor about a friend. Will you....

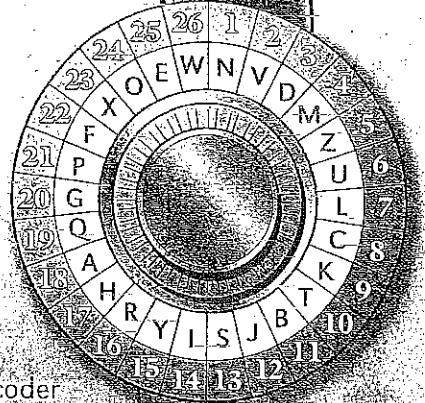
- ☐ A. repeat the rumor?
- ☐ B. say nothing?
- ☐ C. not sure

5 On a bad hair day when a friend asks, "How do I look?" Will you...

- ☐ A. tell the truth?
- ☐ B. say, "You look fine."
- ☐ C. not sure



Using the decoder wheel, solve this puzzle to reveal a message about decisions.



8 24 1 13 14 3 25 16 10 17 25

8 24 1 13 25 19 6 25 1 8 25 13

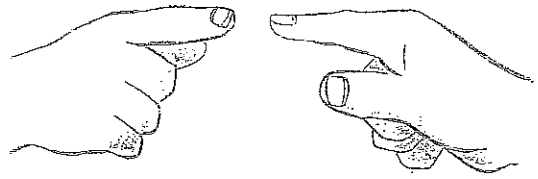
10 17 25 3 25 8 14 13 14 24 1

14 13 15 24 6 16 13





# The Blame Game



## 1 Don's Story

Don's dad washed his soccer uniform and told Don to put it in the dryer so it would be ready for the game that night. A little later, Don's friend Joe stopped by and said, "Come to my house and listen to my new CD." Don said, "I can't, I have to wait for my uniform to finish washing, so I can put it in the dryer." Joe said, "You can do that later. I'll remind you." So Don went to Joe's house. At game time, Don's uniform was still wet. He was late for the game, so the coach wouldn't let him play.

Who do you think is responsible for what happened to Don? \_\_\_\_\_

Why? \_\_\_\_\_

## 2 Tom's Story

Tom and his friend Roy were waiting for Tom's mom to pick them up from the movies. She was 30 minutes late, so Tom called home, but no one answered. Roy's older brother Ken, drove up and offered them a ride. Tom smelled beer, so he asked Ken if he had been drinking. Ken said, "Just a few beers that were left after my parents' party." Roy said, "Don't worry. Ken is a good driver." Tom said, "I don't think it's a good idea." Roy said, "Come on, it's no big deal." So the boys rode with Ken. Ken crashed the car, and Tom was injured. He will never walk again.

Who do you think is responsible for what happened to Tom? \_\_\_\_\_

Why? \_\_\_\_\_

## 3 Ali's Story

Ali's mom took Ali and some friends to the mall. She said she would pick them up later. Ali's friend Sue said, "Let's go to the park instead of the mall. It's not far, and John will be there. He's cool." Ali didn't want to go, but she didn't know what to say, so she agreed. They went to the park and met John, who was smoking marijuana. Sue said, "Let's smoke some, too." Ali didn't want to, so she said no. Sue said, "Don't be a nerd. Everyone else is doing it." Ali didn't know what to say, so she smoked marijuana. A police officer saw the group and arrested them.

Who do you think is responsible for what happened to Ali? \_\_\_\_\_

Why? \_\_\_\_\_



# Peer Resistance Role-Plays

Cut on the dotted lines.

You and your friend stop at a store on the way home from school. Your friend wants you to distract the clerk so s/he can steal some candy.

You promised to be the understudy for the lead character in your class play on Friday and Saturday night. The understudy has to attend both shows in case the lead character can't perform. On Saturday afternoon, your friend calls and wants you to go to a dance instead.

Your friend wants you to sneak out tonight and meet a group of kids on the corner.

You go into the restroom at school and see some kids throwing wet paper at the ceiling. One of them is a friend of yours who encourages you to join in.

You and a friend are going to a ball game. The ticket taker has his back turned, and your friend wants to sneak in without paying.

A group of kids is smoking cigarettes. Your friend is smoking and wants you to do it, too.

Your mom drops you and some friends off at the movie theater. Your friends want to skip the movie and go to the bowling alley instead.

# SCRIPTS

Cut on the dotted lines.

## WHO'S RESPONSIBLE FOR DON'S DECISION?



COACH: I blame Don's dad. It's the parents' job to make sure their kids' uniforms are ready on time.

DAD: It's Don's fault. I told him to put his uniform in the dryer!

DON: This is all Joe's fault. He said he would remind me to dry my uniform! Besides, he pressured me. What else could I have done?

JOE: It's the coach's fault. Coach never liked Don anyway.

## WHO'S RESPONSIBLE FOR TOM'S DECISION?



KEN: It was Tom's fault. I didn't force him to ride with me.

TOM: It was all Roy's fault. I didn't want to ride with Ken. Roy kept bugging me to do it!

ROY: It was Tom's mother's fault. If she had picked us up like she said she would, none of this would have happened!

TOM'S MOM: It was Ken's fault. He should not have been drinking and driving!

## WHO'S RESPONSIBLE FOR ALI'S DECISION?



ALI'S MOM: Ali is responsible for her decisions.

ALI: It's not my fault! Sue made me do it!

SUE: It's John's fault. He's the one who had the marijuana!

JOHN: I blame the cop. This guy should be tracking down serial killers instead of arresting kids who aren't bothering anyone.

THE OFFICER: I blame the mom. Parents should keep a better eye on their kids.



# Peer Resistance Scripts



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## Script 1 Reverse the Pressure

STUDENT: Let's go to the park instead of the mall. Come on, the park isn't far, and John will be there. He's cool.

TEACHER: No, I want to stay at the mall.

STUDENT: Hey, it's no big deal. We'll be back before you know it.

TEACHER: Why do you keep pressuring me? It's my decision.



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## Script 2 Broken Record

STUDENT: Let's smoke some marijuana with John.

TEACHER: No, I don't smoke marijuana.

STUDENT: Don't be such-a nerd. Everyone else is doing it.

TEACHER: No, I don't smoke marijuana.

STUDENT: Everyone else is doing it.

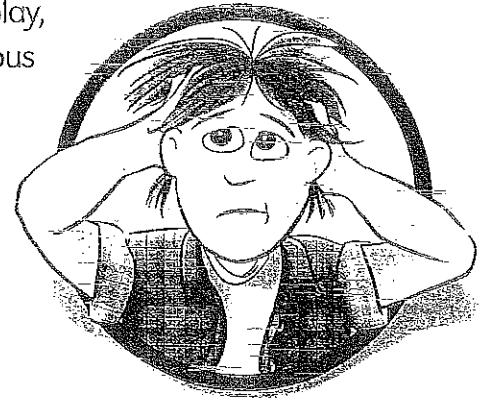
TEACHER: I told you, I don't smoke marijuana.



# Stress Workout

- 1 Delia is excited about achieving her goal of being in a school play, but two days before the performance she gets extremely nervous even though she knows all her lines. She could:

- ☐ quit the play
- ☐ practice her part in front of the mirror
- ☐ read a book
- ☐ take a pill to help her relax
- ☐ watch a funny movie
- ☐ talk to someone



- 2 Bobby has spent more time playing basketball than he has on his homework. He has just received a scholarship warning in math due to 3 missing homework assignments and a failed test. He could:

- ☐ blame the teacher
- ☐ talk to his parents about how to improve
- ☐ sign his parent's name on his scholarship warning
- ☐ smoke pot to forget the problem
- ☐ play more basketball
- ☐ get extra help in math

- 3 Mary Jo's boyfriend breaks up with her to go out with her best friend. She could:

- ☐ talk to another friend
- ☐ run at the track
- ☐ eat a carton of ice cream
- ☐ call her girlfriend names and talk about her behind her back
- ☐ put herself down
- ☐ count to 10 to calm down and tell herself "I can handle this"

- 4 Jamar overhears a loud argument between his parents over money. He could:

- ☐ run away
- ☐ go visit a friend
- ☐ smoke his dad's cigarettes to get back at him
- ☐ listen to music
- ☐ take his dog for a walk
- ☐ write in his journal

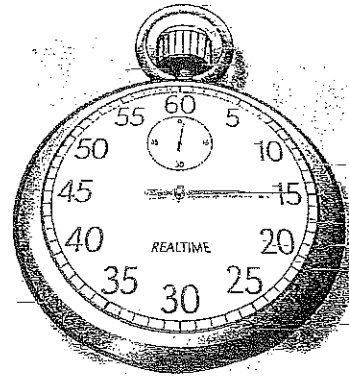


# Beat the Clock



After each scenario is read aloud, you will have 15 seconds to write how you would get out of that situation.

Good luck trying to beat the clock!



ONE...  
TWO...  
THREE...  
**GO!**

1

You're invited to a party at the home of an eighth-grader who is new in the neighborhood. When you get there, you see that most of the kids are several years older than you are. There are no parents in sight, and everyone is drinking wine coolers. Your new friend says, "Here, have one. No big deal. It's just fruit juice."

---

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2

You are with some friends and relatives at a wedding reception. You go outside with a group of kids to talk for a while. A cousin has sneaked some beers out under his jacket. He dares you to chug a beer. Everyone is watching you.

---

---

3

You're spending the night with your best friend, whose parents have gone out to dinner, leaving you to eat popcorn and watch TV. You're looking through the refrigerator for cold drinks when your friend finds some beer and asks, "How about one of these? It's light beer, so it doesn't have much alcohol in it. Let's try one."

---

---

4

You and a friend are waiting for his mom to pick you up after a movie one night when his older brother drives up with his date. "Hop in," he says. "I told mom I'd take you home." As you get into the car, his date reaches into a cooler and offers you a beer, asking, "How about one for the road?"

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# Marijuana: The Real Deal

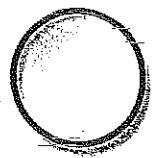


Read each of the following statements and decide if it is a myth or a fact.  
You will receive 10 points for each correct answer.

Points

- |    |   |  |       |
|----|---|--|-------|
| 1  | Almost all teenagers smoke marijuana.   | <input type="radio"/> or <input type="radio"/> | _____ |
| 2  | Smoking marijuana is no worse than smoking cigarettes.                                    | <input type="radio"/> or <input type="radio"/> | _____ |
| 3  | Smoking marijuana damages the immune system.  | <input type="radio"/> or <input type="radio"/> | _____ |
| 4  | The effects of smoking marijuana only last for an hour or two.                            | <input type="radio"/> or <input type="radio"/> | _____ |
| 5  | Most people think that marijuana should be legalized.                                     | <input type="radio"/> or <input type="radio"/> | _____ |
| 6  | Smoking marijuana can affect the reproductive system and lower the body's hormone levels. | <input type="radio"/> or <input type="radio"/> | _____ |
| 7  | Marijuana is safe; it's all natural.  | <input type="radio"/> or <input type="radio"/> | _____ |
| 8  | Smoking marijuana is a good way to solve your problems.                                   | <input type="radio"/> or <input type="radio"/> | _____ |
| 9  | Smoking marijuana slows the heart rate, so it's relaxing.                                 | <input type="radio"/> or <input type="radio"/> | _____ |
| 10 | Smoking marijuana changes the way the brain works.  | <input type="radio"/> or <input type="radio"/> | _____ |

**Your Score:**



HERE'S WHAT YOUR  
SCORE SAYS ABOUT  
YOUR INFO SOURCES!

your score	
0-20	<b>Total trash</b> Check your sources.
30-50	<b>Clueless</b> Not exactly rocket scientists.
60-80	<b>Less than great</b> The truth is out there!
90-100	<b>Awesome!</b>

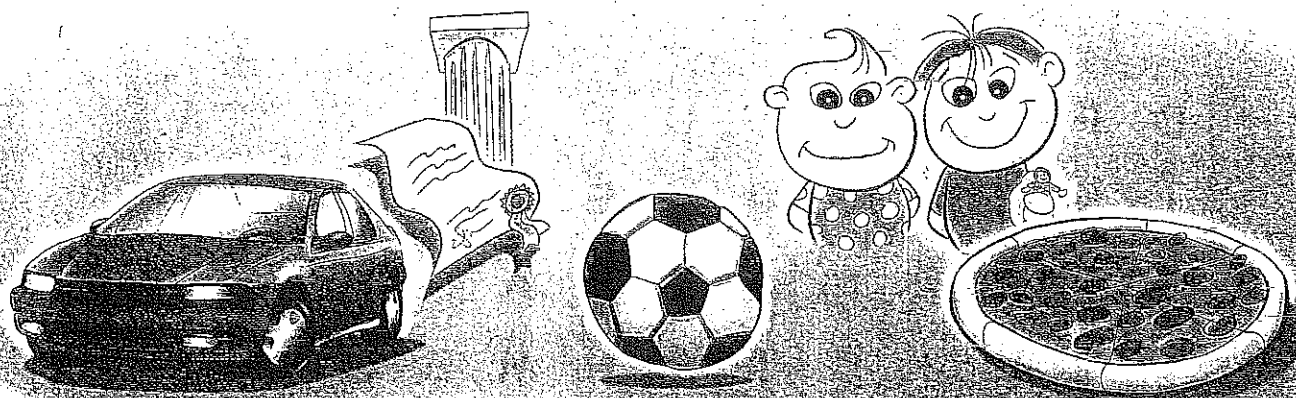




# The Effects of Marijuana

Five high school students have been friends for a long time.


- ① Carlos just got his driver's license and a new car!
- ② Felicia studies hard because she wants a college scholarship.
- ③ John plays on a soccer team.
- ④ Sam takes care of two neighborhood children after school.
- ⑤ Tammy just applied for a job at Pizza Palace, which requires drug testing.



Name	Activity	Effects of Marijuana
① CARLOS		
② FELICIA		
③ JOHN		
④ SAM		
⑤ TAMMY		



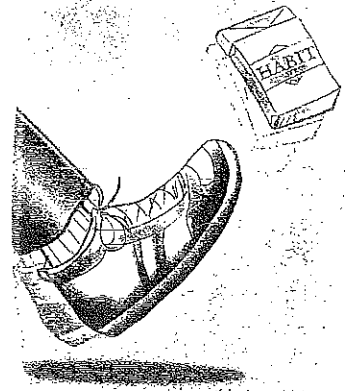
# Help a Friend **Kick** a **Habit**


 Copy the sentences without dotting any i's or crossing any t's.

Lillian Mittford started smoking cigarettes. Lillian's friend said, "Smoking stinks. What a disgusting habit!"


---

---



 Circle words that relate to helping a friend kick a habit.

D	F	U	Y	N	S	U	P	P	O	R	T	A
I	N	N	F	O	P	H	E	L	P	U	O	E
S	E	E	R	N	A	F	G	A	R	G	A	N
T	N	L	I	S	T	E	N	M	E	O	C	C
R	E	G	E	M	I	H	M	A	V	A	C	O
A	R	U	N	O	E	E	C	A	E	L	E	U
C	Y	M	D	K	N	A	O	F	N	L	P	R
T	A	L	K	E	T	L	N	U	T	K	T	A
U	N	D	E	R	S	T	A	N	D	I	N	G
T	C	B	U	S	Y	H	O	B	B	Y	E	E

 Write some tips for helping a friend to kick a habit. (Use some of the words you circled above.)

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# Stages of Addiction Cards

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## 1. No Use

I play the role of a non-smoker. I still have my money and my health.

---

## 2. First-Time Use

*(Cough and choke several times.)*

I play the role of a first-time smoker. A friend of mine said, "Try one." I thought just one cigarette couldn't hurt, so I smoked one. The smoke made me cough.

*(Pretend to feel dizzy and sick at your stomach.)*

My first cigarette tasted and smelled pretty bad. It made me feel dizzy and sick, and my heart started beating faster. Do you think my body is trying to tell me something?

---

## 3. Occasional Use

I play the role of an occasional smoker. I don't buy cigarettes, but if a friend offers me one, I smoke it. I don't plan to become a regular smoker.

Now that I have smoked a few times, cigarettes don't taste so bad any more. I don't cough or feel dizzy or sick like I did at first. My body must be getting used to the nicotine.

*(Pretend to chew gum.)*

I don't notice the smell so much now. I chew gum to try to hide the smell, but other people can still tell when I've been smoking. They say it stinks.

#### 4. Planned Use

I play the role of a person who plans to smoke. I've been smoking for a while, and now I'm starting to plan ahead, thinking about when I will be able to smoke the next time. I buy my own cigarettes now. When I have a choice of activities, I don't choose by what I enjoy or who will be there, but whether I can smoke or not. Some people I don't even like had a party last night. I went there instead of going bowling with my best friend, because I could smoke at the party. I enjoy smoking, but I don't worry about cancer and stuff. I can quit whenever I want. No problem.



#### 5. Regular Use

*(Pretend to reach into your pockets, and show that they are empty.)*

I play the role of a regular smoker. I buy a pack of cigarettes a day now. Cigarettes cost at least \$2.50 a pack, and I spend more than \$15 a week on smoking. I hate to admit this, but when I don't have enough money, sometimes I steal cigarettes or money to buy them.

Smoking is kind of a problem for me now. I feel uncomfortable when I don't smoke. I can't smoke in school, and sometimes it drives me crazy. Once when I had a really bad nicotine fit, I sneaked a smoke in the rest room. I knew I might get caught and suspended from school, but I was totally stressed out, and I really needed a smoke.



#### 6. Long-Term Use

*(Cough and pretend to have trouble breathing.)*

I play the role of a long-term smoker. I wish I could quit. I wish I'd never started! I'm short of breath all the time. I can't compete in sports against friends who don't smoke because I have trouble breathing. I used to jog every morning, but I don't any more. I wake up in the morning with a terrible cough. Smoking costs me more than \$800 a year! It makes me sick to think of all the fun things I could have done with all the money I've spent on cigarettes. I worry about cancer and heart disease, but it's too hard to go without smoking. I've tried a few times. It wasn't fun.

# BENEFITS OF QUITTING

## **WITHIN 20 MINUTES OF THE LAST CIGARETTE**

- blood pressure drops to normal
- pulse rate drops to normal
- body temperature of hands and feet increases to normal

## **AFTER 8 HOURS**

- carbon monoxide level in the blood drops to normal
- oxygen level in the blood increases to normal

## **AFTER 24 HOURS**

- chance of heart attack decreases

## **AFTER 48 HOURS**

- nerve endings start to regrow
- ability to smell and taste things increases

## **AFTER 72 HOURS**

- bronchial tubes relax, making breathing easier
- lung capacity increases

## **AFTER 1 TO 9 MONTHS**

- coughing, sinus congestion, fatigue and shortness of breath decrease
- cilia in the lungs are reactivated, increasing the ability to handle mucous, clean the lungs and reduce infection

## **AFTER 5 YEARS**

- lung cancer death rate for the average pack-a-day smoker decreases from 137 deaths per 100,000 to 72 deaths per 100,000

## **AFTER 10 YEARS**

- lung cancer death rate for the average smoker drops to 12 deaths per 100,000—almost the same rate as non-smokers
- pre-cancerous cells are replaced
- risk of other cancers—such as those of the mouth, larynx, esophagus, bladder, kidney and pancreas—decreases

Reprinted from the American Cancer Society

# Ten Ways to Fight the Craving for Nicotine

1. Tell your friends that your goal is to quit using tobacco. Ask for their support.
2. Put your tobacco somewhere out of the way, where you can't get to it easily.
3. Stay away from places where you can smoke or dip. Go to places where smoking is not allowed, so that you will not be tempted to use tobacco.
4. Hang out with friends who don't use tobacco, especially when the craving for nicotine is strong.
5. When you feel stressed, take slow, deep breaths. Count to ten.
6. Put off a chew or a cigarette one hour at a time. Build up to longer and longer times between use.
7. Chew gum, or chew on a straw or toothpick.
8. Find ways to distract yourself. Read, or take up a new hobby.
9. Put the money you don't spend on cigarettes in a clear glass jar so you can see it grow. Plan to use the money to buy something special to reward yourself for quitting.
10. Remember that the craving for nicotine will pass!

## Recommended Resources

For more information about the consequences of using tobacco products and ways to quit using them, contact the following organizations:

American Cancer Society

(800) ACS-2345  
[www.cancer.org](http://www.cancer.org)

American Lung Association

61 Broadway, 6th Floor  
New York, NY 10006  
(212) 315-8700  
[www.lungusa.org](http://www.lungusa.org)

Nicotine Anonymous World Services

419 Main St., PMB #370  
Huntington Beach, CA 92648  
(714) 536-4539  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)



# You Be the Doc!

Doctor's Name \_\_\_\_\_

Hospital \_\_\_\_\_

Date \_\_\_\_\_

	Symptoms	Cause
Patient #1		
Patient #2		
Patient #3		
Patient #4		
Patient #5		
Patient #6		
Patient #7		
Patient #8		

Prescription for a healthy life....

**Toes Good**  
Programs  
MENDEZ FOUNDATION



# Home Workout

★★★★

Information for Parents

★★★★

## Share Ideas and Conversation But Give Your Teen Some Space

According to Eugene V. Beresin, associate professor of Psychiatry at Harvard Medical School, "Middle-schoolers are moving away from their parents and toward their own peer group, to private social lives that are important to them. They need a certain amount of distance."

Beresin suggests these tips for keeping the lines of communication open while respecting teenagers' privacy:

- Ask about their genuine interests.
- Tell them something about your day.
- Talk during another activity, so they don't feel they have to perform eyeball to eyeball.
- Ask their opinions.
- Listen to their feelings before asking about the facts.
- Be open to questions, even if they are disturbing. If you aren't sure what your child is asking, say so.
- Be brief. Many short conversations are more effective than a long lecture.
- Use current events or TV shows as openers, and ask what your child thinks.
- Let your teens know that you are proud that they have the maturity to talk to you about their concerns.

"The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge."

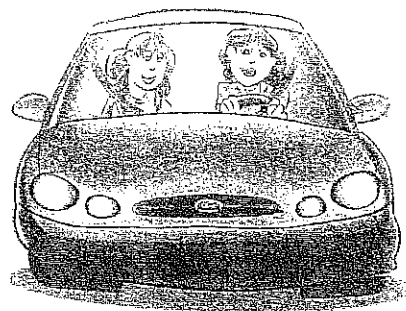
Martin Luther King

## Experts say...

that the worst time to try to talk to teenagers is right after they get home from school or activities.

They need time to unwind, just like adults do.

The two best times to talk are while driving in a car and at bedtime.



## For More About

## Communicating with Teens

- *Living with a Work in Progress: A Parent's Guide to Surviving Adolescence*  
Carol Freeman, National Middle School Association
- *The Roller Coaster Years*  
Charlene Giannetti and Margaret Sägarrese, Broadway Books.
- *Let's Connect*  
Laurence Kutner, Philips Consumer Communications.

## Resource

**National Clearinghouse on Alcohol  
and Drug Information**  
(800) 729-6686

