Monday

It’s National Drug and Alcohol Facts Week 2016 an annual week started and recognized by the National Institute on Drug Abuse.

Do you know how many cigarettes the average smoker uses every day? The average smoker smokes a pack of cigarettes every day; this means that they are smoking 20 cigarettes every day. Smoking one pack of cigarettes everyday can do serious harm to your health; however, can smoking just one cigarette hurt you? Yes it can! Many people who only want to try one cigarette end up smoking for the rest of their life because they cannot stop. This is what is called addiction.

It’s National Drug and Alcohol Facts Week 2016. “Know the Facts! Shatter the Myths!”

Discussion Question: Can you think of other things people can get addicted to?

Tuesday

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Smoking cigarettes is very harmful to the body, but secondhand smoke is just as harmful. Secondhand smoke is when a nonsmoker breathes in fumes that are released by a cigarette and its user. Some health effects that are caused by secondhand smoke are heart diseases, breathing problems, ear infections, and frequent colds.

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Discussion Question: If you live with someone who smokes or walk by a smoker, what are some ways you can reduce the amount of secondhand smoke you breathe into your body?

Wednesday

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If it looks like candy, it must be candy, right? Not always. Unfortunately, some medications and vitamins look very similar to candy. Two good rules to follow is only take candy from people you know and only eat candy if it is in its original wrapper. If ever in doubt, it is best to ask a trusted adult before eating the candy. This will protect you from eating something that could potential make you sick and hurt your body.

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Discussion Question: Can you think of any candy that may look like medication or vitamins? Is it ok to tell someone, “No thank you.” if they offer you candy?
Thursday

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We all love playing sports...football, soccer, baseball, basketball, volleyball, and many more; however, if someone drinks alcohol and then tries to participate in sports, they will not do well because their brain is processing things at a slower rate than normal. This means that catching, throwing, kicking, or hitting that ball is not going to be easy because the body is unable to react quickly when under the influence of alcohol. In addition, the chances of you getting injured greatly increase as well. Since alcohol slows down our body’s functions, it is called a depressant drug.

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Discussion Question: What are some other activities that become dangerous when someone drinks alcohol?

Friday

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True or False: You, can be a role model. Believe it or not, no matter what age you are, you can be a role model. A role model can influence people to do things that are right or wrong because people imitate some of their actions. For an example, if you stop talking when your teacher asks you to and your friends see you doing it, they may stop talking as well. That means you were a positive role model. It is very important to make sure you choose to follow positive role models because they will help you to make better choices and will influence you to be a positive role model as well.

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Discussion Questions: What are some things you should look for in a good/positive role model? How can you be a positive role model?