



SPEAK UP & REACH OUT PROGRAM

Session One

Drugs & Your Body: It Isn't Pretty

This 55-min session provides students with scientific facts and engages them in critical thinking. The topics covered in this unit include the following:

1. How drugs affect different parts of the body specifically the brain, the skin, the lungs, the heart, and the oral cavity. (pictures and poster will be used for this section).
2. How drugs can affect the delicate balance between the brain and body.
3. How drugs have nonphysical effects on their lives (e.g., difficult relationships, poor grades, problems with friends).
4. How drugs can cause lasting physical or mental problems.
5. It will help students understand the concept of addiction.
6. How an individual's drug abuse can affect friends and family and become a public health problem for society at large.

All the information, visual aids, and videos used in this session have been adopted from the **National Institute of Health Drug Abuse Division-information for students grades 6-12.**

A list of community resources such as mental health counseling agencies, addiction counselors will be made available for parents from the administration upon request.