

**LIFE SKILLS TRAINING
(Middle School Version)**

**MYTHS VS. REALITIES
METHAMPHETAMINE COMPONENT
LESSON PLAN**



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This component is to be added to the end of the Life Skills Training Course, Year 3, after all model program classes have been conducted. This component may be modified for appropriateness for Years 1 and 2 of LST.

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Disclaimer:

This meth prevention curriculum was developed primarily for use with upper middle school age youth. Some initial consultation occurred with curriculum specialists and the developers of the two model programs, however, this curriculum was not developed or endorsed by those prevention curriculum experts.

At the time of publication, this curriculum had not been evaluated for effectiveness in the classroom. We make no claims regarding its effectiveness with the programs for which it was intended, or with other programs.

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PREPARATION GUIDELINES

- **Be sure to have all necessary curriculum components:**
This lesson plan is one of three documents that constitute the meth component curriculum. The other two required documents are:
“Teacher’s Guide to Myths vs. Realities Activity” and
“Meth Myths vs. Realities Activity Cards”
- **Print activity cards following the instructions in the “Teacher’s Guide.”**
- **Print copies of the “*What do you know...?*” questionnaire included in this document (one copy for each participant).**
- **Obtain a video from the video selection list included at the end of this document.**

CLASS OUTLINE

- I. **OVERVIEW / KEY POINTS (1-3 minutes)**
 - A. **Is meth addictive?**
 - B. **Can meth harm you? If so, how?**
 - C. **Can meth harm others who don’t use it?**
 - D. **How can we avoid problems associated with meth?**
- II. ***WHAT DO YOU KNOW...?* QUESTIONNAIRE (1-3 minutes)**
- III. **VIDEO (Prior to the class, select and obtain a video from the list included at the end of this document. Length varies.)**
- IV. **MYTHS vs. REALITIES ACTIVITY AND DISCUSSION**
- V. **REVIEW OF *WHAT DO YOU KNOW...?* QUESTIONNAIRE (3-5 minutes)**
- VI. **KEY POINTS SUMMARY**
- VII. **GIVE HAND-OUTS (“Tips for Teens” & “The Truth About Methamphetamine”)**

LESSON PLAN

WELCOME THE STUDENTS

OVERVIEW / KEY POINTS

Introduce the Topic (methamphetamine) and Key Points.

KEY 1: Is meth addictive?

KEY 2: Can meth harm you? If so, how?

KEY 3: Can meth harm others who don't use it?

KEY 4: How can we avoid problems associated with meth?

(E.g., "In previous classes we've learned about alcohol and some kinds of illegal drugs. In this class we're going to talk/learn about another drug called 'methamphetamine,' or 'meth.' We will look at whether you can get addicted to or 'hooked' on meth, whether or not it can really hurt you and your relationships with your friends, family, etc., and whether or not meth can hurt people who *don't* use it.)

WHAT DO YOU KNOW...? QUESTIONNAIRE (included)

Ask for a show of hands of how many students had heard of the drug 'methamphetamine' OR 'meth' before this class.

Introduce the *What Do You Know (...or can you take a guess) About Meth?* questionnaire, and give them 1-2 minutes to fill it out. They are to keep the questionnaire.

Let the students know that this will not be handed in or graded. It is just for them to record what they know about methamphetamine before the lesson and to help them identify later what they learned from the lesson.

VIDEO

Let the students know that you will now be showing them a (x) minute long video about how methamphetamine affects young people, and that following that they will be doing a myths vs. realities activity designed to teach them more about meth.

MYTHS vs. REALITIES ACTIVITY AND DISCUSSION (See "Teacher's Guide to Myths vs. Realities Activity")

REVIEW *WHAT DO YOU KNOW...?* QUESTIONNAIRE

Have the participants get out the *What Do You Know...?* questionnaire, and review it with them. Ask students whether they will answer any of the questions differently now than they did prior to the video and activity -- i.e. have them share what they learned.

KEY POINTS REVIEW/SUMMARY

KEY 1: Meth is addictive.

(Add something more here - whatever you feel needs to be emphasized)

KEY 2: Meth can harm you in several ways.

1. Long term meth use can cause serious physical problems (brain damage, stroke, heart disease, high blood pressure, even death).
2. Meth use can cause mental or psychological problems (anxiety, paranoia, depression).
3. Meth use can cause problems with family, friends, school, work, and cause money and legal problems.

KEY 3: Meth can harm others who don't use it.

1. Innocent people, including children and infants, exposed to vapors or chemicals from cooking meth. People who come into contact with abandoned 'meth labs' - hunters, farmers, road crews, etc.
2. Even the environment can be harmed- trees, soil, water, air.
3. Meth users family and friends will be hurt emotionally, because the users stop caring about them.

KEY 4: The only sure way to avoid the problems meth can cause it to not use it.

GIVE HAND-OUTS

“Tips for Teens”

“The Truth About Methamphetamine”

Recommended handouts are available through the Iowa Substance Abuse Information Center (ISAIC): <http://www.drugfreeinfo.org/>, 1-866-242-4111.

What Do You Know About Methamphetamine?

(... or can you take a guess?)

1. Is meth use legal? Yes _____ No _____
2. Can meth hurt your body? Yes _____ No _____
3. Can meth harm your mind (thoughts)? Yes _____ No _____
4. Can meth damage your brain? Yes _____ No _____
5. Is meth bad for the environment? Yes _____ No _____
6. Can meth make you smell or look bad? Yes _____ No _____
7. Does meth make you feel bad? Yes _____ No _____
8. Can meth give you more energy? Yes _____ No _____

Video Selection List

The End of Silence - Teens Talk to Teens about Methamphetamine Abuse - Heidi Knott & Lee Serrie, 2003

58 min. - broken into sections so shorter bits can be shown

Intermediate, Junior High, High School, College, Adult

Produced by teens, designed to attract teens' attention. Features straightforward interviews with teen and adult ex-addicts, friends and family members who talk frankly about this drug. The film takes the viewer through 8 chapters about life with meth. For classroom use, the film can be stopped after any chapter to discuss issues raised therein. Its unflinching presentation captures teenagers' attention and has proven to be an effective tool for provoking thoughtful discussion. Free teachers guide available online at:

<http://www.avusd.k12.ca.us/teos/home.html>. Available in Spanish and English, DVD and VHS. \$65 or organizational use; \$95 for lending libraries.

The Teen Files: The Truth about Drugs - AIMS Media 2000

30 min.

Junior High, High School

This powerful video graphically demonstrates to teens the effects of various types of drugs on themselves, their friends, their babies, and and their families. One teen discovers the damage drugs do the body is not always apparent when a PET scan reveals brain damage.

Others are confronted with different dangers of drugs such as rape, homelessness, suicide, jail time, and the inability to focus and study. Replacement cost \$150.00. Contains guide.

Available at ISAIC: <http://www.drugfreeinfo.org/>.

Walking on Thin Ice - Hazelden 1999

21 min.

Junior High, High School, College

Teen former users & dealers discuss their experiences, including being hooked after the first use, not caring about anyone but herself and the drug, etc. Facts are interspersed with video images, such as one user's skin lesions. Also contains footage of police entering a meth lab site and talking about what they've seen on the job, an ambulance driver talking about what she has seen on the job. (The term "cat piss" was used by a teen describing the odor; this may not be appropriate for younger teens and below.) <http://www.hazelden.org/>, \$175 online price; \$195 regular price.