

STRENGTHENING FAMILIES PROGRAM

MYTHS VS. REALITIES METHAMPHETAMINE COMPONENT LESSON PLAN



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METHAMPHETAMINE COMPONENT

LESSON PLAN

This component is to be added to the end of the Strengthening Families Program course, after all model program classes have been conducted.

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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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MYTHS VS. REALITIES

METHAMPHETAMINE COMPONENT

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 two videos from the video selection list included at the end of this document.**
We recommend separate videos for parents/caregivers and youth. The lesson plan schedule is designed so that parents/caregivers view a longer video, or longer portion of a video, than do the youth. If resources are limited, you may use one video for the adults and youth. Options include: a) showing the video jointly followed by a longer discussion time for the adults, during which the youth will participate in the myths vs. realities activity; or, b) using 2 copies of the same video and showing a longer portion of it to the adults than to the youth.

CAUTION FOR PROGRAM FACILITATORS: SOME PARTICIPANTS MAY HAVE BEEN DIRECTLY AFFECTED BY METH, WHETHER THROUGH THEIR OWN USE OR THAT OF A LOVED ONE. BE SENSITIVE TO THIS AND BE PREPARED FOR THE POSSIBILITY OF PERSONAL AND EMOTIONAL DISCLOSURE BY PARTICIPANTS.

LESSON PLAN

I. INTRODUCTION/OVERVIEW

If your format includes starting with dinner, you may do the introduction/overview and *What Do You Know...?* questionnaire during dinner. If starting with separate caregiver and youth sessions, begin those sessions with the intro/overview and questionnaire.

A. 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., introduce the topic by saying something like: "In previous sessions we've talked in general terms about alcohol and drugs. In this session we're going to talk/learn about the drug '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.)

B. OVERVIEW OF SESSION ACTIVITIES:

Let participants know that they will be filling out a questionnaire, viewing videos in their separate sessions, and participating in an activity. The youth group will be taken through the activity during the youth session; they will lead the parents/caregivers in the activity during the joint session.

C. ADMINISTER *WHAT DO YOU KNOW...?* QUESTIONNAIRE (included in this document)

Hand out the questionnaire and ask participants to complete it. Let participants know that this will not be handed in. It is for them to record what they know about methamphetamine before the session and to help them identify later what they learned from the session.

II. SEPARATE YOUTH/PARENT SESSIONS

A. PARENT SESSION:

SHOW VIDEO (can be 30-45 minutes long).

DISCUSSION OF VIDEO.

B. YOUTH SESSION:

SHOW VIDEO (should be 20 minutes or less).

DISCUSSION OF VIDEO (optional depending on time).

CONDUCT MYTHS VS. REALITIES ACTIVITY**

PREPARE YOUTH TO CONDUCT MYTHS VS. REALITIES ACTIVITY WITH ADULTS.

III. JOINT SESSION

YOUTH CONDUCT/LEAD MYTHS VS. REALITIES ACTIVITY (in teacher role) WITH ADULTS (in student role).

DISCUSSION & REVIEW OF *What Do You Know...?* QUESTIONNAIRE. Have participants share and discuss what they learned from the videos and activity.

CONCLUDE (or help participants come to the conclusion) that the only sure way to avoid the problems meth use causes is to not use it at all.

IV. CLOSING COMMENTS, HAND-OUTS, THANK-YOUS

Youth Handout: “Tips for Teens”, “The Truth About Methamphetamine”

Parent Handout: “Meth, What’s Cooking in Your Neighborhood?”

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

****See document entitled, “Teachers’ Guide to Myths vs. Realities Activity” and “Meth Myths vs. Realities Activity Cards.”**

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.

Methamphetamine: Deciding to Live - Hazelden 1998

Part 1 - 20 min.; Part 2 - 17 min.

Adults

Contains adult recovering addicts talking about their experiences with meth in Part 1 (first half of video) and treatment/recovery in Part 2. Also contains professionals providing information about meth's effects on the user. Clean, simple, no quick-changing images.

<http://www.hazelden.org/>, \$175 online price; \$195 regular.

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 for loan 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.

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