



## Lesson Plan

# *The Truth About Drugs*

### Overview

With an increasing number of people using drugs around the world today, drug education is more important than ever. This class is designed to provide an introduction to the Truth About Drugs and easy access to further literature and videos for those who wish to learn more. Topics covered in the video and discussion are

- Is drug education necessary?
  - What is our drug culture?
  - Why do people take drugs?
  - How do drugs work and affect the mind?
  - The truth about heroin
  - The truth about prescription drug misuse
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### Objective

Provide an overview of basic drug education with access to resources to learn more.

### Prior Knowledge Needed

A brief assessment during the introduction will allow the facilitator to gauge the class's current level of understanding and better direct the conversation.

### Assessment Tools

Pre Assessment. Discussion and notes. Sticky Notes.

### Preparation

- |   |  |
|---|--|
| <input type="checkbox"/> Articles printed & copied                    | <input type="checkbox"/> Hang up 'They Said/They Lied' Posters     |
| <input type="checkbox"/> Video prepared to play - DVD & TV            | <input type="checkbox"/> Truth About Drugs Boxed Set of Booklets   |
| <input type="checkbox"/> Chart paper & markers for note taking        | <input type="checkbox"/> Pen and paper for student's to take notes |
| <input type="checkbox"/> Get Nalaxone Now brought up on computer      |  |
| <input type="checkbox"/> Snacks set up                                |  |
| <input type="checkbox"/> Optional: Agenda printed or written on board |  |

## What you will do

**Introduction and Assess Prior Knowledge.** After introducing yourself and the subject of tonight's class, ask the group:

- *what is a drug?*
- *If a person becomes addicted to a drug, how does it affect his or her life?*
- *What are possible benefits of knowing the truth about drugs?*

Take notes on the chart paper.

Have pen and paper ready for students. Have chart paper ready to take notes.

**Introduce Video.** *The Truth About Drugs* is a documentary of compelling firsthand accounts of former users who themselves survived the nightmare of addiction. Tonight we will be watching selected chapters of the documentary and discussing them. We will start with some short public service announcements.

**Show PSA (3 min):** Play the public service announcement: They Said/They Lied.

**Discussion (3 min):** Ask group to share examples of lies or statements and assumptions about drug use.

**Show Documentary Chapter 1 (8 min):** The task for the first chapter of *The Truth About Drugs* is to try to identify at least two statements about drugs that they already know and at least two statements about drugs they did not already know. You can write them down if you'd like.

**Discussion (3 min):** Was there anything in the film that surprised you? Anything that reminded you of something you have seen, that you'd be willing to talk about?

**Activity (2 min):** Have everyone write one question they have about drugs onto a sticky note then have them hang them up in an area of the room.

**Show PSA (3 min):** "Love Lost" "Medicine Chest" and "Focus"

**Discussion (3 min):** *What are some examples of ideas or actions that are part of the drug culture?*

**Show PSA (3 min):** "Best High" "One of the Guys" "Just Once"

**Discussion (3 min):** *Do you think people take drugs to feel better? Do they know or consider the consequences?*

**Show Documentary Chapter "The Truth About Heroin" (7 min)**

**Discussion (3 min):** *What would life be like if every waking moment was consumed by trying to get more heroin to satisfy one's craving for the drug?*

**Show Documentary Chapter “The Truth About Prescription Drugs” (10 min)**

**Discussion (3 min):** *What are people’s views? Are prescription drugs safer than illegal street drugs? Did you learn anything about prescription drugs that you didn’t know before?*

**Show Documentary chapter “The Final Word” (5 min)**

**Discussion (10 min):** *What did you learn today? How has this affected your view about drugs? Have you learned anything that can help you avoid using drugs or help someone you know? Any suggestions on other things you’d like to learn?*

**Prepare for break.** Let people know that if they attended another class they have already completed the GetNalaxoneNow training and are welcome to go home. Invite them to the next class!

**Break.** 10 minutes. This is a good time to make sure computers are set up and ready to go.

**GetNalaxoneNow Training Online**

Ask if any questions came up over the break. Introduce the Get Nalaxone Now Training. Help everyone get logged in (recommendation: have it pulled up on the large screen and demonstrate how to log on). Walk around and answer questions during the online session.

**Closing.** At the end of session, answer any questions and thank everyone for attending. Introduce the other upcoming classes and website.

## Agenda & Time Line

5 minutes	Welcome and Introductions
40 minutes	Video Sections
30 minutes	Group Discussion Between Video Sessions
10 minutes	Break
40 minutes	Get Nalaxone Now Training