

Name _____

Class _____

Student Activity Sheet

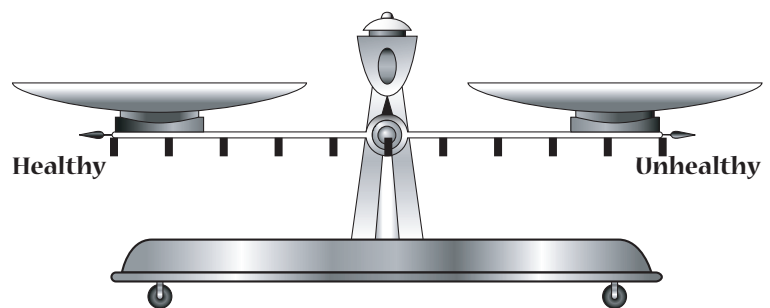
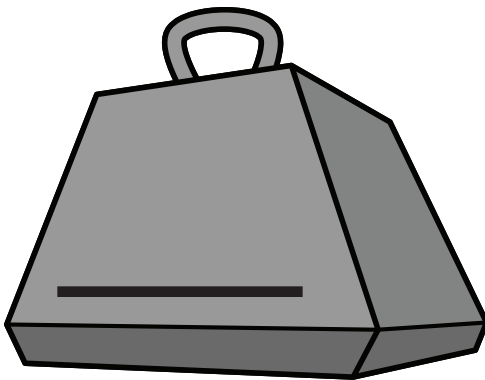
Activity One

What is a drug?

What are some drugs you have heard of?

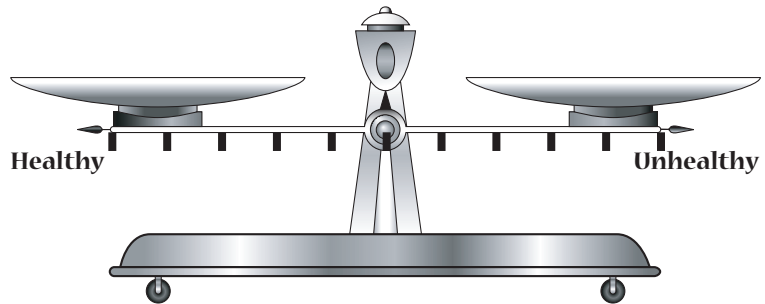
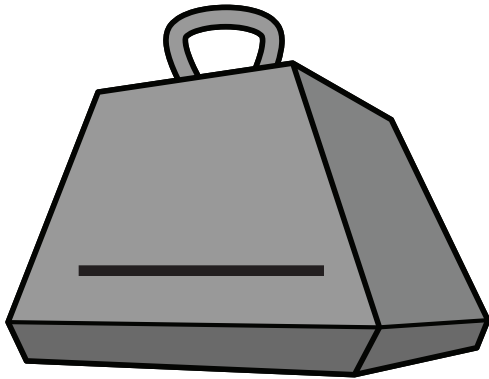
Activity Two

Write down the phrase that is written on your cut-out weight on the picture below.
Take a minute to think if this would be a healthy or unhealthy reason to use any drug.
When you think you have the right answer, circle on the scale where you would place it.
After you're done this, go and place it on the scale on the white board.



Activity Three

Now that you know a bit more about drugs and responsible choices, try this activity again. Write down the phrase that is written on your cut-out weight on the picture below. Take a minute to think and this time use your Smart Choices Checklist. Once you have made a decision, place it on the healthy/unhealthy scale. After you're done this, go and place it on the scale on the white board..



Smart Choices Checklist

YouthLink
CALGARY
POLICE INTERPRETIVE CENTRE

☐ **Use Your Brain**

- What **INFORMATION** do I have or need?
- What are the possible **CONSEQUENCES** of this choice?

☐ **Listen to Your Heart**

- How does this make me **FEEL**?
- How does this fit with my **VALUES**?

☐ **Trust Your Gut**

- What do my instincts say?
- What is my body trying to tell me? And why?

All **✓** = Good Decision! Any **✗** = Bad Decision Any **?** = Ask an Adult

Activity Four

Refusal phrase: Write down one or two refusal phrases that you can use to say no in tricky situations.
