

# Lesson 4

## LESSON 4

**In this lesson, students will have a general discussion what illegal drugs and harmful substances are, some reasons people use them, and how those people's behavior changes.**

**Materials Needed:** Chalkboard and chalk

**Step I** Ask the students:

*What is an illegal drug, and what is a harmful substance?*

The students' responses should be listed on the board and grouped as follows:

**Illegal drugs:**

- Alcohol, which is forbidden by law to be sold to minors
- Any drug that is not prescribed by a physician

**Harmful substances:**

- Aerosol products, such as spray paints, hair spray
- Vaporous liquids, such as gasoline, lighter fluid, airplane glue, paint thinner, nail polish remover, correction fluid, and cleaning fluid

**Step II** Have the students give **general** reasons why anyone would want to take illegal drugs or use harmful substances. For emphasis and reference, you may want to list these reasons on the chalkboard. Students' responses should include:

- To rebel, to go against parents or other authority
- To feel good, to get "kicks"
- To relax, to forget about problems
- To be "one up" on others, to feel older, more sophisticated
- To feel that you belong, to be "in" with a group, to keep from being lonely
- To be able to do things without feeling guilty, things that a person would **not** usually do
- To satisfy a dependence on the substance

Discuss these reasons **briefly** at this time. There will be a full discussion of them in Lesson 14.

**Step III** Have the students briefly relate any experiences they may have had with people using illegal drugs or harmful substances, particularly the effects on the user. Remind the students to use “Someone I know . . .” instead of actual names.

As students relate experiences, use the following questions to identify behavioral changes in users:

1. Was there a noticeable change in the person’s behavior after using drugs or substances over a period of time?
2. How did the person act with friends at school and/or with his or her family at home?
3. Did the person change friends?
4. Did the person’s grades drop?
5. Did the person’s appearance change? Explain.