

Breakout Program

Day 1: Addiction and Vaping

Directions: Match the keywords with the correct definition by putting the letter in the **yellow box**

Brain Chemistry Keywords	
a. Oxytocin b. Endorphins c. Serotonin d. Dopamine	
	Chemical that is released when the body feels pain or stress
	Chemical is released when we're around things we love
	Chemical that helps with motivation, reward, and motor control
	Chemical that helps with learning, memory, sleep, and emotions

Nicotine is an extremely powerful and addictive _____, which means that it will speed up a person's bodily functions. (Highlight the correct answer)

a. stimulant b. depressant c. opiate d. regulator

Serotonin is a neurotransmitter that helps our _____ (Choose 3)

Coordination	Learning	Balance	Memory	Emotions

Dopamine is a neurotransmitter that helps our _____ (Choose 3)

Motivation	Depth Perception	Reward and Pleasure	Communication	Motor Control

When a person uses a vape pen they are not breathing in tar, they are breathing aerosol which is a _____ (highlight your answer)

- a. Combination of gasses b. Depressant c. Opiate blocker d. Sleep regulator**

What are the 4 major health categories that vape users are likely to develop health issues in? (Highlight 4 answers)

Digestion Vision Pulmonary (lung) Balance Coordination Cardiovascular (heart)
Neurological (Nerves) Problem Solving Muscular system Dental (Teeth)

Review Question: (Complete AFTER notes are done)

Why are teenager's brains more in danger of addiction than adults?
(AT LEAST ONE COMPLETE SENTENCE)

Breakout Program

Lesson 2: Nicotine, THC, and CBD

True or false, several kinds of substances can be used in a vaping device.

Vaping Keywords

**a. Stimulant b. Hot Spots c. Condensation
d. "Popcorn" Lung e. Pneumonia**

Droplets created from warm and cool air meeting. Each droplet holds a high concentration of solids

Fluid in the lungs making it hard for someone to breathe

Inflammation of tissue inside the lung as a result of vaping

Spots on the roof of the mouth from high temperatures

Elevates heart rate and blood pressure

Tobacco and Marijuana Keywords

a. Oxygen b. Carbon monoxide c. Air sacs d. Nicotine e. THC

Both tobacco and marijuana smoke contain this gas

Smoking reduces the size of these inside the lungs

Smoking decreases the ability of the lungs to transport this gas

Name of the drug in tobacco that acts as a stimulant in the body

Chemical in marijuana that alters brain activity

The major difference between smokable and edible forms of THC is that edibles are processed by the _____, this form of THC is much stronger and longer lasting which means edibles are more likely to cause an _____.

(Choose the correct pair)

stomach / reaction

lungs / episode

liver / overdose

Review Question: (Complete AFTER notes are done)

Name 2 parts of the body that can be affected by vaping, smoking, or edibles and how they become damaged.

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Lesson 3: Alcohol

Directions: Please fill in the highlighted areas.

A standard drink is _____ ounce(s) of alcohol.

A blood alcohol level of _____ or higher is considered legally drunk for a person 21 years or older.

As a person's blood alcohol level increases, they will progress through three stages:

- **Stage 1** (little to moderate use) _____ levels in the brain change which will impact a person's _____ and _____.
- **Stage 2** (Heavy drinking) With a blood alcohol level around .08, a person begins experiencing problems with their _____ and will also affect a person's _____ and _____.
- **Stage 3** (Overdose) has three common symptoms (use words in box to left of the lines):

_____ A person experiences loss of memory which causes the brain to swell during sleep. The swelling will result in a hangover the next morning

_____ Asphyxiation can occur if unconscious

_____ Brain stops communicating with the body, causing it to go into reflex to continue breathing.

Review Question: (Complete AFTER notes are done)

Describe one of the ways that alcohol poisoning affects the body.	
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Breakout Program

Day 4: Opiates, Amphetamines & Methamphetamines

Directions: Fill in the highlighted area

Opiates are drugs that come from the opium poppy. Opium is a powerful pain reliever used to make sever kinds of drugs including (Put a “X” next to 3)

Vicodin	Advil	Oxycontin	Claritin	Codeine	Nyquil	Opium

Opiates are a central nervous system depressant, which means they cause all bodily functions to _____ (Put a “X”)

Speed up	Slow down	Stay the same	Stop	Change function

Amphetamines are a class of legal prescription drugs used to treat medical conditions such as ADD/ADHD or Narcolepsy. Examples include... (Put a “X” next to 3)

Ibuprofen	Ritalin	Cortisol	Adderall	Morphine	Dexedrine	lycopene

Amphetamines and Methamphetamines are a central nervous system stimulant, which means they cause all bodily functions to _____ (Put a “X”)

Speed up	Slow down	Stay the same	Stop	Change function

Side effects of opiate abuse include (Put a “X” above all that apply)

Slow breathing	Slow mental/physical function	Rapid aging	Mood changes	Constipation	Acne

Side effects of amphetamine/methamphetamine abuse include (Put a “X” above all that apply)

Dehydration	Seizures	Heart Failure	Depression	Kidney failure	Brain Damage

Serotonin is a neurotransmitter that helps our _____ (Choose 3)

Coordination	Learning	Balance	Memory	Emotions

Dopamine is a neurotransmitter that helps our _____ (Choose 3)

Motivation	Reward	Reaction Speed	Motor Control	Breath Control

Day 4 review Question: (Complete AFTER notes are done)

Describe one health risk for using opiates	
Describe one health risk for using amphetamines or methamphetamines	

Breakout Program

Day 5 : Goal Setting

SMART goals HELP you in three key ways:

Directions: Write the description in the box next to each word

S pecific	
M easurable	
A chievable	
R elevant	
T ime-Bound	

SMART Map for Success

Today's date (**10 years** from now):

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10 Year SMART goal	
<i>Example</i>	<i>I will be working with a local veterinary doctor, caring for large and small animals. I am going to vet school to become a veterinary doctor. I will be living in an apartment and saving towards a house.</i>
STARTING Line (<i>Today's date</i>): <div style="text-align: center; margin-top: 20px;">What?</div> <div style="text-align: center; margin-top: 20px;">How?</div> <div style="text-align: center; margin-top: 20px;">Where?</div>	

Grad Year	
Goal 1	
Goal 2	

Fill out ONE highlighted box below on how you will reach your goal		
Full-time Employment	Trade School / Certificate / License	College / University / Military
<i>What job? Where?</i>	<i>Electrician, mechanic, cosmetology, etc.</i>	<i>Army, Marines, college. What school? Where?</i>

Roadblock / Accident: How could alcohol or drug use harm your goals	
Goal 1	
Goal 2	

Review Question: (Complete AFTER notes are done)

Do you think that learning how to set SMART goals will be more beneficial to you in the future? (AT LEAST ONE COMPLETE SENTENCE)

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Breakout Program

Lesson 6: Coping and Communication

Directions: Fill in the highlighted area

There are three common types of coping (put "X" next to 1 group)

Withdraw- Acting out- Taking action	Withdraw-Loud- Keep busy	Take control- Be aggressive- Act innocent

There are three common communication styles (put "X" next to 1 group)

aggressive- hostile- passive	aggressive- passive- assertive	passive- assertive- angry

Day 6 review Question: (Complete AFTER notes are done)

What positive qualities will help you be successful in life? (list at least 3)

Examples: Positive attitude, communication skills, honesty

How will these traits help you? Think of different areas of your life (family, friends, work, school, hobbies). (AT LEAST ONE COMPLETE SENTENCE)

Coping and Communication Worksheet

Directions: Read each scenario and highlight the correct coping and communication style used by the main character.

Directions: Write the letter in the correct box

<u>Coping Style:</u> A. Withdraw B. Taking Action C. Acting Out		
<u>Communication Style:</u> A. Assertive B. Aggressive C. Passive		
Situation	<u>Coping Style</u>	<u>Communication Style</u>
Micheal is being bullied by another student in class. The boy says to Micheal: "if the test were based on looks, you would get an F!". Micheal is angry and tired of being bullied. Micheal jumps up and begins calling the bully names and threatens to punch him if he opens his mouth again.		
Situation	<u>Coping Style</u>	<u>Communication Style</u>
Sarah's boyfriend invites her to an end of the school year party. Her parents are strict and would not approve of her going because the party will have alcohol and no parents will be there. She tells her boyfriend she will think about it and let him know. She later asks her boss for an extra shift the night of the party. She tells her boyfriend she can't go to the party because she has to work.		
Situation	<u>Coping Style</u>	<u>Communication Style</u>
Derek wants to make the varsity football team this year so he has been hitting the weights every day. A friend convinces him that he can build muscle faster by using steroids. As a result, he becomes more and more irritable, starts getting into fights at school, and missing school because he can't sleep at night. When his friends ask him what's wrong he lies about his steroid use and changes the subject. Over the next few months, Derek avoids any contact with his friends in or out of school.		

Breakout Program

Lesson 7: Problem Solving and Peer Support

5 steps to healthy problem solving

(Write the correct step in the highlighted box)

Goal	Problem	Choice	Options	Pros and Cons
Identify the _____				
Determine the _____				
Search your _____				
Evaluate the _____				
Make your _____				

Problem solving should always be focused on _____ and not your _____.

** Problem solving worksheet starts on next page*

Problem Solving Worksheet #1

You are walking to class and one of your friends stops you and asks if you want to go into the bathroom and hit their vape pen, they tell you there is a substitute teacher in class today and they won't take attendance right away so they won't notice if you are late to class.

What is the main problem in the situation?			
What is your goal? (What is the healthiest outcome?)			
What are your options? How can you achieve your goal? (list 3)	1.		
	2.		
	3.		
		<u>Pros</u>	<u>Cons</u>
What are the pros and cons?	1.		
	2.		
	3.		
What is your choice? (pick best option)			

How would you respond to their peer pressure? What might your friend say to try and convince you after you said no?

Problem Solving Worksheet #2

For this worksheet, you will need to think of a problem that you could use the 5 step problem solving process on. It does not have to be related to drugs or alcohol, it can be related to anything that you think would be helpful to you.

What is the main problem in the situation?			
What is your goal? (What is the healthiest outcome?)			
What are your options? How can you achieve your goal? (list 3)	1.		
	2.		
	3.		
		<u>Pros</u>	<u>Cons</u>
What are the pros and cons?	1.		
	2.		
	3.		
What is your choice? (pick best option)			

How would you respond to their peer pressure? What might your friend say to try and convince you after you said no?