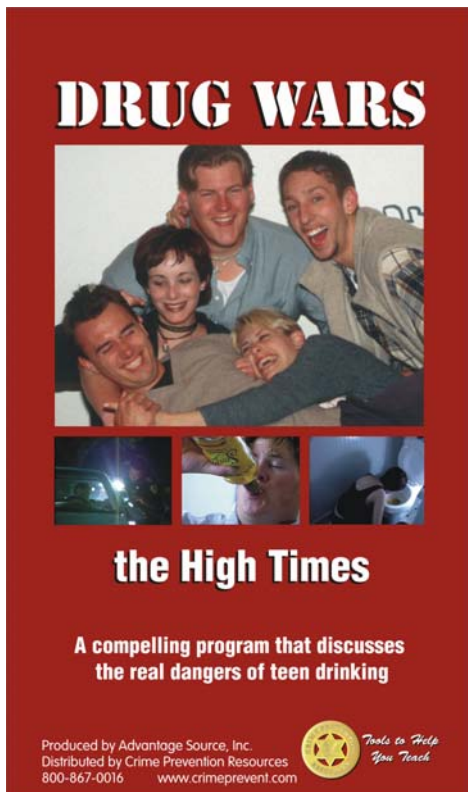


# Audience Handout

*This CPR Productivity Pack is for use with the video:*

## Drug Wars: The High Times



### **In this handout:**

Discussion Questions      pages 2-3

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140 Things to do  
Besides Drinking              page 5

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6) Can alcohol be addicting for teens and pre-teens?

7) When is it okay to drink and drive?

8) How can you tell if a friend has a drinking problem?

9) What are some ways teens can say no to alcohol?

## **CLASS ACTIVITY**

Imagine you have a friend who drinks alcohol. Write him or her a letter explaining the following:

- The negative consequences for drinking (social, psychological, physical, legal)
- Advice to the friend on how he or she can resist drinking in the future
- How the friend can get help if they have a problem

# 140 Things to do Besides Drinking

## Non Active

Brag about your children  
 Brag about your friends  
 Brush your teeth  
 Buy something big  
 Buy something for you family  
 Come up with an original idea  
 Counsel someone  
 Get a new job  
 Get counseled  
 Give a gift  
 Go and listen to a lecture  
 Go to the library  
 Hang out with a friend  
 Help someone with homework  
 Introduce people  
 Laugh  
 Learn something new  
 Listen to jokes  
 Listen to music  
 Listen to the radio  
 Make a new friend  
 Make people laugh  
 Meditate  
 Pick a winning stock  
 Plan a vacation  
 Plan your retirement  
 Play a board game  
 Play checkers  
 Play chess  
 Pray  
 Promote good health  
 Read  
 Send a card or letter  
 Sit and think  
 Sit in the sun  
 Start a collection  
 Take a nap  
 Take care of plants  
 Tell jokes  
 Visit a friend  
 Watch a movie  
 Watch TV  
 Write in your diary

## Write something

### Least Active

Bake bread  
 Coach a team  
 Cook  
 Fly a kite  
 Go camping  
 Go for a hike  
 Go on a boat ride  
 Go on a date  
 Go on a picnic  
 Go out to lunch  
 Go to a museum  
 Go to a potluck  
 Go to a sports event  
 Go to the beach  
 Go to the fair  
 Go to the park  
 Go to the races  
 Go to the zoo  
 Have a lively talk  
 Make a craft  
 Paint  
 Play video games  
 Read  
 Refinish furniture  
 Restore antiques  
 Sew  
 Shop for new clothes  
 Sing  
 Take a bath  
 Take pictures  
 Go to a restaurant  
 Visit the city  
 Watch birds  
 Watch people  
 Think of a hobby

### More Active

Do housework  
 Do yoga  
 Go bowling  
 Go dancing

Go fishing  
 Go for a drive  
 Go jogging  
 Go on a nature hike  
 Go to a carnival  
 Go to an amusement park  
 Go to the circus  
 Play billiards  
 Play catch  
 Play croquette  
 Play Frisbee  
 Play in a band  
 Play Ping-Pong  
 Play pool  
 Repair something  
 Ride a bicycle  
 Take a walk  
 Window shop  
 Work in the garden

### Most Active

Bodybuilding  
 Box  
 Climb a mountain  
 Go to a health club  
 Help someone move  
 Hunt  
 Landscape your yard  
 Lift weights  
 Play baseball  
 Play basketball  
 Play football  
 Play handball  
 Play racquetball  
 Play softball  
 Play tennis  
 Play volleyball  
 Race bicycle  
 Ride a motorcycle  
 Ride a snowmobile  
 Run  
 Ski  
 Skydive  
 Swim

# WEB RESOURCE GUIDE

Join Together Online

<http://www.jointogether.org>

617-437-1500

Drug Wars USA

<http://www.drugwars.com>

Crime Prevention Resources

<http://www.crimeprevent.com>

800-867-0016

Drug Abuse Resistance Education

(D.A.R.E.)

<http://www.dare-america.com>

Natl. Clearinghouse for Alcohol &  
Drug Information

<http://www.health.org>

800-729-6686

Natl. Institute on Drug Abuse

<http://www.nida.nih.gov>

Web of Addictions

<http://www.well.com/user/woa/>

Minnesota Institute of Public Health

<http://www.miph.org/>

National Drug Prevention League

<http://www.ndpl.org>

410-385-9094

Partnership for a Drug Free America

<http://www.drugfreeamerica.org/>

Drug Strategies

<http://www.drugstrategies.org>

Crime Prevention Resources

info: 541-779-0016

orders: 800-867-0016

fax: 541-772-8239

email: [tmonson@advantagesource.com](mailto:tmonson@advantagesource.com)

Drug Enforcement Agency

<http://www.usdoj.gov/dea/>

Stop Drugs

<http://www.stopdrugs.org>

916-322-2796

For further information contact:  
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600 N. Grape St., Medford, OR 97501  
Phone: 1-800-867-0016 Fax: 1-541-772-8239  
Email: [kowens@advantagesource.com](mailto:kowens@advantagesource.com)  
Web site: [www.crimeprevent.com](http://www.crimeprevent.com)