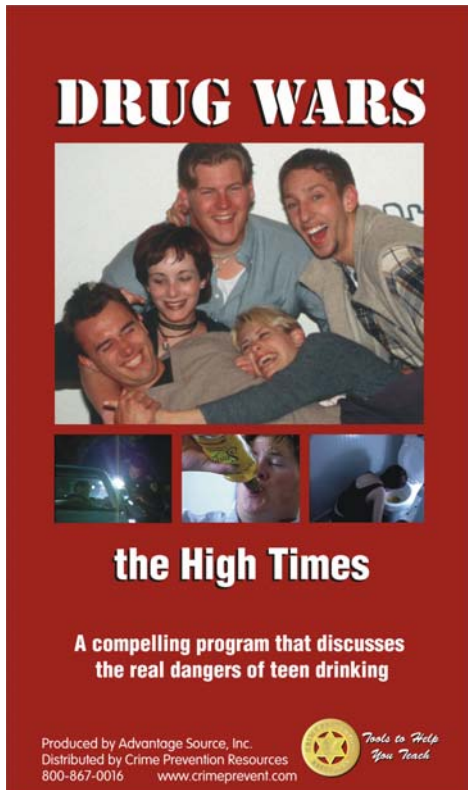


Instructor Guide

This CPR Productivity Pack is for use with the video:

Drug Wars: The High Times



In this handout:

How to use this Video Package	page 2
Discussion Questions	pages 3-4
Class Activity	page 5
140 Things to do Besides Drinking	page 6
Sample Press Release	page 7
Web Resources	page 8

How to use this video package

ABOUT THIS GUIDE:

“Drug Wars - The High Times” is designed for use by parents, educators, law enforcement officers, drug prevention specialists, counselors, and anyone else interested in educating youth about the dangers of substance abuse. In many cases, you will be able to promote conversation simply by showing this video. The following is a brief guide that you can use in case you need assistance with starting up a discussion.

PROGRAM SYNOPSIS:

Here is an exceptional video program that attacks today’s number one killer of young people — alcohol. Aimed at teens, this engaging story teaches the dangers of underage drinking. Viewers are quickly drawn into the discussion as they identify with the young people in this program. This important, yet sometimes light-hearted program focuses on the choices that face our kids today.

In addition to health issues, the audience also learns about alcohol’s addictive properties, and why kids can and do die from alcohol poisoning. Viewers witness the consequences of drinking and driving and about issues of trust with their parents. The audience also discovers how alcohol changes personalities and not always in a good way. They see that being clean and sober is really the cool choice. They learn that inhibitions are necessary survival skills and that alcohol is the number one date-rape drug. From the very first moments of this film, young viewers are able to relate to the light-hearted fun as they are effectively taught that underage drinking is very dangerous.

This program is sure to be a big hit with your kids.

QUESTIONS ABOUT THE VIDEO:

Who is the target audience? Anyone interested in finding out about the dangers of under age drinking: students, parents, teachers, clergy, police officers, and counselors.

Is the video age specific? This video will probably be most effective with pre-teens, and anyone starting to experiment with drinking. (Anyone from the age of 8 on up to 21.)

How old is the video? Release date was 11-12-99

How do I incorporate this video into my program? In most learning environments, it will be enough simply to show the video. In other programs or environments, the facilitator will have to supplement the video with discussion starters or questions like those included in this guide.

Discussion Questions Based on the Video

1) What are some of the reasons why you think people drink?

Answer: Peer pressure, nothing better to do, to look cool, to get a high feeling, to escape problems.

2) What is the number one reason why people drink or do drugs?

Answer: Boredom. They have nothing better to do.

3) What happens to you physically and mentally when you are drunk?

Answer: Physically: Loss of memory, vomiting/nausea, hangovers, slurred speech, slow reflexes. Mentally: Loss of good judgment, loss of inhibitions, changes in behavior.

4) What damage can long-term drinking do to your body?

Answer: Brain damage, cancer, ulcers, cirrhosis of the liver, mental problems, hypertension, respiratory arrest, impotence, mental disease, neuritis and premature death.

5) What are gateway drugs?

Answer: Gateway drugs are substances (Ex. Alcohol, tobacco, and marijuana) that are considered socially acceptable and fairly harmless, but can lead to the use of harder and deadlier drugs.

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

Answer: Yes. The hypothalamus, which is the part of the brain most affected by alcohol, doesn't mature until the age of 21. Drinking prior to maturity increases a person's chance of becoming physically addicted. Countries that permit youth to use alcohol have a higher rate of adult alcoholism.

7) When is it okay to drink and drive?

Answer: Never. Alcohol slows reaction time by depressing the central nervous system. Fifty percent of auto accidents are alcohol related. Death or injury is common because the user is not able to react timely to a given situation to prevent his or her death or injury. Alcohol is involved in about 36% of traffic-related deaths for 15-20 year olds.

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

Answer:

- Getting drunk on a regular basis
- Lying about how much alcohol he or she is using
- Believing that alcohol is necessary to have fun
- Having frequent hangovers
- Feeling run-down, depressed, or even suicidal
- Having "blackouts"--forgetting what he or she did while drinking

Having problems at school or getting in trouble with the law

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

Answer: Don't believe it if someone tells you "everybody's doing it." Research shows that 70 percent of people ages 12-20 haven't had a drink in the past month. Teens can say things like:

- I'm not interested.
- No thanks, I don't drink.
- Makes me sick.
- I have to get home to baby sit my sister.
- I try to take better care of myself.
- Don't like the taste of it.

Don't need that stuff. I'm just fine thanks.

OTHER DISCUSSION OPTIONS:

- * Talk (or do a skit) about ways a person can say no to a friend who is offering a drink.
- * Contact your local chapter of Mothers Against Drunk Driving (M.A.D.D.) and see if you can get a guest speaker.
- * Have a local law enforcement officer come in and speak about some of the alcohol-related accidents he or she has seen.

CLASS ACTIVITY

Have students imagine they have a friend who drinks alcohol. Then have them write a letter to that friend 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

Students can gather in groups and pick out the best points in each letter. Then they can create one letter for the group and have each group share their letter with the class.

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
Swim

Sample Press Release

Use this release to announce availability of *Drug Wars: The High Times* in newspapers and on TV/radio.

Instructions: Substitute your own information for the material in boldface.

NEWS RELEASE

Today's Date: **January 22, 2004**
For Immediate Use

Contact: **Ira Lee, 892-1234**
Sally Forth, 782-5678

Program Addresses Dangers of Teen Drinking

[Your agency name] will offer a special substance abuse prevention program **Tuesday, January 27**. The half-hour-long program will begin at **7:00 p.m. in the YMCA meeting room at 321 May Street**.

"This program will reveal the truth about the number one killer of young people, alcohol," according to **Ira Lee, community resources director**. "This is a powerful program that addresses the affects of drugs use on friends and family."

Lee indicated that the presentation will include a new video called *Drug Wars: The High Times*. "Aimed at teens, this engaging story teaches the dangers of underage drinking," said Lee of the video. "It focuses on the difficult choice kids face today."

If you cannot attend the meeting on **Tuesday**, contact [agency name] at **782-5678** if you have questions or would like to borrow the video. It is recommended for viewing by students of all ages, parent-teacher organizations, civic groups, and community/neighborhood watch groups.

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

Drug Enforcement Agency

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

Stop Drugs

<http://www.stopdrugs.org>

916-322-2796

For further information contact:
Crime Prevention Resources, Inc.
600 N. Grape St., Medford, OR 97501
Phone: 1-800-867-0016 Fax: 1-541-772-8239
Email: kowens@advantagesource.com
Web site: www.crimeprevent.com