This educational program on drugs and alcohol provides a "No-Use" message to students. The curriculum maintains that alcohol, tobacco, and illicit drugs are unhealthy and harmful, and that society's laws and values are to be respected. The lessons build students' resistance to influences that encourage drug abuse and they promote safe, healthy, and responsible attitudes while correcting mistaken beliefs and assumptions about drugs and alcohol. Lessons appear on 36 "Task Cards" which are intended to be used once a week during a traditional school year. The sequence and frequency with which these Task Cards are used, though, is at the instructor's discretion. Cards may be completed individually or in a group. Each card contains a benchmark (a one or two line goal for the lesson), a short message that the facilitator can present to the students, and an activity, all of which are age appropriate. If students work in groups, they are encouraged to create and display a team name, a pennant or banner with their team symbol, a license plate, a team motto or slogan, and a simulated 1-800 phone number. Cartoon characters with positive messages appear at the end of the publication and these can be awarded to students as incentives. (RJM)
DRUG AND ALCOHOL AWARENESS

FOR

Grade Five

Copyright 1994 © Drexler Associates, Inc., PO Box 722, Erie, PA 16512-0722
Nora L. Drexler, the author and illustrator of SPARKS EDUCATIONAL PROGRAMS, received her M. Ed. from Gannon University and has received special training in Gifted Education from the University of Connecticut. She has taught regular and gifted education in Kindergarten through grade eight in Pennsylvania. Currently she teaches Gifted Education in the Millcreek Township School District in Erie, Pennsylvania. She has participated in the Governor's Lead Teacher Program in PA. She gives national and international presentations, and teaches new trends in computer technology. She implements cooperative learning, integrated curriculums and directs educational television programs for children.

Copyright © 1994
Drexler Associates, Inc.
Box 722
Erie, PA 16512-0722

Purchase of this publication entitles the purchaser the right to duplicate the materials only for the students directly affected by his or her instruction. Duplication for an entire school or school district from a single manual is strictly forbidden.
RATIONALE

SPARKS, (Smart People Act Responsibly to Keep Safe), is a nationally marketed, educational program brought to you exclusively by Drexler Associates, Inc. The "NO-USE" message in this curricula is clear, consistent, and positively communicated throughout this material. This program spirals in a continuous progression from kindergarten through grade eight and maintains that the use of alcohol, tobacco and illicit drugs is unhealthy and harmful, and that the laws and values of our society are to be respected. This program builds resistance to influences that encourage drug abuse, promotes safe, healthy and responsible attitudes, and corrects mistaken beliefs and assumptions.
TO THE TEACHER/FACILITATOR

The lessons on the "Task Cards" in this publication are designed for use once a week, for a traditional thirty-six week school year. However, the actual sequence or frequency of these Task Cards should be at the discretion of the prevailing instructor, counselor or group leader in charge. The Task Cards could be completed individually or used in a cooperative learning, group situation. Benchmarks can be discussed orally and the facts can be written in a student notebook.

If students are working in small groups of three or four students, they should create and display their team names, a pennant or banner with their team symbol, a license plate (Example: WE-ARE-#1), a team motto or slogan, and a simulated 1-800 phone number, (Example: 1-800 -NODRUGS).

The teacher can assign "tangible" points to the teams in the form of buttons, popcorn kernels, perler beads, etc. contained in a jar or plastic, reclosable sandwich bag, or show points listed on a chart. Points can be administered by the teacher's discretion for accuracy, cooperation, quality work, creative answers, organization, participation, effort, extra drug and alcohol information or speakers brought into the class, etc. Winning team upon conclusion of the task cards, is the one with the most points. Students delight in seeing visible progress through the containers, and competition becomes more exciting each week.

Cartoon characters, from the Creature Feature Cards at the end of this publication, can be awarded to students in any quantity, in any fashion, for any reason, at the discretion of the group facilitator.
To the Student: About Drugs and Crime

When drugs are prescribed by doctors and used wisely, they can ease pain and suffering, help fight infection and even cure diseases. But when drugs are not supervised by a doctor, not used wisely, or used by someone other than the person for whom the drug was prescribed, they can cause pain, suffering, illness and even death. Do not experiment with any drugs, medicine, alcohol or chemicals!

Sooner or later, you will probably come in contact with people who are using illegal drugs or alcohol or, who are selling or "pushing" this habit on others. You may be tempted to try the drug because of stories you have heard, of promises made by the "pusher," just from curiosity, or because of the pressure to do whatever your friends are doing. However, drugs will NEVER help you get better grades, will NEVER make you more popular, and will NEVER solve any problems that you may have.

Drugs and alcohol can cause you a lot of pain, make you very sick and even cause death. It may seem hard for you to say "No," but it is certainly easier to refuse drugs NOW, than to try to break the habit later. Be strong in your plans to stay clean and free from drugs, alcohol and crime. Don't hang around with other kids who get into trouble with the law, or who use drugs or alcohol. Stick with friends who respect the drug-free, crime-free choice. You must learn the facts about drug and alcohol abuse, and care about your body, your mind, and your future.

Crime is everybody's business! Preventing crime is everyone's duty. All citizens in our country have the responsibility of keeping themselves safe and their community safe. You also, share in this important responsibility. Laws of your state and city, as well as the rules within your home, school and community, were designed to keep you safe and help you grow up to be the best you can be. Obey the laws. Obey the rules. Encourage your friends to respect laws, rules and property. Whenever a crime is committed, everyone pays. Taxes go up, more money is spent to fix property, or to punish criminals, or to hire more staff to help protect innocent people. Think about it. This is money that could have been routed for other purposes such as health care, research for diseases, better parks, roads, education, inventions, space travel, etc. Whenever a crime is committed, someone is injured or rights are violated. Crime hurts everyone. It takes a long time to rebuild damaged property and fix broken lives. Everyone suffers. Everyone pays the price.

You and your classmates can help. Take steps to prevent crime. Follow the rules. Report law breakers or suspicious behavior. Be respectful of those in authority. Honor police officers and those who risk their lives every day so that you and your family can have a better life, without fear of intruders, vandalism, pollution, theft, or drivers on the road who are under the influence of alcohol or drugs. Perhaps, you, too, will choose a career in law, or law enforcement, to continue to help our citizens live and grow in a crime-free, drug-free environment.
TASK CARD # 1

BENCHMARKS - The student should know that:

- Alcohol causes drowning and other fatal accidents
- Alcohol is responsible for homicides and suicides
- All by itself, alcohol is a lethal drug

Activity: Personality Inventory
Answer each question and then compare your answers with those of other students. Notice how many ways students are alike. Once you know other students, it is easy to pull together, instead of apart.

- Why do you think it is hard to find really good friends?
- If you could pick anybody to be your friend who would it be?
- What would you do if a best friend repeated a secret you told them not to tell?
- Why do you think students use drugs or alcohol?
- What was the nicest thing you ever did for one of your friends?
- How do you think your friends describe you?
- How do you think your teachers describe you?
- How would you describe yourself?
- What would you do if friends wanted you to smoke cigarettes and drink beer?
- When are you jealous of your friends?

TASK CARD # 2

BENCHMARKS - The student should know that:

- 3 people die every day in the U.S. from alcohol overdose
- People use many different words for getting drunk on alcohol, such as:
  - plastered, bombed, ripped, blitzed, sloshed, or wasted
- It is time for us to forget that "everybody" else does it, too, and start thinking about the fact that drinking is dumb

Activity: Personality Inventory
Continue personality insights inventory from Task Card # 1

- I don't like to hang around kids who
- My favorite song is
- My favorite TV show is
- My favorite color is
- Why do you think teens mistakenly think that wine coolers are not alcoholic beverages?
- The sport I like best is
- If I could have any pet, I would want a
- The school subject I like best is
- If I had special powers, I would
- A school rule I would change is
TASK CARD # 3

BENCHMARKS - The student should know:
- Drinking and driving accidents are the #1 cause of death among teenagers
- 40,000 Americans each year are disfigured in accidents involving young people using alcohol
- People drink alcohol because they like the feeling of being "high" - which is actually just the feeling of having damage to the central nervous system

Activity: Scavenger Hunt
Break into groups. This is a scavenger hunt. Use any or all references in the library you may need. If the answer is no, you must write the correct answer.

- Can stimulants make a patient fall asleep more easily?
- Are analgesics, drugs that produce loss of consciousness?
- Does alcohol play a role in many fatal traffic accidents?
- Is it the American Medical Association that must approve new drugs before they can be sold?
- Can drugs cause changes in the human body?
- Is nicotine a drug found in chocolate, coffee, tea and cola?
- Are drugs that can be sold lawfully without a prescription called "prescription drugs"?
- Are drugs chemical substances?
- Can drugs change the speed of cell activities?
- Will depressants slow down the activity of the central nervous system?

TASK CARD # 4

BENCHMARKS - The student should know:
- Alcohol can get you into trouble with your parents, with the police and with your principal
- Alcohol is an illegal drug for teens - just like marijuana, cocaine and heroin
- Alcohol is a poison to all parts of the body - including the heart

Activity: Investigation
Let's find out about the history of drugs. Use library reference books. Break into 4 groups. Each group chooses one of the following locations to find out how primitive people's practice would treat or cure an illness: GREECE, ROME, EGYPT, CHINA. Group with the most drug facts, wins!
TASK CARD # 5

BENCHMARKS - The student should know:
* Being drunk means a person has overdosed on a drug
* Alcohol puts the brain to sleep
* Brain damage begins with the first drink

Activity: Research
The first group who can locate the disease or condition these drugs are used to treat, is the winner. Use research sources: PENICILLIN, POLIO, INSULIN, CORTISONE, MORPHINE, SULPHA. Discuss the findings.

TASK CARD # 6

BENCHMARKS - The student should know:
* Every 5 seconds a teenager has a drug or alcohol-related accident
* 1 drink can impair the ability to drive
* More that $.25 of every dollar you pay for auto insurance premiums goes to pay for damage done by drunk drivers

Activity: Role Playing
Most of the drugs used today by hospitals and doctors were discovered or improved during the twentieth century. Tell the contributions of these famous people, by dividing into groups and planning a role playing situation. Think of wigs, old clothes, props. Decide who will be the famous person. Decide what roles the others could play; assistant, patient, spouse, announcer, etc. If you have parts left over, do a "drug-free" commercial. Share all facts from your reference source, with the group, so that everyone understands the background information needed to create the skit:

John E. Salk
Alexander Fleming
Louis Pasteur

William T. G. Morton
John Jacob Abel
**TASK CARD # 7**

**BENCHMARKS - The student should know:**
- 3.3 million men and women under 20 are problem drinkers
- Some teens become alcoholics within 6 months after taking their first drink
- Liver cancer is also related to alcohol use

**Activity: Word Scramble**

Use key works from these facts to create 10 word scrambles from each person. Print clearly. Spell words correctly for decoding purposes. Exchange papers with a partner. Winner is the one who unscrambles first.

Ex: SLARENIM = MINERALS

Some drugs occur in a natural state in plants, animals and minerals, but may be refined for human use
Drugs can be taken in any form, pills, salve, crystals, crystals, liquid, or powder
Drugs can be packaged in many ways: bottles, boxes, tubes
Drugs that do not occur naturally and are made by scientists in laboratories are synthetic drugs
Drugs can be taken by mouth, injected, through the skin or inhaled

**TASK CARD # 8**

**BENCHMARKS - The student should know:**
- Because crack is smoked, it enters the body through the lungs and then goes through the heart to the brain in seconds
- Crack can instantly kill
- Crack users risk death each time they use crack

**Activity: Word Scramble**

New word scramble with new facts, is the same procedure as Card # 7

When drugs enter the body, they travel through the body entering cells and changing the speed of cell activity
Cardiovascular drugs affect the heart and blood vessels
Stimulants speed up the activity of the nervous system
An example of an analgesic that relieves pain without affecting the senses, is aspirin
Decongestants reduce the swelling of mucus membranes
General anesthetics affect the brain to cause loss of feeling or consciousness for the whole body
Local anesthetics numb the senses only in that area of the body
TASK CARD # 9

**BENCHMARKS - The student should know:**
- Crack can kill the very first time it is used or the 100th time it is used
- Crack is almost instantly addicting
- Crack users are usually addicted after only a few weeks

**Activity: Brainstorm, Debate**
Generate as many reasons as you possibly can for the following questions. Winning group is the one with the most answers. Share ideas, discuss and debate:
- Why
  - should you discard drugs if the expiration dates have passed?
  - should prescription drugs and over-the-counter drugs be kept in their original containers?
  - should drugs be stored in safe places away from little children?
  - should warnings on labels be observed?

---

**TASK CARD # 10**

**BENCHMARKS - The student should know:**
- Most users of marijauna get an increased heart rate, red eyes, dry mouth and throat
- Smoking 5 joints a week of marijuana does more damage to the lungs that 6 packs of cigarettes a week
- In almost 16 out of 100 cases of fatal highway accidents, marijuana was used by the driver

**Activity: Brainstorm, Debate**
Same as Task Card # 9
New questions for discussion are:
- Should the seal be examined carefully before opening a drug container?
- Should a prescription drug be taken by a different person, other than the one for whom it was prescribed?
- Should directions on drug containers be followed precisely?

Design posters from the information questions from Task Cards 9 & 10 to provide warnings to others. Hang them in hallways.
TASK CARD # 11

BENCHMARKS - The student should know:
* Marijuana (grass, pot, weed) is a common plant
* A marijuana cigarette is made from the dried parts of the whole plant, except the main stem and roots
* How strong the marijuana is, depends on climate, soil conditions, time of harvesting

Activity: Critical Thinking
These are reasons sometimes given for drug use. Tell why they are the wrong reasons.
   Feeling shy
   Being physically small or weak
   Rebelling against authority figures
   Money problems
   Rejection
   Grades/report card
   Curiosity
   Peer pressure

TASK CARD # 12

BENCHMARKS - The student should know:
* Having even one unit of crack can result in up to 1 year in prison and a $5,000 fine
* Delivering or selling crack is a felony
* Using crack is a crime that can put you in jail

Activity: T-Shirt Design, Cheer, Presentation
Design a drug-free T-shirt, using fabric, crayons or paint on an old, plain shirt. Invent a drug-free rap or cheer. Present it to a younger grade level while modeling your new shirts, or present to an area nursing home, school board, or parent organization, etc.
TASK CARD # 13

BENCHMARKS - The student should know:
* Because crack is cocaine, this makes cocaine widely available
* The crack usage problem continues to skyrocket
* Crack is the most marketable drug sold on the street today

Activity: Flow Chart, Diagram

Explain why these events could contribute to drug abuse:
- Poor nutrition
- Family and friends
- Serious injuries
- Criminal record
- Jail term
- Other crime dealings
- Auto accidents
- Job loss
- Lack of college or training
- Loss of drivers license

Construct a flow chart or diagram in your groups that would show how all these events could contribute to drug or alcohol abuse.

TASK CARD # 14

BENCHMARKS - The student should know:
* The largest percentage of crack users are young, urban males between the ages of 20 - 30
* Crack use can be found in rich and poor areas of the city
* Many states have already lost too many young lives as a result of crack use

Activity: Mural

Find or draw a picture of an astronaut’s space suit. Run enough copies for your class or group. Take photos, or use school pictures to put inside the space suits where the faces would go. Create a class or hall mural, "Spaced Out on Life, NOT Drugs!" Paint or color the background.
SPARKS EDUCATIONAL PROGRAMS

Grade five

TASK CARD # 15

BENCHMARKS - The student should know:
* Crack is a form of cocaine, and it is 4 - 10 times stronger
* Crack looks like slivers of soap
* Crack is often smoked with marijuana or regular tobacco in a pipe

Activity: Commercial
Using a video camera, make a short "commercial" against drug and alcohol abuse. Do skits that reveal all the different ways to say "NO", when approached about trying or using drugs and alcohol. Perhaps a local TV station will run your production as a public service announcement! If you do not have access to a video camera, do a "live" presentation for another grade level, school, etc.

TASK CARD # 16

BENCHMARKS - The student should know:
* The name "crack" may have evolved because the drug resembles cracked paint chips or because it makes a crackling noise when smoked
* Crack is sold in ready-to-smoke form and may be purchased for as little as $ 5.00
* Crack possession may carry a fine of $ 15,000 or more

Activity: Poster
Make a poster with guidelines that list ways to stay drug-free. Present posters to younger children and explain the reasons:
* Caring about your health
* Choosing drug-free friends
* Liking and accepting yourself
* Knowing your talents and limitations
* Resisting peer pressure
* Having hobbies
* Volunteering time for community help
* Playing team sports

Copyright © 1994 Drexler Associates, Inc., PO Box 722, Erie, PA 16512-0722
BENCHMARKS - The student should know:

- If a parent drinks too much, talk to an adult who doesn't drink too much, a close relative (such as an aunt, uncle or grandparent), friendly neighbor, teacher, or clergy member who can be a good source of help.
- If a parent drinks too much, learn more about the facts and you'll be less likely to feel angry, guilty, or sad about things you shouldn't be blamed for.
- If a parent drinks too much, try to be understanding and don't blame anyone for a parent's drinking problem.

Activity: Research

List names and addresses of agencies or organizations that supply drug and alcohol information, material, programs or support groups. Make posters that show these sources that are available.

BENCHMARKS - The student should know:

- To make the most of your own life, spend time with friends.
- To make the most of your own life, join a club or special group.
- To make the most of your own life, find an activity that you enjoy.

Activity: Letterwriting for Social Action

Don't just complain about highway fatalities, drug abuse and alcoholism. Write to congressional staff and government leaders, giving your ideas and strategies to improve the situation. Write letters to the Editor of local newspapers. Speak up. Be heard. Be strong. Stick together.
SPARKS EDUCATIONAL PROGRAMS

Grade five

TASK CARD # 19

BENCHMARKS - The student should know that:

* Kids can make a difference if they learn about alcohol
* Kids can make a difference if they help themselves
* Kids can make a difference if they talk to their parents or someone else they trust about what can be done

Activity: Interviews

Schedule professionals to speak with your group. Invite a judge, parole officer, rehabilitation treatment center specialist, attorney, etc. to share facts. Human resources are very valuable. Create a class photo scrapbook showing your special guests. Call it..."A SPARK to Others...".

TASK CARD # 20

BENCHMARKS - The student should know:

* Effects from inhalant use last from 15 - 45 minutes
* Effects from inhalent use may cause flushed face and neck, dizziness, nausea, sneezing, coughing, nosebleeds, fatigue
* Effects from inhalant use may cause bad breath, lack of coordination, loss of appetite, decreased heart rate, decreased breathing rate, inhibited judgement

Activity: Police Officer Interview

Ask a police officer to visit your group. Here are some questions you could ask:

* How long have you been a police officer?
* What special training did you have?
* What equipment do you use?
* What are your responsibilities?
* What are your hours?
* What made you want to be a police officer?
* In what ways do you use computer technology?
* What is the most difficult part of your job?
* How is your job dangerous?
* What subjects in school or college helped you the most?
* What advice do you have for students who want to go into police work?
* What other opportunities for careers are there in law enforcement?
* What would you change about your job if you could?
TASK CARD # 21

**BENCHMARKS - The student should know:**
* Proper channels are available to get help, information or to demand social change

**Activity: Rap**
This is the SPARKS FOR EDUCATION "Justice Rap". Add more verses of your own!

Feel the jubilation,
All across the nation,
Drug-free education!
What a great sensation!

Read a little faster.
Sharpen up your math.
Follow us along...
Responsibility path!

Do you know the dreadful facts
For drugs and alcohol, too?
Accept responsibilities
Meant for you.

You need teachers, principals,
Police departments, too.
It's good for our Country and
It's good for you!

Write to a Congressman.
Put the letter in the mail.
You can fix and change laws
Along the Justice Trail.

You need teamwork, decisions,
All through the day.
Never use drugs,
There's a price to pay!

Obey the laws,
It's the thing to do!
It starts with your city.
It starts with YOU!

---

TASK CARD # 22

**BENCHMARKS - The student should know:**
* Inhalants are common household items
* Inhalants are cheap
* Inhalants are easy to buy

**Activity: Charts**
Drugs have many sources - animal, plant and mineral. Make charts to show different drugs and their sources. Learn why inhalants are dangerous and why their use is so frequent.
TASK CARD # 23

BENCHMARKS - The student should know:
- Inhalants are used by sniffing through the nose or "huffing" - inhaling the fumes through the open mouth
- Inhalants are not thought of as drugs because they are not usually sold to be used as drugs
- Large amounts of inhalants produce deep sleep or even coma

Activity: Scavenger Hunt, Survey
Locate all the products you can find that have caffeine in them. Many foods or beverages may not even be dark in color and still contain the drug. Investigate by doing a survey. What percentages are recorded for each product? What about diet pills? What are the side effects of caffeine? Other hidden ingredients in products are sugar or salt (sodium).

TASK CARD # 24

BENCHMARKS - The student should know:
- Inhaling heroin is called "snorting"
- Injecting a drug directly into a vein is called mainlining

Activity: Investigations
Find out about drug laws in your state or community. Find out how drugs are tested and approved for usage. Find what contributions women have made in the field of drugs, diseases, and cures. What are "Gateway Drugs"? Why do they have that name?
SPARKS EDUCATIONAL PROGRAMS

Grade five

TASK CARD # 25

BENCHMARKS - The student should know:
* 8 out of 10 kids who try only a half pack of cigarettes will become hooked for years or even their entire lives
* Chewing tobacco causes cancer of the mouth and other diseases of the gums and teeth
* Marijuana smoke has more tar and cancer causing agents than tobacco

Activity: Definitions
Prepare a "Dictionary of Terms" for your class with words such as:
ABUSE  CRACK  NARCOTIC
ACID  DEPRESSANT  NICOTINE
ALCOHOL  DRUG ADDICT  OVER-THE-COUNTER
AMPHETAMINES  GRASS  POT
ANTALGESICS  HALLUCINATE  PRESCRIPTION DRUG
ANTIBIOTICS  HEROIN  PUSHER
BARBITUATES  HIGH  STIMULANT
COCAINE  JOINT  TOBACCO
COMA  MORPHINE  TRIP

TASK CARD # 26

BENCHMARKS - The student should know:
* Craving is more intense with cocaine than with any other drug
* Cocaine inhalation causes sores and ulcers in the nose
* Crack, a newer, smokable form of cocaine is highly addictive

Activity: Research
Find information on drug treatment centers and addicts. List many reasons that it would not be a pleasant experience. Wouldn't you rather be drug-free and vacationing in a resort? Tell where you would be vacationing for six weeks, if you could. Why? How did you discover this place?
SPARKS EDUCATIONAL PROGRAMS

TASK CARD # 27

BENCHMARKS - The student should know:
* Drug abuse persists because parents buy kegs of beer for teenager parties
* Drug abuse continues because advertisers plug alcohol and cigarettes
* Drug abuse continues because movies display drug use, and rock stars glamorize it

Activity: Career Poster
Professionals risk law suits and job loss for drug or alcohol abuse. Create a career poster from the category below. Be ready to explain exactly why drug usage or alcohol would be wrongful or dangerous in the job position. How would other people connected with that job description, be affected or in danger?

ACCOUNTANT
ARCHAEOLOGIST
ARMY
ARTIST
ASSEMBLER
ASST. SUPERINTENDENT
ASTRONAUT
ASTRONOMER
BAKER
BANKER
BASEBALL PLAYER
BASKETBALL PLAYER
BOTANIST

COMPUTER SPECIALIST
CONSTRUCTION WORKER
CONTRACTOR
CRAFTER
CRUISE DIRECTOR
DANCER
DETECTIVE
DOCTOR
ELECTRICIAN
ENTREPRENEUR
ENVIRONMENTALIST

FBI AGENT
FARMER
FASHION DESIGNER
FIREFRA
FISHERMAN
FOOTBALL PLAYER
GEOLOGIST
GOLFER
GOVT. LEADER
HAIRDRESSER
HOCKEY PLAYER
INVENTOR
JUDGE

TASK CARD # 28

BENCHMARKS - The student should know:
* If you are stopped for driving under the influence of alcohol, you may be arrested
* Your parents will be notified by the police of the arrest made for drunk driving
* If you are arrested for drunk driving you may be kept for blood, urine and breath testing

Activity: Career Poster
Same as Task Card # 27

LANDSCAPER
LAWYER
LIBRARIAN
MAGICIAN
MAIL CARRIER
MARINE BIOLOGIST
MARINES
MECHANIC
METEOROLOGIST

PLUMBER
POLICEMAN
POOL PLAYER
PRINCIPAL
PHYCHIATRIST
RADIO ANNOUNCER
REALTOR
REPORTER
SALESPERSON

SECRETARY
SINGER
SOCCER PLAYER
STORE OWNER
SUPERINTENDENT
SWIMMER
TEACHER
TENNIS PLAYER
TRAVEL AGENT

Copyright © 1994 Drexler Associates, Inc., PO Box 722, Erie, PA 16512-0722
SPARKS EDUCATIONAL PROGRAMS  Grade five

TASK CARD # 29

BENCHMARKS - The student should know:
* Drug abusers must accept the fact that they are powerless over the substance
* Drug abusers must realize there are terrible consequences from their habit
* Drugs are habit forming

Activity: Contest for Primary Students
Hold a drug-free poem and poster coloring contest for younger grades. Give specific instructions. How long can their poems be? What size paper and what materials can they use? What information do they need to put on the poem or poster? On the front or back? To whom do the participating children give their entries to? Is there a prize? What is it?

TASK CARD # 30

BENCHMARKS - The student should know:
* Drugs destroy healthy bodies
* Never eat, drink or sniff anything you are unsure of
* Stay away from people who use drugs

Activity: Poem
Create drug-free poems of your own. They can be four lines and simple rhyme pattern:

If each one of us
Would do his part,
We'd save this land
Right from the start.

Keep law and order
The whole year through.
Accept responsibility
For whatever you do!

We'll all help each other
And have fun, too!
American citizens
Are depending on you.

Be a law-abiding citizen.
Help others understand.
Preserve your rights.
Protect our land.

Convince your friends
To follow the rules.
We'll make a drug-free difference
In America's schools.

So, be a SPARK to others
In whatever you do!
Do it for yourself
And the Red, White and Blue!
SPARKS EDUCATIONAL PROGRAMS

Grade five

TASK CARD # 31

BENCHMARKS - The student should know:
- People say "NO" to drugs because they don't like the way drugs make them feel
- People say "NO" to drugs because drugs are against their religion
- People say "NO" to drugs because drug use is against the law

Activity: Explanations
With the number of drug and alcohol-related highway accidents, it is clear that some citizens are not responsible for their actions. Here are some simple rights that you have. Explain the responsibility that must go with those rights:
Example: Ride the bus: stay seated, talk softly, don't throw things out windows, wait until the bus stops before exiting.
Now you try these:
Use a school desk and chair, have a safe school, own a bicycle, play at recess, compete in sports, compete in contests

** You have the right to refuse drugs and alcohol. You must be a responsible person

---

TASK CARD # 32

BENCHMARKS - The student should know:
- Regular drinking causes kids to give up sports or hobbies
- Medicines are legal drugs ordered by doctors to make sick people well
- Medicines should only be taken if you are sick

Activity: Wall Display, Brainstorming
Hang a large sheet of paper. Draw as many road or traffic signs as you can think of. Then discuss these:

Laws are for everyone. "WEAR A SEATBELT" SPEED LIMIT 55 MPH
Can you think of other laws?

Rules are made for smaller groups. What rules do your parents have for you at home?
What are the rules in your classroom? At recess? In the cafeteria?
SPARKS EDUCATIONAL PROGRAMS

Grade five

TASK CARD # 33

BENCHMARKS - The student should know:

* When a person smokes marijuana, he has trouble doing even simple things like riding a bike
* The drug from one marijuana cigarette can stay in a person's body over a month
* Smoking marijuana is more harmful than smoking tobacco cigarettes

Activity: Pen Pals, Video

Create a "video" letter to another school, possibly in another city or state. Encourage some drug-free pen pals. Enclose written addresses to correspond by letter, later. Do "Bring N' Brag" and explain or show all the terrific, drug-free activities you have completed this year.

TASK CARD # 34

BENCHMARKS - The student should know:

* Taking medicine that is prescribed for someone else is very dangerous and against the law
* If your friends make fun of you because you won't try drugs, they're really not your friends
* You should always feel good about saying "NO" to drugs

Activity: Hobby Fair

Host a hobby fair to show many choices for getting "high". Include many, unusual hobbies, activities, or collections. Students that have task commitment to their interests will not stray to drugs or alcohol. Advise the media, for coverage of the events in the newspaper or television.
SPARKS EDUCATIONAL PROGRAMS

Grade five

TASK CARD # 35

BENCHMARKS - The student should know:

• Marijuana is smoked or eaten, and is a "Gateway" drug because it leads to other drug usage
• Marijuana contains over 400 harmful chemicals
• Marijuana hurts your brain, making it hard to remember

Activity: Wall Display

Trace all hand prints from your drug-free group. Add your name and any watches, rings, etc. Arrange the handprints so that they form large letters for "DRUG-FREE". Letters may be 2 or 3 feet high when they are taped to a wall. The sign preceding "DRUG-FREE" should read "Our Wish for the World" written in marker on posterboard or heavy paper.

TASK CARD # 36

BENCHMARKS - The student should know:

• All the facts in this publication

Activity: Mock Game Show Competition

Collect all the facts from the benchmarks on these task cards, and all the facts gathered by the groups. Hold a type of Game Show Competition by individuals or teams. Create a school champion. Hopefully, the title could be transferred each year.

Copyright © 1994 Drexler Associates, Inc., PO Box 722, Erie, PA 16512-0722
NATE SHUN
Nation of drug-free 5th graders standing strong and tall.

MATT CHUR
Mature kids make mature drug-free decisions

JOHN TOVER
Jaunt over and greet this dynamite 5th grade group.

VANNA LISM
Idalism and crime are linked to drug usage.
ZEEK FRIENDS
Seek friends who value good health like you do.

FALON KNEE
Felony is just one of many crimes that can be linked to drug abuse.

CELESTE TIME
'Za last time I'm telling you.
Alcohol can kill.

SHARON GREAT
Sharin' great drug-free activities.
SID DEEZ
Cities across the USA joining the anti-drug movement.

E. COSYSTEM
Ecosystem becomes unbalanced with cigarette smoke in the air.

ALMA TRUST
All my trust is in the 5th grade drug-free group.

VIC TIMS
Victims of drug abuse are the addicts themselves.
MARY ONE
Marijuana and tobacco are harmful to your lungs.

DOLL ERZ
Dollars in the millions to pay for insurance claims from drunk drivers.

MAY I. REEM
May I remind you that beer is alcoholic?

CHAMP PAINE
Champagne is alcoholic. Wine coolers are alcoholic.
X. CELL
Excell in all you do, believe in yourself.

DEE BREE
Debris from smoking and beer cans is disgusting.

HAL WHO
Hallucinations can take place with drug use.

WINNIE WARS
Winning wars against drugs takes everyone's help.
O. RIOUS
Curious experimentation with drugs is
dangerous or fatal.

MAY DIN
Made in America - a drug-free pathway to the
21st Century.

S. TABLISH
Establish a drug-free group to hand out with.

E. ROSION
Erosion is wearing away of the drug pushers.
E. LIMINATE
Eliminate alcohol and drug abuse in your life.

ANITA IDEA
A neat idea! Drug-free by the 21st Century.

BONNIE FIDE
Bonified drug-free 5th graders here.

EDDIE ONE
Anyone knows that almost half of highway accidents are linked to alcohol.
Violence and crime are linked to drugs.

Military careers insist on clean and drug-free candidates.

A battle against drugs has just begun.

Endeavors to arrest drug pushers are successful.
LON CHA
Launch a drug-free campaign in your area.

WATSON YOOR
What's on your mind? A drug-free life? Great!

WILMA DRUG-FREE
Wilma drug-free wish for you come true?

ROBIN EARTH
Robbin' earth of its clean air with cigarette smoke.
Andante

THEME SONG

SPARKS ARE THE KEY...

TO MAKE US HAPPY AND STAY DRUG-FREE!

WE'LL FOLLOW YOU AND BE YOUR FRIEND,

LET'S CHASE THE SUN AND FIND THE RAINBOW'S END!

Copyright © 1994 Drexler Associates, Inc. PO Box 722, Erie, PA 16512 0722
SPARKS UNDER
STAND...

SO TAKE OUR HAND AS WE CROSS THIS LAND...

IT'S UP TO YOU AND IT'S UP TO ME...

TO MAKE THIS WORLD A BETTER PLACE TO BE!

Copyright © 1994 Drexler Associates, Inc., PO Box 722, Erie, PA 16512-0722
**SPARKS DRUG AND ALCOHOL AWARENESS TEST FOR GRADE FIVE**

**ANSWER KEY**

WRITE TRUE OF FALSE BEFORE EACH STATEMENT:

**TRUE** 1. All by itself, alcohol is a lethal drug.

**TRUE** 2. Alcohol can be responsible for homicide or suicide.

**FALSE** 3. You cannot overdose on alcohol. You can

**FALSE** 4. Drinking and driving is not a cause of death among teenagers. It is

**TRUE** 5. Brain damage begins with the first drink.

**TRUE** 6. Crack can kill the first time it is used, or the hundredth.

**FALSE** 7. You cannot become an alcoholic until years after you have started drinking. You can

**TRUE** 8. Crack is almost instantly addictive.

**FALSE** 9. Crack is equally as strong as cocaine. Many times stronger

**FALSE** 10. If a parent drinks too much, you should blame yourself. You should not

**TRUE** 11. Sometimes movies will display drug use and rock stars will glamorize it.

**FALSE** 12. It is legal to drink at home if your parents buy the kegs of beer for you. It is not legal for a minor to drink alcohol

**FALSE** 13. If your friend has medicine that is working for him, it is all right for you to take some. It is not safe

**TRUE** 14. Marijuana contains more than 400 harmful chemicals.

**TRUE** 15. Alcohol, tobacco and marijuana are "Gateway Drugs".

Copyright © 1994 Drexler Associates, Inc., PO Box 722, Erie, PA 16512-0722
MULTIPLE CHOICE  (Circle the correct answer)
16. Grass, pot or weed are names for:
   A. beer
   B. alcohol
   C. marijuana
   D. cocaine
   E. none of the above

17. How strong marijuana is depends on the:
   A. climate
   B. soil conditions
   C. time of harvest
   D. all of the above
   E. none of the above

18. Crack is actually:
   A. flour
   B. LSD
   C. marijuana
   D. cocaine
   E. all of the above

19. __________ are common household items:
   A. marijuana plants
   B. inhalants
   C. pipes
   D. crack
   E. all of the above

20. The drug from a marijuana cigarette can stay in your system for:
   A. one month
   B. forever
   C. a year
   D. none of the above
   E. all of the above

FILL IN THE BLANK:
21. To become "hooked on" a drug means to become addicted.

22. Crack looks like slivers of soap.

23. Chewing tobacco causes cancer of the mouth and other diseases of the gums and teeth.

24. Marijuana has more tar and cancer causing agents than tobacco.
25. Craving is more intense for cocaine than any other drug.

26. Marijuana can be smoked or eaten.

27. A Gateway drug is a drug that leads to usage of other drugs.

28. People say "NO" to drugs because it is against the law, because they don't like the way drugs make them feel, or because it is against their religion.

29. Liver cancer is related to alcohol use.

30. Crack is a form of cocaine, but it is 4-10 times stronger.

31. Inhalants are cheap, easy to buy, and common household items.

32. Inhalants are used by sniffing through the nose, or "huffing", - which is inhaling the fumes through the open mouth.

33. Inhaling heroine is called "snorting".

34. Large amounts of inhalants can cause deep sleep or even a coma.

35. One reason drug abuse continues is that movies display drug abuse and rock stars glamorize it.
SPARKS DRUG AND ALCOHOL AWARENESS TEST FOR GRADE FIVE

WRITE TRUE OR FALSE BEFORE EACH STATEMENT:

1. All by itself, alcohol is a lethal drug.
2. Alcohol can be responsible for homicide or suicide.
3. You cannot overdose on alcohol.
4. Drinking and driving is not a cause of death among teenagers.
5. Brain damage begins with the first drink.
6. Crack can kill the first time it is used, or the hundredth.
7. You cannot become an alcoholic until years after you have started drinking.
8. Crack is almost instantly addictive.
9. Crack is equally as strong as cocaine.
10. If a parent drinks too much, you should blame yourself.
11. Sometimes movies will display drug use and rock stars will glamorize it.
12. It is legal to drink at home if your parents buy the kegs of beer for you.
13. If your friend has medicine that is working for him, it is all right for you to take some.
14. Marijuana contains more than 400 harmful chemicals.
15. Alcohol, tobacco and marijuana are "Gateway Drugs".
MULTIPLE CHOICE  (Circle the correct answer)

16. Grass, pot or weed are names for:
   A. beer
   B. alcohol
   C. marijuana
   D. cocaine
   E. none of the above

17. How strong marijuana is depends on the:
   A. climate
   B. soil conditions
   C. time of harvest
   D. all of the above
   E. none of the above

18. Crack is actually:
   A. flour
   B. LSD
   C. marijuana
   D. cocaine
   E. all of the above

19. __________ are common household items:
   A. marijuana plants
   B. inhalants
   C. pipes
   D. crack
   E. all of the above

20. The drug from a marijuana cigarette can stay in your system for:
   A. one month
   B. forever
   C. a year
   D. none of the above
   E. all of the above

FILL IN THE BLANK:

21. To become "hooked on" a drug means to become __________

22. __________ looks like slivers of soap.

23. Chewing __________ causes cancer of the mouth and other diseases of the gums and teeth.

24. Marijuana has more tar and cancer causing agents than __________

25. Craving is more intense for __________ than any other drug.
26. Marijuana can be smoked or ______________.

27. A __________way drug is a drug that leads to usage of other drugs.

28. People say "NO" to drugs because it is against the law, because they don't like the way drugs make them feel, or because it is against their __________.

29. Liver cancer is related to __________ use.

30. Crack is a form of __________, but it is 4-10 times stronger.

31. Inhalants are cheap, easy to buy, and common __________ items.

32. Inhalants are used by sniffing through the nose, or "____________", - which is inhaling the fumes through the open mouth.

33. Inhaling heroine is called "____________".

34. Large amounts of inhalants can cause deep sleep or even a __________.

35. One reason drug abuse continues is that movies display drug abuse and ____________ glamorize it.