

DFY

IN SCV

DRUG FREE YOUTH IN SANTA CLARITA VALLEY

**STUDENT INFORMATION
AND ACTIVITY BOOKLET**

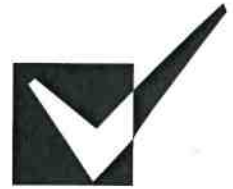
Spanish version available at
www.dfyinscv.com

This booklet includes:

- Student information about*
- The risks of alcohol and tobacco*
- Discussion questions*
- Activities for students*



GOOD CHOICES



DFY in SCV (Drug Free Youth in Santa Clarita Valley) is a free, school-based, voluntary anti-drug program in elementary schools, junior high schools and high schools. The mission of DFY in SCV is to educate and empower students to make good choices, leading towards positive and healthy behaviors.

This booklet teaches communication and lifelong skills appropriate for each grade level to combat negative peer pressure and easy-to-remember strategies to say no to drugs and alcohol.



www.dfyinscv.com



DFYinSCV/Facebook



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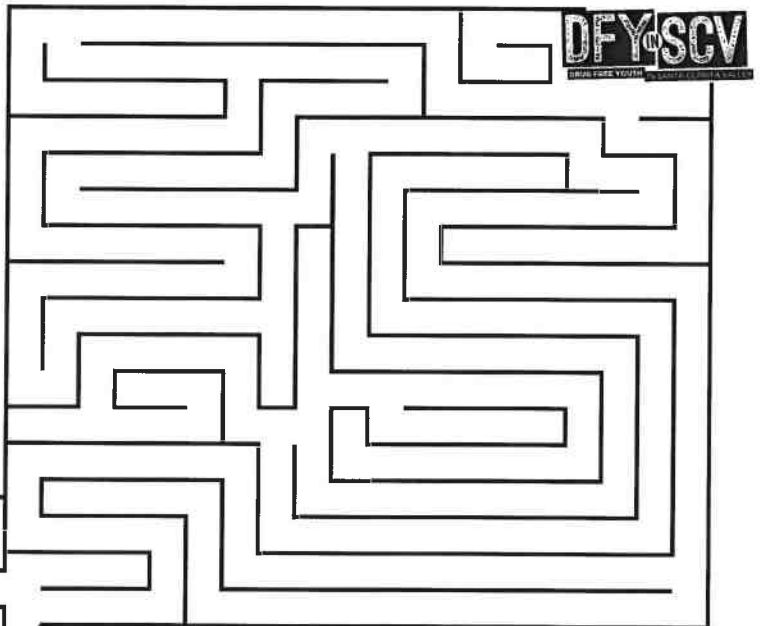
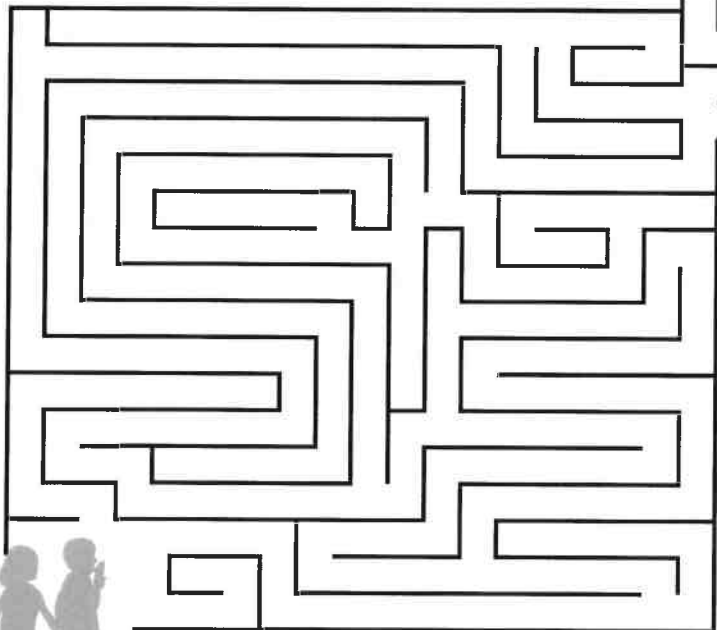
ALCOHOL

Alcohol is a mind-altering substance that is only legal for people over **twenty-one** years of age and is considered a drug. It's easy for kids to get the wrong message and not think of it as dangerous. They might see adults drink or watch drinking shown in the media as a fun activity.

Alcohol is the most abused drug in the world. Studies have shown that many children have their first drink at an early age, as young as 10 or 11 or even younger. It is important for you to understand the harmful effects and consequences that drinking alcohol can have on your mind and body.

ACTIVITY CHALLENGE

Can you find the way to DFY in SCV?



DFY-SCV
DRUG FREE YOUTH

Alcohol is a **depressant**, which means that it is a drug that slows your brain and body down. Like many abused drugs, alcohol changes a person's ability to think, speak and see things as they really are.

When people drink too much alcohol, they may do or say things they don't mean. They

could get **dizzy**, lose their balance and have trouble walking properly. They may hurt themselves or other people, *especially if they drive a car while under the influence*. Someone who drinks may vomit and could wake up the next day feeling sick with flu-like symptoms. Over time, people who abuse alcohol can do very serious damage to their bodies.

WHAT IS ALCOHOLIS ?

Alcoholism is when a person feels like they have to drink alcohol every day. People who are alcoholics are not able to control their drinking habits, resulting in long-term health effects leading to **liver**, pancreas, heart and brain damage. **Alcoholism is chronic**, which means that it gets worse over time.

One thing that can be confusing about alcohol is that some grown-ups seem to be able to enjoy it occasionally with no problems. Other people can develop an addiction to it. Like any other **addict**, an alcoholic has little control over his or her drinking and can't stop without help.

It can be tempting to try alcohol. It's normal to be curious about new things, but you don't have to try it just because others are.

Don't listen to anyone who tells you that you are immature for not drinking. You can show how mature you are by making the right **decision**. Good **friends** shouldn't treat you differently because you don't want to drink. They may also be feeling pressured to drink. If you feel this kind of **pressure**, talk to someone you trust.

If you are concerned about a friend who is drinking, you should tell your parents, guardian, school **counselor** or another trusted adult. With help, anyone who has a problem with alcohol can be successful at stopping, no matter what age. It is important to always make good choices and think about your future.



FACT:

A person who starts drinking alcohol at a young age is more likely to become an alcoholic.

Deciding whether or not to drink alcoholic beverages is a personal decision that we each eventually have to make. Knowing how drinking alcohol affects you, will help you make the best choice. How does alcohol affect you?

- It can make you **sick**, feel disoriented and cause you to **vomit** or pass out.
- It can harm your ability to make good decisions.
- It can make you stagger, lose your coordination and slur your speech.
- It can get you into trouble with others or the law.

Those who make the decision to drink alcohol are taking risks without realizing the dangers. Young drivers are more likely to be involved in a fatal car crash if they have been drinking alcohol. By understanding the consequences involved with drinking alcohol, you can make better choices that will set you up for success.

Did you know alcohol is considered a gateway drug? That means that kids and teens who try alcohol are more likely to try tobacco and marijuana products.



We know to make Good Choices! We know the dangers! We will be smart and not start!

WHERE DOES ALCOHOL GO?

Instructions:

Label each part of your body that can be permanently damaged by alcohol.

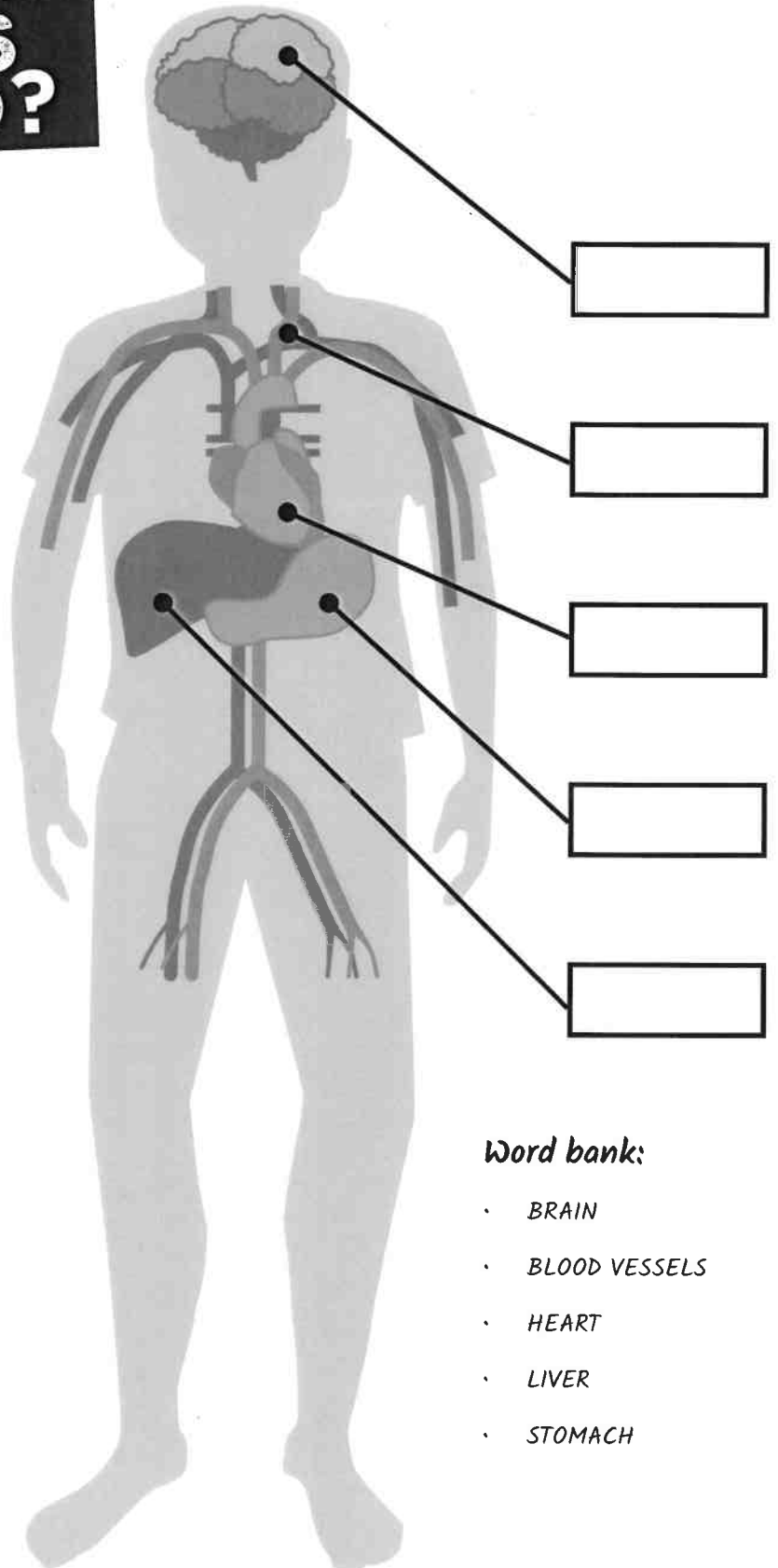
When you understand what alcohol does inside your body, you'll have the knowledge to make smart choices.

The short term effects of alcohol abuse are:

- Distorted vision, hearing and coordination
- **Impaired** judgement
- Bad breath
- Dizziness

The long term effects of alcohol abuse are:

- Loss of appetite
- Vitamin deficiency
- Stomach problems
- Memory loss
- Heart and nervous system damage



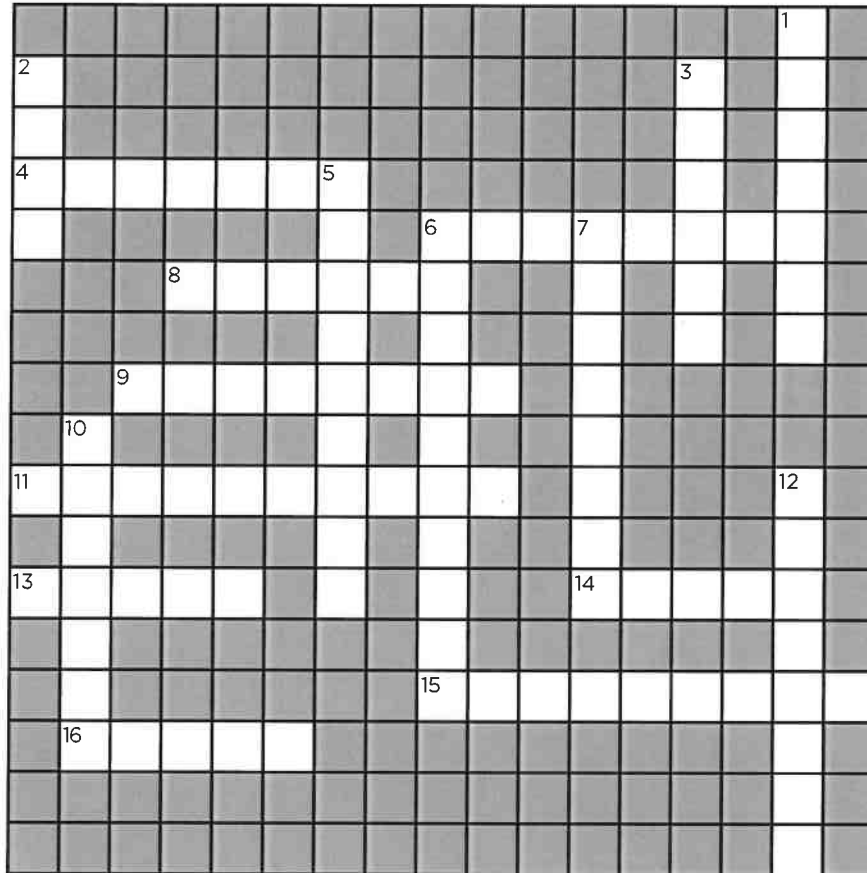
Word bank:

- BRAIN
- BLOOD VESSELS
- HEART
- LIVER
- STOMACH

ACTIVITY CHALLENGE

Now that you've learned about alcohol, can you complete the crossword puzzle?

(Hint: Words used are highlighted in bold on pages 1 through 5.)

**Across**

4. A condition that gets worse over time
6. A choice you make
8. Prove how _____ you are
9. When people try to persuade you into doing something
11. An addiction to drinking alcoholic beverages
13. Throw up
14. Feeling unbalanced
15. Legal age to drink alcohol (two words)
16. An organ damaged by alcohol consumption

Down

1. Buddies who like you for who you are
2. Unwell
3. A person who needs a drug just to feel normal
5. An adult at school who will listen to you
6. A chemical substance that slows down your brain
7. Unable to make good judgements
10. The most abused drug
12. Drug Free Youth in Santa Clarita Valley

TOBACCO

Cigarettes and **alcohol** are some examples of legal drugs. In the United States, adults 18 and older can buy cigarettes. In some states, like California, you must be 21 years old to purchase cigarettes and alcohol. **Smoking** and excessive drinking are not healthy for children or adults.

Chewing tobacco can lead to **nicotine** addiction, cancer of the mouth, gum disease and an increased risk of heart problems, including heart attacks. Tobacco, like alcohol, is considered a **gateway drug**.

Let's talk about the health **consequences** associated with tobacco use. Some of them are:

- Bad breath
- **Yellow teeth**
- More colds and coughs
- Difficulty keeping up with friends when playing sports
- **Heart disease**
- Lung disease
- Cancer

DEATHS CAUSED BY SMOKING IN THE U.S. ANNUALLY

163,700	Cancer
160,000	Heart disease
113,100	Lung disease
41,000	Second-hand smoke
620	House fires
1,013	Infant deaths
<hr/>	
480,000+	Total deaths per year

Tobacco is a plant that can be consumed in two ways: smoking and chewing. The most common form of tobacco use is by smoking it in cigarettes. Both types of tobacco consumption are very **dangerous** to your health.

Tobacco contains nicotine, a harmful and highly **addictive** chemical. When tobacco is smoked, the nicotine is absorbed through your lungs. If you start to smoke on a regular basis, your body and mind will become dependent on the nicotine and you will need it just to feel normal.

Accidentally swallowing chewing tobacco can make someone sick for hours. For some people, the nicotine in tobacco can cause nausea as a side effect.

Anyone who starts smoking can quickly become addicted to it. Because of its highly addictive properties, smoking is considered by the American Heart Association to be one of the hardest addictions to break.

Other **poisonous** chemicals in tobacco may cause a variety of health complications. Smoking can permanently damage your lungs, heart, liver, kidneys, brain and other parts of the body. Tobacco use can also affect your blood circulation, making it difficult to be active. Simple activities, such as playing sports, can be very hard on your body. The longer you smoke, the worse the damage becomes.

Purchasing tobacco products can be **expensive**. On average, a pack of cigarettes can cost \$10. People who buy just one pack a week could spend close to \$520 in a year. Those who need one pack each day could spend up to \$3,650! Imagine how many cool things that money could be used for instead of cigarettes.

Key points to remember:

- Smoking will hurt your health.
- It will make your **breath stinky**.
- It will turn your teeth yellow.
- It will give you less endurance when running or playing sports.
- It's expensive.
- It's **illegal** to buy tobacco products when you're **underage**.



HELPING HANDS

What can you do to help?

If you know someone who is using tobacco, the best thing to do is to tell an adult whom you **trust**. This could be your **parents** or other family members, a **teacher**, coach or school **counselor**. Another way kids can help each other is by making a personal choice to never try using tobacco. This is a good way for **friends** to make healthy **choices** and stick together.

Discussion questions

1. Why do you think it is so hard for some people to stop smoking?
2. What does cigarette smoking do to your body?
3. What should you do if someone offers you a cigarette?
4. Why aren't people allowed to smoke cigarettes in places like schools, hospitals, restaurants and stores?
5. What are the positive outcomes of refusing to try tobacco products?

Materials:

- Scissors
- Markers
- Yarn or string
- Hole punch

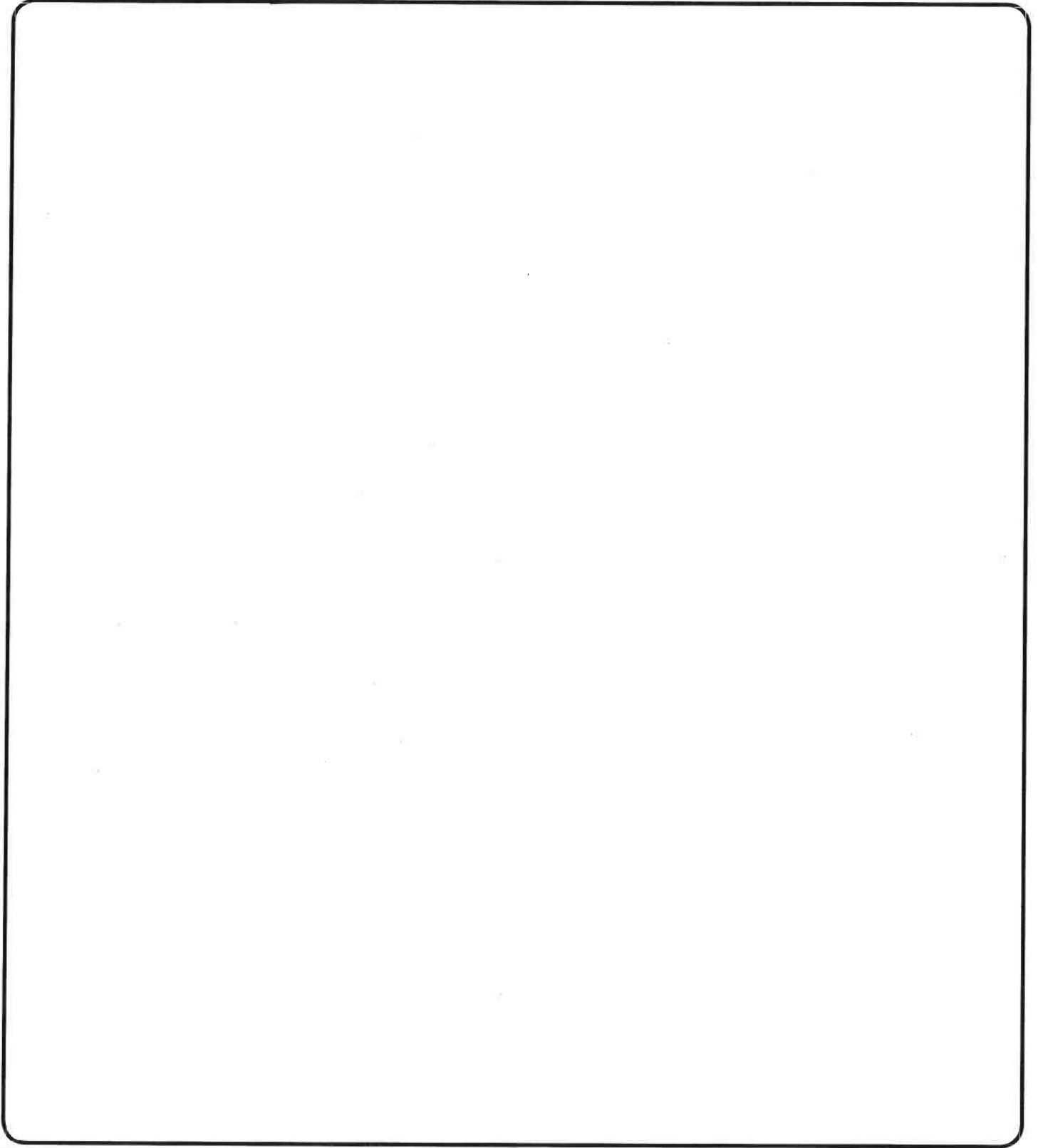
Instructions:

1. Think of five adults that you would feel comfortable going to for help.
2. Trace your handprint in the space provided on page 10. Write your name in the center.
3. On each finger of your handprint, write the name of one of the five trusted adults who can help you make good choices to solve problems.
4. Cut out your helping hand.
5. Make a chain of the hands and display them around the classroom.



ACTIVITY CHALLENGE

HELPING HANDS



ACTIVITY CHALLENGE

Now that you've read about tobacco, it's word search time!

Answers may be forward, backward, or diagonal.

(Hint: Words are highlighted in bold text on pages 7 through 9.)

Q M U E U N D E R A G E N J T M F D G A
 H B Q W X F A O C I G A R E T T E S U D
 T O A X B P W H E G N N V C S N I Y F D
 A X O M Q H E A R T D I S E A S E W G I
 E Q W U I F T N L A L C O H O L H R J C
 R S S T I D P E S R K N G D K E A Z G T
 B N E T E K N Y E I O G E Q W H M K A I
 Y T N M J R O Z I T V L B W T R U S T V
 K O I F A W C P L F W E E Y X S W O E E
 N B T R S N A M Q A R O P S S V M Z W D
 I A O D M M M U K O G O L P N H F D A V
 T C C T O W O M R Q I E Z L V U A H Y S
 S C I E K D C O Z S R L L C E N O F D R
 D O N A I F C H O I C E S L G Y R C R T
 N G O C N Y T N Y E J C H E I D O J U X
 E E U H G K O U M Y K Y R S P V C C G C
 I D Y E E U R S T L K O F K M M W A P L
 R O J R S S E C N E U Q E S N O C Y O E
 F W U B A V S L T S S T N E R A P D K R
 S E C O N D H A N D S M O K E B K B I B

Word bank:

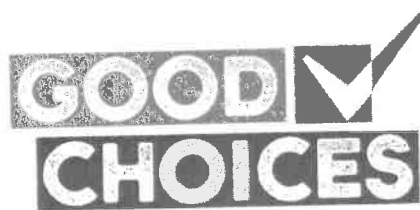
- ADDICTIVE
- ALCOHOL
- CHOICES
- CIGARETTES
- CONSEQUENCES
- COUNSELOR
- DANGEROUS
- DFYINSCV
- EXPENSIVE
- FRIENDS
- GATEWAY DRUG
- HEART DISEASE
- ILLEGAL
- NICOTINE
- PARENTS
- POISONOUS
- SECOND HAND SMOKE
- SMOKING
- STINKY BREATH
- TEACHER
- TOBACCO
- TRUST
- UNDERAGE
- YELLOW TEETH

DRIVE FOCUS LIVE!

ACTIVITY CHALLENGE

Making good choices is also important for traffic safety before and after school.

In the safety tips below, cross out the choices that aren't very wise.



1. **Always cross the street:**
 - A. at corner traffic signals or stop signs.
 - B. in designated crosswalks.
 - C. anywhere if you're late.
2. **When a car approaches the crosswalk it is important to:**
 - A. make eye contact with the driver.
 - B. make sure the driver sees you.
 - C. run across the street in front of the car really fast.
3. **Crossing the street while using electronic devices is never okay unless:**
 - A. you are texting your BFF.
 - B. you've got headphones on listening to a cool song.
 - C. you put all your devices away and pay attention.
4. **Always walk on sidewalks. If there are no sidewalks, it is best to walk on the side of the road:**
 - A. facing oncoming traffic.
 - B. facing away from oncoming traffic.
 - C. where there are the most Pokémon to catch.
5. **Before crossing the street you should always:**
 - A. look left, right and left again to check for approaching cars.
 - B. be aware of cars that are turning or backing up.
 - C. cross without looking because it's the driver's responsibility to see you.
6. **It is never okay to run out into the street or cross between parked cars because:**
 - A. oncoming traffic can't see you coming.
 - B. darting into the street accounts for the majority of child pedestrian fatalities.
 - C. Spider-Man can't swoop down and save everyone.
7. **When walking to or from school, it is smart to:**
 - A. never walk alone.
 - B. walk with a school friend, family member or trusted neighbor.
 - C. accept a ride from a friendly stranger.
8. **If you're walking when it's dark outside or hard to see, it is best to:**
 - A. wear white or bright-colored clothing.
 - B. have on reflective gear and carry a flashlight.
 - C. sneak up behind people and say, "Boo!"
9. **When waiting for the school bus you should:**
 - A. know the safety rules for waiting at the bus stop, getting on and off the bus and riding the bus.
 - B. be aware of what is going on around you.
 - C. be proud of yourself for making good choices!

Safety tips to share with your parents

When driving, remember:

Children safely crossing the street in the crosswalk are ALWAYS our number one priority.

Always respect pedestrians' right of way.



PARENT RESOURCE SYMPOSIUM

Get answers from a panel of experts regarding teen issues, the latest information on drug trends and the consequences of vaping.

Wednesday, September 11, 2019

City of Santa Clarita - City Hall
23920 Valencia Boulevard
Santa Clarita, CA 91355

FREE
and open to the public

6:00 p.m. Resource Fair
6:30 p.m. Panel of Experts



More information at: dfyinscv.com



Information taken from multiple sources, which include the following:

projectknow.com

kidshealth.org

drugfreeworld.org

tobaccofreekids.org



DRUG FREE YOUTH IN SANTA CLARITA VALLEY

www.dfyinscv.com



(661) 250-3708



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