

## Drug and Alcohol Lesson

### Focus of Lesson

- 1.) Wise decision making
- 2.) Learn consequences
- 3.) The Upper School

Bring a chart about limits

### Lesson (refer to The O'Neil Story)

#### Decision Making

You can party and be safe (skits and examples of what to say)

Why people drink (insecurity and self-esteem)

Personal Examples

#### Consequences

Loss of friends and family

Dependence

Poor decision making

Poor reputation

Lack of self-esteem

Can't come to anymore dances if you come drunk

#### Dances/Upper School

Are there any dances in the Middle School?

Affects who you hang out with

How you're perceived

#### Tobacco Lesson

(\$144 a year...what else could you spend your money on?)

#### Dipping Lesson

Explain what it means