

# USER



1. What types of **drugs** do high schoolers use?

2. What percentage of kids at your school do you think use drugs on a regular basis? **Circle one.**

10%

25%

50%

75%

Other—

3. If you could talk to a seventh-grade class about drug abuse, what would be your **three main points**?

4. What do you think—**A (agree), D (disagree), or U (unsure)**?

\_\_\_ The dangers of experimenting with drugs far outweigh the benefits of trying them.

\_\_\_ Drugs can have a positive influence on a person's life.

\_\_\_ If a friend were to offer me drugs, I would end the friendship.

\_\_\_ Occasional drug use will not be harmful to a young person.

\_\_\_ I think drinking alcohol is just as bad as taking drugs.

\_\_\_ Parents should talk regularly with their teens about drug abuse.

\_\_\_ Street drugs should be legalized.

5. Todd has noticed a change in his friend Avery. Avery has been withdrawn and tired. He's been partying hard on the weekends and smoking weed. Avery complained yesterday that he was failing two of his classes. He hasn't been studying at all and says he can't concentrate. Todd thinks that Avery's drug habit has gone too far.

What do you think Todd should say to Avery?

How would you handle this situation?

Is Todd risking the friendship to find Avery some help?

6. Check out the following Bible verses. How do they relate to substance abuse?

Romans 12:1-2

1 Corinthians 10:31

1 Corinthians 3:16-17

1 Corinthians 10:31

1 Corinthians 10:13

## THIS WEEK

America is a drugged society. Drugs are everywhere—from the medicine cabinet to the streets of our cities. Young people face tremendous pressure to experiment with drugs. They most likely know where to go for drugs and how to use them. But, they rarely talk about drugs in a Christian environment. This TalkSheet encourages an open discussion about drugs, dealing with the risks and consequences for people, including Christians.

## OPEN

As you start, keep in mind that some of your kids may be using drugs, may have tried drugs, or have friends or family members who do. Be extra sensitive to your group members and be careful not to sound too judgmental.

On a whiteboard or poster board, make a list of all the different drugs your kids know of—they might be able to list quite a few. Have an additional list ready—you can find these on the Internet as well. Check out the National Institute of Drug Abuse ([www.nida.nih.gov/NIDAHome1.html](http://www.nida.nih.gov/NIDAHome1.html)), the Addiction Research Foundation ([www.arf.org/isd/info.html](http://www.arf.org/isd/info.html)), or The National Clearinghouse for Alcohol and Drug Information ([www.health.org/pubs/qdocs/](http://www.health.org/pubs/qdocs/)). Drugs include anything that alters the body and mind, including caffeine and paint thinner—not just the hard-core street drugs. Ask, by a show of hands, how many of these drugs your kids have had exposure to. What about their friends? Do they know people who have used these drugs?

## THE DISCUSSION, BY NUMBERS

1. Write down all the reasons the group listed. Choose three or four of the most common to discuss.
2. This isn't an attempt to discover who is using drugs, so don't let anyone mention names. The object is to find out to what extent drugs are being used by those in your area's high schools. Follow up with a question such as, "Would you say that drugs are easy to get on your campus?"
3. What information would they give about using drugs? You may want to have them put together what they would say to a class of seventh graders.
4. Ask for a show of hands regarding the last statement. How many have talked with their parents about drugs? You may want to role-play different parent-teen situations to make conversations with their parents easier.

5. Use this tension-getter to talk about the peer pressure to use drugs. Ask them to describe situations where they have been under pressure to try drugs.
6. Explain that the Bible doesn't specifically say, "Do not do drugs." Scripture does, however, give us guidelines and principles for making decisions about things that are harmful—like drugs. Read these passages and let several of the kids interpret them in relation to drug use.

## THE CLOSE

Many young people equate having fun with drug use or drinking alcohol. Emphasize there is nothing fun about brain damage, sickness, or death—all of which can be the results of drug use. Using drugs is not only illegal, but it is deadly.

Communicate that all illegal drugs are harmful and dangerous, even those which are relatively inexpensive and available—like glue, paint, and other chemicals that some teenagers use to get high.

Ask your kids why they think people do drugs. Point out that people use drugs because their lives are empty—they believe drugs will make them happy.

Christians recognize that happiness and peace come only from following Christ. Why do people want to break God's command to take care of our bodies.

Do they consider using drugs to be sinful?

If your kids are having problems with drugs, or if they know someone who is, or if they have questions, encourage them to talk with a school counselor, parent, teacher, or you. The sooner they quit, the better. Drugs are addictive—the more they do it, the more they'll need to keep doing it.

## MORE

- How familiar are your kids with doing drugs? Ask them to compile a list of terms associated with drug users. Discuss with them why there is so much drug terminology and how this influences the young people of today.
- How much do your kids know about drugs? Are they aware of the types, the names, and the effects? You may ask groups to do some research on the kinds of drugs readily available. They should find out the street names of drugs and what effect they have on the body and on behavior. You might want to have a doctor or a drug expert present some up-to-date information about drugs to your youth group.