Lesson: Drug Addiction

DEALING WITH STRESS

Read the following situation. Then, answer the questions.
You are having a really bad week. You failed a test and you got in a huge fight
with your best friend. Another friend, Ryan, notices you are down. He says he has
just the solution to your problems. He offers you a marijuana joint. Ryan tells you
it will make you relax, feel good, and forget all of your problems. He tells you he
smokes it every day.

1. Why might you want to take the joint?

2. Should you take the joint to feel better?

3. What could happen if you do decide to smoke the joint?

4. List some other ways you can cope with your problems besides turning to drugs.
Understanding Your Stress

Sometimes we make bad choices because of stress, a feeling similar to worrying. Answer the questions below. Circle YES or NO. Then follow the directions at the bottom of the page.

1. Have you moved in the past few months? YES NO
2. Has there been a marriage, divorce, or birth in your home this past year? YES NO
3. Have you had any problems with your schoolwork lately? YES NO
4. Have you been in any arguments in the past two weeks? YES NO
5. Have you been asked to speak in front of a group in the past week? YES NO
6. Have you had any health problems in the last month? YES NO
7. Have you had to learn a new skill (other than in school) in the last two weeks? YES NO
8. Have you had a test in the last few days? YES NO
9. Have family members been fighting during the past week? YES NO
10. Has money been a problem for you or your family recently? YES NO
11. Have you had to plan a special event in the past month? YES NO
12. Do you feel that you always have too much to do? YES NO

Count how many times you circled YES. Then color in the bar to show the amount of stress you are feeling.

<table>
<thead>
<tr>
<th>1-4 YES answers</th>
<th>5-8 YES answers</th>
<th>9-12 YES answers</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Low Stress</td>
<td>Medium Stress</td>
<td>High Stress</td>
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</tbody>
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