DRUG AND ALCOHOL IQ AND PLEDGE

ACTIVITY

Time Needed
40-60 minutes

Materials
Note-taking supplies
List of questions (below)
Access to the Internet
Access the Internet
National Drug & Alcohol IQ Challenge Kahoot! quiz found online at: bit.ly/NIDA-quiz

Activity Description
There is a lot of information accessible to us and it's helpful to separate fact from fiction. You will take the National Drug & Alcohol IQ Challenge and generate a list of resources for yourself and others. Signing the pledge and including your parent or guardian can help you keep yourself accountable to making good decisions.

Suggested Steps
1. Consider each question and jot down your own personal reflections to share with others:
   - Has anyone offered you drugs or alcohol?
   - Are you curious about using drugs and alcohol?
   - Who can you talk to about using drugs and alcohol?
   - What is drug addiction?
   - Is it safe to experiment with drugs?
   - How do you "just say no"?

2. Take the National Drug & Alcohol IQ Challenge Kahoot! quiz online at bit.ly/NIDA-quiz


4. Reflect on what you learned from the above resources. List a few consequences of drug and alcohol abuse. Brainstorm some personal reasons for you to avoid drugs and alcohol.

5. Sign the drug-free pledge at www.naturalhigh.org/pledge and ask your parent or guardian to join you.