

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
3. Explore the Mind Matters Series on the National Institutes of Health's National Institute of Drug Abuse website at <https://nida.nih.gov/publications/mind-matters-series>.
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.



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Natural High is a 501(c)(3) nonprofit organization that relies on the generosity of individuals, corporations and foundations to help youth discover, amplify and pursue their own natural high so they have a reason to say no to an artificial high.

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