



MINI LESSONS FOR BIG IMPACT

NATIONAL DRUG AND ALCOHOL FACTS WEEK

MONDAY

3/17/2025

The dangers of fentanyl

FACT

Only 35% of 12th graders see great risk in taking a narcotic once or twice. And 5/10 pills are laced with lethal amounts of fentanyl.

STORYTELLER

Fentanyl PSA

bit.ly/NHfentanyl_psa

A short and powerful message about the hidden dangers of fentanyl.

DISCUSS

- What surprised you most about the video?
- Why do you think some people don't realize the risks of fentanyl?

TUESDAY

3/18/2025

The pressure to fit in

FACT

- 74% of 12th graders have not used any drugs in the last year
- 75% of 12th graders have not been drunk in the last year

STORYTELLER

Mike Conley Jr.

bit.ly/watch_mike

Mike talks about how he stayed focused on his passion for basketball despite peer pressure and distractions.

DISCUSS

- Have you ever felt pressure to do something because you thought "everyone" was doing it?
- How does hearing the real statistics change your perspective?

WEDNESDAY

3/19/2025

The science of highs

FACT

Brains are still developing until ~age 25, which means they're more vulnerable to harm from drugs and alcohol

STORYTELLER

The Science of Joy

bit.ly/brain_video

The video explains how dopamine drives rewards while the prefrontal cortex balances impulse control and decisions.

DISCUSS

- How do substances like drugs and alcohol affect the brain differently in teens vs. adults?



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THURSDAY
3/20/2025

**The impact
on mental
health**

FACT

Over 60% of youth in substance use treatment programs also have a co-occurring mental health disorder

STORYTELLER

Carissa Moore
bit.ly/watch_carissa

Carissa opens up about the pressures she's faced and how she manages her mental health through surfing and surrounding herself with a supportive community.

DISCUSS

- What are some healthy coping strategies you use when dealing with stress?
- Who are trusted people you can turn to for support when facing challenges?

FRIDAY
3/21/2025

**Understanding
family history
& addiction
risk**

FACT

Addiction has a genetic component, and those with a family history may be at greater risk.

STORYTELLER

Kelly Slater
bit.ly/watch_kelly
Kelly shares his family history of addiction that shaped his decision to avoid drugs and alcohol while focusing on his passion for surfing.

DISCUSS

- Why do you think knowing your family history of substance use is important?
- How can understanding personal risk factors help people make informed choices?

WHAT'S YOUR NATURAL HIGH?