

The Family Insight Drug Abuse Prevention Workshop

Presented by: www.preventingdrugabuse.com

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Updated: 11/26/09

The Family Insight Drug Abuse Prevention Workshop

The material in the workshop reveals the truth about drugs and describes the dangers of drug abuse in a manner that children can understand and relate to. It is intended to be a family event that breaks down the barriers of discussing drugs between the parents and children.

This experience is designed to create a bond between the parents and children that will open the doorways of communications as both learn together from the workshop. There is both serious and fun time incorporated in the program to make it a complete family experience. Even though this workshop was developed for the family environment, it can also be used by a wide variety of groups & classes as a positive instructional/communication learning tool.

This process uses focus sheets which explains to the children exactly what they will need to remember from the test/memory game, as it is critical information that needs to get into the long term memory. In the Armed Services, proper training means the difference between life and death, and the same is equally as important in learning the truth about the DEVESTATING IMPACT of drug abuse.

International Supplemental **“Sad Bad Facts” Data**

On Preventing Drug Abuse’s home page on the left side of the screen, there are 2 downloadable PDF files from the World Health Organization. One with Illicit drug numbers, and one with Alcohol numbers. Of course, not every country has participated. If your country does not have data in the reports, take the averages for data. What ever country you live in, there is some type of drug problems. Put in what your local laws define as punishment if they get caught with the various drugs. Use some local sad stories about other people that have overdosed or have been put in jail. Basically the “Sad Bad Facts” are supportive negative information concerning the abuse of drugs.

The Family Insight Drug Abuse Prevention Workshop **Facilitator's Guide**

Step 1. Workshop Review.

If there are two parents, one parent can facilitate the first three parts, the other parent can facilitate the other parts. Or just split them up between you, anyway you want. It's a family activity! If there is only one child, then at least one of the parents can take on the role of sibling and do just what an older brother or sister would do in place. Including the memory game. If one parent and only one child, then like everything else, the single-parent has to do it all, or get permission from one of your children's friends parents, for the friend to participate in your workshop.

Section: Description:

- I. Indoctrination.
- II. Exposure.
- III. Experience.
- IV. Insights.
- V. The Big Picture.
- VI. The Cross Roads.
- VII. Getting Directions.
- VIII. Review critical points.
- IX. KTV Memory Game.

Step 2. Some fun for everyone: Section III.

Pre Planning!

(If there are two parents, each one can do an exercise)

Think about what you can do for activity exercise 1.

Think about what you can do for activity exercise 2.

Step 3. Required materials:

Please read the "ABOUT THE PROJECT" on web page.

Collect required items:

Exercise 3. Read preparations.

Insights review, you'll need.

- 1. One bunch of dryer lint from one load.
- 2. One bunch of dryer lint from five loads.

Reward: You determine for the KTV memory game.

Step 4. Planning:

The length of the workshop depends on the size of your family. For a larger family, it can take 2-4 hours, depending on the poem review discussions. Make it a day when everyone can be there. That might be hard for some in this day and age. It is for their benefit and yours, put your foot down.

Besides, if there is a nice plump carrot, they will all make time. It is not bribery, it is a reward for learning what they need to get in their heads. They'll make and help each other study!

Step 5. Facilitate Workshop.

I. Indoctrination.

The third party approach is used to remove any kind of communications gap between the parents and children. This provides the perception of neutralizing the parents position of teacher and puts both parent and child in the student seat. Call it a new understanding.

II. Exposure.

The poem "Nothing to be said" was written in 1990 and published in 1998: In a book called "Poetic Spirit" by the Poetry Guild. It is a tool, to open up neutral discussion, making critical points through out. It also lets you find out what is in your kids head about drug use with out any form of interrogation. Understanding the traps.

1. Read a verse, or have one of them read it.
2. Then ask what they thought the author was writing about. If they are kind of slow responding, do not push. Use the author's messages defined on the page as a last resort. To help in getting them to respond.
Then you say, what you think about the message. Write their answers on the back of the review page.
3. Next, ask them what the reasons might have been for the author to write it. Same drill as above, #2.
4. For verses 2-4, review the show and tell about the drug/trap. All verses have a "Sad Bad Facts", these follow each verse review in the document.
5. Review the critical points section.
6. Repeat process through all 4 verses.

BREAK TIME: 15 minutes or so, let them review the critical points, go to the rest room. Wait for refreshments after Section III as explained later.
Workshop continued:

III. Experience. (Parents play major role, learn them.)

This part is to let the child experience 3 types of pressure that is placed on people. With the third exercise, as a fun thing, to lighten things up, yet still learn. This will help them recognize when pressure starts to push them to do something later. Kids know what pressure is, just like a lot of kids know when they are getting conned, they can relate.

After exercise 3, Serve something like cup cakes, or cookies, fresh fruit, juice, you get the idea. That way, if there is a winner with the coin toss, everyone will feel good after this part of the workshop, no losers. Talk about the pressure exercises. Then continue.

IV. Insights. (NEED THE 2 LINT BALLS)

This section explains what the drug con is. Review it, get a feel for it, then communicate it, with a little passion in the workshop. Teach them the great drug con! How to avoid getting conned. Learn the baits and the con jobs. Do not rush, stop and ask if there are any questions after a main item is defined.

V. The Big Picture.

This section covers the over all drug problem and explains why there is a problem. With a little basic economics included.

VI. The Cross Roads.

The actions that a person should take, when confronted with or offered to, take drugs is defined. This is a step by step directional summary. Review them, and put your thoughts in, while clarifying the previously transferred critical action points into their heads. Your job is to make sure they understand the critical points made. After that, it is only them, that can make the decision of what to do.

VII. Getting Directions.

This part is about how and where to get help when they need it. In this part, there are lots of places to get help. This is just a starting point. Identify some places or people in your local area that they get help from, if they do not want to talk with you about it. A lot of times a kid is to afraid to talk to a parent about something that someone else did to them, or even about the birds and the bees. Let them know they have options, and what they are.

VIII. Review critical points.

Now review the critical points section, have a copy for each of them if they can read. This is the “Focus Sheets”.

IX. KTV Memory Game.

a. Study period for practice exercise. (Overnight)

Given FOCUS SHEET.

b. Next day, Play the game, sheet 1 by age.

c. Score contestant's results.

Count number of correct regular questions, multiply that number by the answer value at the bottom of the game sheet. Add the correct bonus points for the total score.

Greater than 90 points equals an A.

d. Review their answers with each child.

e. Give the game sheets back to them.

f. 5 days practice time for the final game.

Give them FOCUS SHEET (Closing review) and first test back and give them access to workshop materials.

(If given while school is going on, competing for school time. Give them a few more days if needed.)

g. Play the final round, game sheet 2, Score the same as the first game sheets. If everyone can get an A,

Win the prize. Pizza, burgers, picnic, movie, something the family can do together. whatever the

predetermined prize is, as long as it is something the oldest/leader, and all will desire. It is well worth the

investment. They will help each other! Peer Pressure that helps.

The Family Insight Drug Abuse Prevention Workshop

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- IX. Fun and Games.
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Part I: Indoctrination.

Welcome to the Family Insight Drug Abuse Prevention Workshop. I am the author, and your _____ is speaking for me.

This workshop is about:

Drugs, otherwise known as medicine, most of the time; are like most any thing else, are created for the benefit of people, some of the people will find a bad way to use it.

For example:

The Internet was created as a business tool and for private use and entertainment. What a tool for the world to use, it joins us all together. Never before has mankind been joined together like this. For the good of all people.

Yet, you have the hackers trying to break into systems, to still credit card data and other personal information. You have the perverts trying to con young kids. Then there's bad people using it, like terrorist do, to communicate with each other. No telling what other bad ways, people have found to use the net.

Take cars, if you use them wrong, accidents happen, people get hurt, and people do die. Accidents happen even when you are driving the right way, someone else might not be.

The same thing goes with drugs, ask Nicole Smith. Oh that's right, she died because of the combination of drugs, not because she took too much of one.

Drugs, in the form of medicine; was intended for the sick, injured, and old people. Not the young and healthy.

Drugs like Meth do not have any medical value that I am aware of. These are made for one purpose only, to mess you up. And for the people making and selling drugs, they do not care about you, they just want to get your money.

Drugs are made out of chemicals and minerals. Chemicals can be harmful to the body. Some we need; like calcium, iron, and potassium to name just a couple. Next time you get a chance, take a look at what is in a multi-vitamin, look on the back of the bottle.

Those chemicals and minerals, the human body requires, in very, very small amounts. Too much of something, and you get sick, even drinking too much water, without going to the bathroom.

Jan. 18, 2007 — The Sacramento County Sheriff's Office has launched a homicide investigation into the death of Jennifer Lea Strange, a mother of three who died after drinking too much water during a radio-station contest on Jan. 12. Source: ABC News.

Even the good drugs(medicine) have possible side effects. In some ways,

we're the same, yet we are all different when it comes to how our bodies might react to the medications/drugs. Always read the possible side effects of a medication prescribed for you. That way, at least you will know what symptoms to look out for just in case your body has a bad reaction to the medication.

When people are sick or injured, the personal benefit of using a drug, outweighs the risks of the possible side effects and potential danger. The risk and danger is still there even with a doctor's prescription.

That is why you should only take what a doctor tells you to, how much the doctor says, and only for as long as the doctor says to take it. Doing drugs of any kind, with or without a prescription can hurt or even kill you. Know the possible side effects.

****FACT**** Most drugs are a good thing, people using them for the wrong reasons, makes them a bad thing.

Some kids will say that this workshop is just scare tactics.

For those who might think this, that is not the objective.

The thing is, the truth about using drugs, is scary.

Sad Bad Facts:

In 2006, hospitals in the United States delivered a total of 113 million Emergency Room visits. DAWN estimates that 1,742,887 ER visits were associated with drug misuse or abuse.

Read more: from the source.

http://substanceabuse.suite101.com/article.cfm/drug_abuse_and_emergency_room_visits_2008_update#ixzz08e00mLJU&C

According to the new book "*High Society - How Substance Abuse Ravages America and What to Do About It*" by Joseph Califano (Public Affairs, April 2007), the cost of drug abuse has grown to approximately \$1 trillion dollars per year to America.

Read more: from the source:

http://alcohol-abuse.suite101.com/article.cfm/the_economics_of_alcoholism_and_drug_abuse#ixzz08dyHeiUI&C

If you really know anything about drugs.

Other than:

Alcohol is a drug,
nicotine is a drug,
what other drugs are called,
how much they cost,
what they look like,
and how to get high.

If you do not think that drugs hurt you, then you my friend, are currently caught in the CON JOB!

This workshop is designed to help you, **not get caught** in the DRUG CON JOB. Maybe, just maybe, help you see the light, if you are being conned by drugs right now.

What makes this con so bad, is that while it is going on, you are conning yourself.

So before that happens: Time to move forward

What you'll be doing is:

1. Read the poem and discuss the messages and reason's for what is said.
2. Take a short break and review poem's Critical Points)
3. Do some activity exercises. *DO NOT SAY WHAT.*
4. Learn about the con job, and how to avoid falling for it.
5. The Big Picture.
6. The Cross Roads.
7. Getting Directions.
8. Critical Points/Focus Sheets review.
9. KTV Memory Game.
10. (Everyone gets an, A on the test, and _____)

End Part I.

Part II. Exposure: POEM REVIEW GUIDE

I go an visit friends, they offer me lines again,
 I say no, and think maybe it is time to go.
 Verse I: I want to tell them it is the devil in disguise.
 It is then, when I realized, there is nothing to be said,
 either they learn or they'll be dead.

<p><u>Authors Message's:</u></p> <p><i>Peer Pressure. Making the right choice. Wrong Environment. Tell friends the truth, drug use is bad. There is nothing more to say. Drugs are a deception. Time to leave.</i></p> <p><i>Doing bad drugs hurts your body and they can kill you.</i></p>	<p><u>Authors Reason's:</u></p> <p>Peer pressure is bait, for the drug trap. You are the only one that can refuse. To know that you are in the wrong place. Be a leader, speak the truth. Don't preach, will not do any good. They are caught in the con job. Must leave and make new friends. People die from drugs and alcohol, like my mother did when I was 15.</p> <p align="center">Read "V-1 Sad Bad Facts ."</p>
<p><u>Facilitator's Notes:</u></p>	<p><u>Facilitator's View:</u></p>

Write participant's responses on the back side of this paper.

Critical Points

1. Peer pressure is bait for the con job.
2. Must leave and make new friends.
3. People die from drugs and alcohol.

V1-Sad Bad Facts

Americans spent \$57.3 billion on illegal drugs in 8 years.

The White House Office of National Drug Control Policy (ONDCP)** conducted a study to determine how much money is spent on illegal drugs.

ONDCP found that, between 1988 and 1995, Americans spent \$57.3 billion on drugs, broken down as follows: \$38 billion on cocaine, \$9.6 billion on heroin, \$7 billion on marijuana, and \$2.7 billion on other illegal drugs and on the misuse of legal drugs.

Source:

NIDA InfoFacts: Costs to Society

Schools and Substance Abuse (I): It Costs \$41 Billion

PREVENTION Alert

Volume 5, Number 10 September 6, 2002

Schools and Substance Abuse (I): It Costs \$41 Billion

study released last September on what substance abuse costs schools was virtually forgotten in wake of the terrorist attacks of September 11. But its findings are important. According to the study, Malignant Neglect: Substance Abuse and America's Schools, the costs associated with drug, alcohol and tobacco abuse add 10 percent-or \$41 billion-to the already strained budgets of schools across the nation.

Source:

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES Substance Abuse and Mental Health Services Administration Center for Substance Abuse Prevention

<http://ncadi.samhsa.gov/.../redirect.asp?id=237>

DEA Arrests (Domestic)

Calendar Year

Number of Arrest

2006

29,800

2005

29,005

Source:

U.S. Department of Justice

Office of Justice Programs

Bureau of Justice Statistics

<http://www.ojp.usdoj.gov/bjs/welcome.html>

Part II. Exposure: POEM REVIEW GUIDE

A portion of his brain lay dead in my trash,
 where he threw his empty bag of crystal away.

Verse II: I wanted to tell him it's the devil in disguise,
 but then I realized, there is nothing to be said,
 either they learn or they'll be dead.

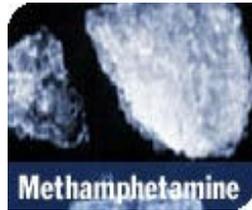
<p><u>Authors Message's:</u></p> <p><i>Meth/Drugs destroy the body and mind and is a trap for the Con Job.</i></p> <p><i>Wanted to tell him the truth, but he was gone.</i></p> <p><i>Wanted to tell him that Doing bad drugs was a con job.</i></p> <p><i>Doing bad drugs hurts your body and they can kill you.</i></p>	<p><u>Authors Reason's:</u></p> <p>This girl I knew, a model in her mid 20's was a very fine looking woman. I saw her 1 year later, did not recognize her, looked like a zombie. Two years later she committed suicide.</p> <p>If they are your friends, then you should at least try and say something to help them. Not right then, talk with them later, if they have already taken some drugs.</p> <p>After the drugs are gone they have nothing except pain, sorrow, and grief. Not just for the person doing the drugs, but all of the people who care for them and love them.</p> <p align="center">"V-2: Show and Tell" Read "V-2 Sad Bad Facts"</p>
<p><u>Facilitator's Notes:</u></p>	<p><u>Facilitator's View:</u></p>

Write participant's responses on the back side of this paper.

- Critical Points**
1. Meth/Drugs destroy the body and mind, and is a trap for the CON JOB.
 2. Tell your friends the truth about drugs.
 3. People die from drugs and alcohol.

V-2: Show and Tell.

Crystal Meth:



Source: theantidrug.com

Description:

An addictive stimulant that is closely related to amphetamine, but has longer lasting and more toxic effects on the central nervous system. It has a high potential for abuse and addiction.

Street Names:

Speed, meth, chalk, ice, crystal, glass.

Effects:

Increases wakefulness and physical activity and decreases appetite. Chronic, long-term use can lead to psychotic behavior, hallucinations, and stroke.

Source:

[NIDA Home](#) > [Drugs of Abuse/Related Topics](#) > Methamphetamine

For more health related information:

<http://www.drugabuse.gov/infofacts/methamphetamine.html>

V2-Sad Bad Facts

According to the 2004 *National Survey on Drug Use and Health*, nearly 12 million Americans have tried methamphetamine.

[Source: National Survey on Drug Use and Health - SAMHSA web site.](#)

Authors note:

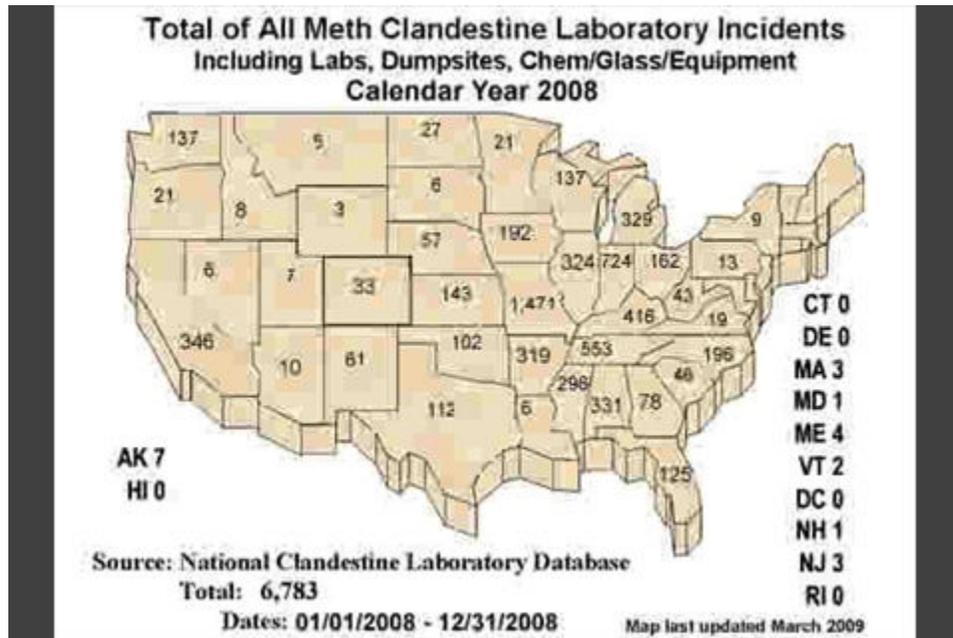
Reality Check: Add another 12 million that are currently doing it, and would never tell.

The total of all Meth Clandestine Laboratory Incidents: Including Labs, Dumpsites, Chem/Glass/Equipment Calendar Year 2006 was 6,435.

Source: National Clandestine Laboratory Database.

Stimulants, including amphetamines and methamphetamine, were involved in 42,538, or nearly 7 percent of all drug-related ED visits.

Source: NIDA InfoFacts: Hospital Visits



Part II. Exposure: POEM REVIEW GUIDE

Verse III: Mama coke-a she ain't no joke-a,
 She'll take your life, until she chokes ya.
 I want to tell them it's the devil in disguise,
 then I realized, there is nothing to be said,
 either they learn or they'll be dead.

<p><u>Authors Message's:</u></p> <p><i>Cocaine destroys the body and mind and is a trap for the con job.</i></p> <p><i>The drug numbs the pain and the brain. Troubles all gone. WRONG!</i></p> <p><i>Just another illusion.</i></p> <p><i>Doing bad drugs hurts your body and they can kill you.</i></p>	<p><u>Authors Reason's:</u></p> <p>Another very dangerous deceptive drug, the better you feel on it, the closer you come to having a possible heart attack.</p> <p>Cocaine traps you real easy.</p> <p>Drugs really mess your life up before you know it.</p> <p align="center">"V-3: Show and Tell" Read "V-3 Sad Bad Facts"</p>
<p><u>Facilitator's Notes:</u></p>	<p><u>Facilitator's View:</u></p>

Write participant's responses on the back side of this paper.

- Critical Points**
1. Cocaine/Drugs destroy the body and mind, and is a trap for the Con Job.
 2. Drugs really mess your life up before you know it.
 3. People die from drugs and alcohol.

V-3: Show and Tell.

Cocaine/Crack:



Source: theantidrug.com

Brief

Description:

A powerfully addictive drug that is snorted, sniffed, injected, or smoked. Crack is cocaine that has been processed from cocaine hydrochloride to a free base for smoking.

Street Names:

Coke, snow, flake, blow, and many others.

Effects:

A powerfully addictive drug, cocaine usually makes the user feel euphoric and energetic. Common health effects include heart attacks, respiratory failure, strokes, and seizures. Large amounts can cause bizarre and violent behavior. In rare cases, sudden death can occur on the first use of cocaine or unexpectedly thereafter.

Source:

[NIDA Home](#) > [Drugs of Abuse/Related Topics](#) > Cocaine

For more health related facts:

<http://www.nida.nih.gov/infofacts/cocaine.html>

V3-Sad Bad Facts

Cocaine was involved in 125,921 ED visits, or 20 percent of all drug-related ED visits.

Source: NIDA InfoFacts: Hospital Visits

National Survey on Drug Use and Health (NSDUH)*****

In 2004, 34.2 million Americans aged 12 and over reported lifetime use of cocaine, and 7.8 million reported using crack.

About 5.6 million reported annual use of cocaine, and 1.3 million reported using crack. An estimated 2 million Americans reported current use of cocaine, 467,000 of whom reported using crack. There were an estimated **1 million new users of cocaine in 2004 (approximately 2,700 per day)**, and most were aged 18 or older although the average age of first use was 20.0 years.

Following a decline between 2002 and 2003, NSDUH data show an increase in the number of people receiving treatment for a cocaine use problem during their most recent treatment at a specialty facility, from 276,000 in 2003 to 466,000 in 2004.

Source: NIDA InfoFacts: Crack and Cocaine

Part II. Exposure: POEM REVIEW GUIDE

The white horse will take you for a ride,
 so hard to get off, so many have died.
 Verse IV: I want to tell you it's the devil in disguise,
 but I had realized, there is nothing, nothing to be said,
 Either you learn or you'll be dead.

<p><u>Authors Message's:</u></p> <p><i>Heroin destroys the body and mind, and is a trap for the con job.</i> <i>Heroin is one of the fastest and easiest drugs to get addicted to.</i> <i>Heroin is one of the hardest drugs too stop using.</i> <i>People addicted to heroin, get AIDS and other terrible death causing sicknesses from sharing needles.</i></p> <p><i>Heroin kills and so do needles.</i></p> <p><i>Doing bad drugs hurts your body and they can kill you.</i></p>	<p><u>Authors Reason's:</u></p> <p>My best friend in the Army got involved with this woman. In less then one month, he went from never using heroin, to firing up three times before lunch. I saw him do it. In the next 8 months or so we parted ways. He caught hepatitis 3 times and the Army discharged him.</p> <p>Six months later, I heard that he had died from hepatitis. Never used again when he got state side. Still killed him!</p> <p align="center">“V-2: Show and Tell” Read “V-4 Sad Bad Facts.”</p>
<p><u>Facilitator's Notes:</u></p>	<p><u>Facilitator's View:</u></p>

Write participant's responses on the back side of this paper.

Critical Points

1. Heroin destroys the body and mind, and is a trap for the con job.
2. Heroin is one of the fastest and easiest drugs too get addicted to.
3. Heroin is one of the hardest drugs too stop using.
4. Drugs kill and so do needles.

Be Smart! Don't Start! Get Smart! Quit!

V-4: Show and Tell.

Heroin:



Source: theantidrug.com

Description:

An addictive drug that is processed from morphine and usually appears as a white or brown powder.

Street Names:

Smack, H, ska, junk, and many others.

Effects:

Short-term effects include a surge of euphoria followed by alternately wakeful and drowsy states and cloudy mental functioning. Associated with fatal overdose and- particularly in users who inject the drug-infectious diseases such as HIV/AIDS and hepatitis. Long-term users may develop collapsed veins, liver disease, and lung complications.

Source:

[NIDA Home](#) > [Drugs of Abuse/Related Topics](#) > Heroin

For more health related information:

<http://www.drugabuse.gov/infofacts/heroin.html>

V4-Sad Bad Facts

Heroin was involved in 47,604, or nearly 8 percent, of all drug-related ED visits.

Source: NIDA InfoFacts: Hospital Visits

NIDA's 2005 *Monitoring the Future* study showed that 1.5% of 10th and 12th graders had used heroin at least once. [*Source: NIDA Infofacts: High School and Youth Trends.*](#)

Part III: Experience.

The three types of pressure demonstrated are:

EXERCISE: 1 Persuasive Pressure.

EXERCISE: 2 Stress Pressure.

EXERCISE: 3 Self Imposed Pressure.

Preparation: 1. Read over exercise's;

2. Understand facilitator's roles (Exercise's 1 and 2).

Exercise 3 you need:

3. A drinking glass or jar with a 2 inch opening, 6 to 8 inches high.

4. 5 pennies for everyone or very small rocks.

5. A prize. (a dollar bill, candy bar, whatever)

EXERCISE: 1 Persuasive pressure.

The exercise is about the workshop facilitator applying persuasive pressure on the participants, just like peer pressure or a dope dealer, except not using drugs. Using something else to apply the same type of pressure. The participant, not knowing what is going on until after exercise 2. This is done so that they will not be tipped off about what is going on with exercise 2.

This exercise is done prior to the workshop. The parents can use one of the suggested exercises or come up with what they know will put persuasive pressure on the participants. First pick out a chore for each participant, one that you know the participant will put up resistance to doing. The parent must softly apply pressure a few times to get the chore done over a couple of days. Something they will remember during the workshop as an example of repeated soft pressure to get them to do something. It can even be something like knowing what the child would never wear. Start by saying how nice they look, but would look better in whatever you know they would never wear. Keep pushing the never wear cloths on them softly for a couple of days, prior to the workshop. Maybe try to get them to change their hair style to something weird. What ever you decide, push it 4 to 6 times. Don't let them know what it's about until after exercise 2 in the workshop. Here is a good opportunity to have a little bit of fun with your kid or kids, all for the good. Enjoy it.

Part III: Experience.

EXERCISE: 2 Stress Pressure.

To open this block; the facilitator can ask the participants something like: who went in my room and broke my clock, or who drank the last of the juice and put the container back in the fridge. (something or other, that someone could have done. Do not use anything too serious.).

Then look at each one in the eye and ask them individually if they broke it or what ever.

After they all say no (hopefully, who knows what might come out, kids are kids).

Say something like “oh, OK, the sandman broke it”.

Ask each one again, this time if they are sure they know nothing; looking each one in the eye until they look away, or start to squirm(cross/uncross arms or legs, change sitting position, you will know when they start to feel something).

Then say “OK! Exercise over. Ask them if they felt the pressure?”

Ask each one if they remembered the thing you did before the workshop and if they felt that pressure.

Talk about the differences of the way the pressure was applied.

Part III: Experience.

EXERCISE: 3 Self Imposed Pressure.

Preparation: Get a dollar, candy bar, or whatever, and a glass or jar with a 2 inch opening and put the dollar or whatever (something as a prize) in the glass or jar. Get enough pennies so that each participant will have 5 pennies each for this exercise.

For this exercise; Ask the participants if any body wants to win a dollar or whatever the prize is. (Hopefully there will be a little enthusiasm.)

Put the glass or jar in a corner about 6 inches out (to easy bank shot if right in the corner), and make some kind of line 8 feet from the corner.

Give each participant, 5 pennies, and five for your self, yes you get to play, everybody gets to play.

Now each participant gets **one shot at a time, taking turns** until someone tosses a penny in, or they are all out of pennies.

If no one got it, have them pick the pennies up (5 each) and move the line up 2 feet, let them try again.

If no winner, pick the pennies up (5 each), move up two feet and try one more time. (Should be four feet away)

When somebody wins, or all done with the round, ask each one of them if they tried harder with the first try or their last try. Most will say their last try, unless they had given up already.

If a winner, talk to them about how it felt to win. When they get older, and something like that happens, they will want to celebrate. A team wins, party time. Look out for, and be prepared.

The ones that did not win, should have experienced at least a little bit of disappointment. Let them know that disappointments get worse when they get older. Look out for, and be prepared.

Let them know that:

Pressure can even come from yourself like when you try to do something again and again, or just work real hard for something. As you get older those pressures get stronger. Where you might think, Doing bad drugs will help you. Drugs will not help you, only make things worse.

Ask each participant about what they felt from each exercise. Serve refreshments.

Part IV. Insights.

Earlier, Crystal Meth, Cocaine, and Heroin, aka (bad drugs), were defined as some of the traps in the con job. For most traps to work, trappers use some kind of bait. Something, that will cause their unsuspecting prey to get caught in the trap.

Trap: Webster's dictionary "A device for holding or catching. To catch in a trap."

Drugs are traps that catch you, and before you know it, you're addicted!

Why do people get trapped? To put it simply; They simply make the wrong choice.

To give you a better idea: Defining the bait of the con job.

Bait: Webster's dictionary "To lure; to entice. Bait. n. Food that is used to catch or trap".

There are four main types of bait defined here that is used to catch the victims.

1. The Pressure bait.

Previously in the workshop you experienced a few ways that pressure can be applied on someone. One kind of pressure bait is usually peer pressure, which is probably the number one, for pressure bait as a kid. Some of you might have already had a taste of this one. When you get older, pressure grows as a person grows. Life just gets serious, and the pressure makes you take a bite. Now the con has you caught in the trap.

Who ever first said "Life is not fair." could not have spoken truer words. You've heard of Murphy's Law; "If anything can go wrong, it will". Murphy puts a lot of pressure on people. Old Murphy, he wants to put more obstacles in the way of obtaining your goals, and being successful. It's not good enough for Murphy to mess up just your life. He wants to mess up your life and the lives of the people around you that you know and love and who love you.

It's just like when you're late, and in a hurry to get someplace; someone up ahead wasn't paying attention and caused an accident, now you and five hundred other people are late and upset. Everyone's day is ruined and nobody got to do what they intended to do that day. One person's actions CAN affect the lives of MANY others!

2. The Recreational bait.

This trap usually affects people that are bored and are looking for something different to do, or what misguided others are doing at the time. The party bait. As if they've just won some kind of competition, YEAH-Party time! They try the drugs for the fun of it or to be "cool" or "hip" and soon they are caught in the con

3. The Emotional bait,

This bait is set for those people that have experienced emotional trauma. By this, something really bad has happened to them, physically or emotionally. The trauma has caused further damage, because they did not seek for help, in dealing with whatever it might have been that has caused this emotional pain. This bait is there, waiting for something bad to happen to a person. ANYONE can get caught in this trap and at ANY age, just needs some emotional bait. Much like when you're depressed after the school losing the big game.

The even sadder fact is that some of these people get hurt so bad, they cannot recall what happened. But the pain is there, and they feel that, they just don't know why. All these people need is to be in the wrong place at the right time, to trigger their sub-conscious mind. This is why they will use alcohol and drugs to try and escape, far away, but it never really goes away. Until they figure it out and get the help they need.

4. The Prescription bait.

This bait catches you off guard. First you start off by taking a Doctor's prescription like pain pills, sleeping pills, or things of that nature. Some pain medications are extremely habit-forming and will get you addicted before you know it.

Your mind tells you, that you are going to hurt if you do not take the pain pills, even though everything has healed. Sleeping pills are designed to be used only for short periods of time as well. When I've needed sleeping pills it was due to some pressure from work and my mind simply didn't want to rest.

Kind of like when you are going to have a big game day the next day, the night before, you just can't stop thinking about it when you're in bed trying to get to sleep. Or other problems, that do not just come and go, such as your child being hooked on drugs, can cause parents many sleepless nights of worrying.

The thing here is, you really do start taking drugs to help you and just like the other baits, before you know it, your hooked! But you don't think you have a problem. You have Trouble, with a capital T. We have identified the Baits that are waiting for you to bite on, and we have talked about the Traps. Now, we will discuss the great DRUG CON JOB.

There are three cons in using drugs.

Con: Webster's dictionary "*Slang*: To swindle or trick."

1. Getting conned into trying drugs. You con yourself into using drugs, or someone else cons you into using drugs, (ie., "hey, try one of these pills, don't be a party-pooper"). The bottom line is that you let yourself get conned.
2. The next con is after you use bad drugs. When you tell yourself that the drugs did not hurt you, conning yourself. The day after doing drugs, you think to yourself, what's all the hype, no big deal, I feel fine, I did not die, I feel ok, it did not hurt **ME**.
3. The third kind is when you can not stop and are addicted to what ever you are taking. You con yourself into believing that you do not have a problem, and that all will be cool as soon as you get some more. But you think you can quit whenever you want to. Yeah, Right!

IT IS A VERY GOOD CON JOB! You DO NOT know it UNTIL it's too LATE.

It doesn't matter which bait draws you into the trap, you'll end up on the same road, and it's a very long and ugly journey. All the exits off this road, start with pain, then more pain, and suffering, before it gets well again. Find the light.

If you make the wrong turn in life, and start using bad drugs, you will be stuck on that road. Anywhere from a number of months and years, to a life time. How ever short that might be, if you do not LEARN THE TRUTH and get help.

The Great Drug Con Job

It is not a simple con to explain, that is why it is so effective. So to help me explain it to you, I will use:

Clothes and Bad Drugs & What they have in common.

Doing bad drugs is like wearing your favorite shirt, pants, coat, or whatever, even tennis shoes.

We have all had something that we really liked to wear, or even had something that you liked so much, you wore it out.

I've had things I really liked to wear, and wore them a hundred times before they got holes and I had to toss them out. You would not intentionally, or on purpose mess up your favorite thing to wear, would you?

Every time you wear something, you are slowly wearing it out. Even if you are real careful not to mess it up. Washing and drying it slowly wears the material out.

You can wear your favorite thing and launder it a number of times before you start to notice the colors fading, or a thin spot that soon becomes a hole, or the edges start to fray.

Here is a clump of lint from the dryer, from just one load of laundry.

(SHOW LINT)

And here is a clump from 5 loads of laundry.

(SHOW LINT)

Every time something goes through the laundry, you lose some of it. You do not feel the loss until you cannot wear it any more. Some things you can sew up or put a patch on that just lets you wear it for a little bit longer. But, eventually it's days are numbered.

Some things wear out faster than others, just like people. Just like some of the people you see out on the streets. They look like there 50 or 60 when they're still only in their 30's.

Sometimes you catch your clothes on something, in the blink of an eye, there is a big hole in it. Sometimes the drugs catch the heart, in the blink of an eye, you are dead!

When a person is not strong enough, or their guard is down from a few beers and starts trying bad drugs(CON 1). They wake up the next day, maybe feeling just a little bit funny. Depending on what it was they took the day or night before. Some water, a little something to eat, and in an hour you feel your normal self almost.

Well you think to your self; what's all the hype, no big deal, I feel fine, I did not die, I feel ok, it did not hurt ME (CON 2). Now it has two fingers around your throat.

Wrong! Just like your favorite thing to wear. You do not see or feel any damage done, **BUT DAMAGE WAS DONE!** It might be on the knee's, or the seat of the pants, or the heart, liver, kidneys, lungs, the brain, or the elbow of a long sleeve shirt. **DAMAGE WAS DONE!**

Next weekend, you put on your favorite thing and go out again.

Since nothing bad seemed to happen to you last weekend, you do whatever it was that you did the weekend before.

This goes on for a few weeks or a few months, until the next bad move.

You wake up on Monday morning burned out.

This is the first time you really notice a problem, if you do at all. Most people do not think about it. They just do some more of what ever they have been taking, just to get through the day. But you do not have a problem **(CON 3 starts)**.

The first time this happens, the real con job begins.

The first finger(CON 1) is when you first tried bad drugs.

The second finger(CON 2) is when you do not think that it has done any damage to your body.

The third finger(CON 3 starts) is when you are taking them to get through just one day. But you don't have a problem. YEAH, RIGHT.

Some time might pass, and then it's another one of those days, and another, and another, until it turns into the same vicious routine everyday.

The forth finger(CON 3 continues), now it has its' whole hand around your throat and seems to be choking the living stuffing out of you. Still, you do not think about what's going on, you are addicted, but you do not have a problem. YEAH, RIGHT.

Just like that favorite thing you wear. One day you get up and put it on, and there's a hole in it. One day you wake up, and something has been really messed up or destroyed in your body.

Maybe the doctors can patch you up, maybe they can't. Even if they can patch you up, you know your days are numbered.

Too late, you fell, hook, line, and sinker for the great illusion, you fell for the great drug **con job**.

What did the **con job** swindle from you?

What did you lose?

Not just a piece of clothing, that's for sure!

You lost the quality of your life, your money, health, more importantly, the trust of family and friends. You lost everything, maybe even your life.

A lot of those who fell for the **con job**, lost their lives!

The difference between a favorite piece of clothing and doing alcohol or other drugs, is that you can go buy more clothing.

You cannot buy a new body or brain.

Well, you might be able to get a liver, kidney, or heart transplant, if you have the money for such an operation, or are even lucky enough to find a donor.

Which we all know is probably a slim shot at best considering you've spent all your money on drugs.

Now you're like some of those people out in the street, and we all know "what" people we are talking about. They did not get like that over night! Oh no, it took many nights. That is one of the biggest mistakes people make when they start using bad drugs. They always think, it will not happen to me!

It does not matter which bait entices you to bite; The Recreation bait or the Emotional bait working with the Pressure bait, or maybe just the Pressure bait alone catches you.

You will still end up on the road to a living hell.

Whenever you think about doing bad drugs...

Think of the lint from the dryer, think of those poor people out on the street, and ask yourself; Do I really want to go down that road? Think of your body, and what happened to your favorite clothes.

**Doing drugs is like stepping in a pile of doggie pooh, you have a big mess and everything stinks! **

You hold the keys to your success:

Be Smart! Don't Start!

Don't step in it.

Part V. The Big Picture. (Optional)

Like most con jobs, it's all about the money. The market. If there was no market, there would be no drug problems. No war on drugs.

Unfortunately, all the governments' can do is **slow** down the flow of illegal drugs. They bust a dealer, a grower, or a manufacturer, another one will take their place, because the market is there. There is money to be made off of pain and suffering.

The only other thing the governments' can do is to assist and educate its' citizen's, and to facilitate the improvement of the quality of life for those citizens.

Responsibilities roll down hill and stop with the individual. Each person, is the only one who ultimately decides whether or not to start using drugs or not. When it comes to children, it is the parents' responsibility to make sure that their children are properly educated. When you grow up and get married, it will be your turn to teach your children about drugs. It's a New World. Add drug education to the list of required classes. Drugs, are a way of life, and unfortunately, death.

So, who is running the con job? The Market. The Users, remove the reasons why people turn to drugs through education and we can help eliminate the market. As long as there is a market, people will find a way to meet the demand.

Part VI: The Cross Roads.

What you should do when you sense the bait, and see the trap.

- A. Make the right choice.
 - 1. Be Smart! Don't Start!
 - 2. Don't get conned!

- B. Get away from the trap as quick as you can.
 - 1. Trouble has found you.
 - 2. Go somewhere else!

- C. Find something positive to do, that makes you, feel good.
 - 1. Think about something positive that you have thought about doing or learning.
 - 2. Do it.

- D. Make new friends, if your old ones are Doing bad drugs.
 - 1. If you see that your friends are going down the wrong road someplace. Take a different path, and talk to them another day.
 - 2. If they don't want to hear about it, time to make new friends.

- E. Talk to someone, if something is bothering you.
 - 1. Get help if you are trapped already.
 - 2. There is nothing wrong about asking for directions.
 - 3. It is not hard to get help if you need it. Just ask.
 - 4. If you never want to get lost on the highway to hell, just remember, Be Smart! Don't Start!

Part VII. Getting Directions

Where to get help. Who to talk to.

In person:

Sometimes just talking to your friends (if they are clean, not Doing bad drugs) is enough.

If you need and want more help, talk to:

Parents, close relative, school nurse, school counselor, coach, or spiritual leader.

These people can help, and if they can not, should know where to guide you for the kind of help you might need.

Or just look up the local number for Narcotics Anonymous (NA), they can help you, and you don't have to let them know who you are.

If your crutch is alcohol, you know where to get help.
Hint: Both words of the name starts with an A.

The Internet: You can start on my front page with a link to NA world service locator. Plus a couple of other sites. Do a search with "drug abuse help".

Statistics are a bit old with newer data harder too get because data is from studies previously done over the years. One thing, most things have only increased. Averages bounce around a little bit normally, but the source numbers have increased with population increases. There is tons of other good data, actually it is way too easy to suffer from data overload.

The End, Almost. Win the KTV GAME, you can do it.

Thank you for your time, good luck, and I can only hope that when ever you see bad drugs, you will think about doggie pooh and not do. Have a good life. Bless you all. The Author

Part VIII: CLOSING REVIEW.
(FOCUS SHEET)

I. Drugs in general.

1. There are good drugs and there are bad drugs.
2. Most drugs are good, people using them for the wrong reasons, make drugs bad.
3. People die from drug and alcohol abuse.
4. Drugs kill and so do needles.
5. There is no right reason to start using bad drugs!

II. 10 truth's about using drugs.

1. It destroys your body and mind, and can kill you.
2. It destroys your quality of life.
3. It messes up the lives of people around you.
4. It can ruin your family.
5. Drug's can get you in jail.
6. Drugs are easy to get addicted to.
7. Drugs are real hard too stop using.
8. Any drug can be a trap.
9. Alcohol is a drug.
10. Drugs are a con job.

CLOSING REVIEW.

III. The 3 **parts** of the con job.

1. The Bait.
2. The traps.
3. The deceptions.

IV. The 3 **deceptions** of the con job.

1. Getting conned into trying drugs.
2. Getting conned that the drugs did not hurt you.
3. Getting conned when you are addicted, having no problem.

V. What to do at the cross roads.

1. Making the right choice. Be Smart! Don't Start!
2. Getting away from the traps and danger, as fast as you can.
3. Doing something positive instead.
4. Make new friends.
5. Talk to someone.

VI. The four main types of **bait**.

1. Pressure bait.
2. Recreational bait.
3. Emotional bait.
4. Prescription bait.

VII. Three of the discussed **traps** plus 3 possible bonus answers.

1. Crystal Meth is a trap.
2. Cocaine/Crack is a trap.
3. Heroin is a trap.
4. Alcohol is a trap.
5. Nicotine is a trap.
6. Any drug can be a trap.

Part IX: KTV Memory Game Sheet 1 Ages 13-18

Part 1. Fill in the Blank

1. There are _____ and there are _____.
2. Most _____, people using them for the _____, make drugs bad.
3. People _____ from drug and alcohol _____.
4. Drugs _____ and so do _____.
5. There is _____ to start using _____!
a. kill, needles. b. drugs are good, wrong reasons. c. no right reason, bad drugs.
d. good drugs, bad drugs. e. die, abuse.

Part 2. True or False

1. _____ Any drug can be a trap.
2. _____ Drugs are hard to get addicted to.
3. _____ Alcohol is a drug.
4. _____ Drugs are real easy too stop using.
5. _____ Doing bad drugs is a con job.
6. _____ Doing bad drugs destroys your body and mind, and can kill you.
7. _____ Doing bad drugs will make your quality of life better.
8. _____ Doing bad drugs will not impact the lives of people around you.
9. _____ Doing bad drugs can ruin your family.
10. _____ Drug's can get you in jail.

Part 3. Straight Answers

- A. There are 3 parts of the con job, What are they?
1. _____
 2. _____
 3. _____
- B. There are 4 main types of bait, what are they?
1. _____
 2. _____
 3. _____
 4. _____
- C. Three of the many traps were reviewed, what are they?
1. _____
 2. _____
 3. _____
- 2 Bonus answers. 2 ½ points ea.
4. _____
 5. _____
- D. There are 3 cons/deceptions of the con job, what are they?
1. _____
 2. _____
 3. _____
- E. There's 5 things you should do, when you sense the bait, and see the trap. What are they? Hint: The cross roads.
1. _____
 2. _____
 3. _____
 4. _____
 5. _____

Scoring: 38 regular answers for 2.632 points each. Plus possible 5 bonus points.

Total possible points = 105.016

Part IX: KTV Memory Game Sheet 1 ages 6 - 9

True and False

1. _____ Any drug can be a trap.
2. _____ Drugs are hard to get addicted to.
3. _____ Alcohol is a drug.
4. _____ Drugs are real easy too stop using.
5. _____ Doing bad drugs is a con job.
6. _____ Doing bad drug's destroys your body and mind,
and can kill you.
7. _____ Doing bad drugs will make your quality of life better.
8. _____ Doing bad drugs will not impact the lives of people
around you.
9. _____ Doing drug's can ruin your family.
10. _____ Drug's can get you in jail.

Each correct answer = 10 points. 9 correct = an A

If child can not read, do an oral test with them (and mix the question order).

Part IX: KTV Memory Game Sheet 2 ages 13 - 18

Part 1. Fill in the blank

1. There is _____ to start using _____!
 2. People _____ from drug and alcohol _____.
 3. Most _____, people using them for the _____, make drugs bad.
 4. There are _____ and there are _____.
 5. Drugs _____ and so do _____.
- Abuse, kill, good drugs, no right reason, die, needles. bad drugs, drugs are good, wrong reasons, bad drugs: Note: "Bad drugs" used twice. (10 answers in Part 1)

Part 2. True or False

1. _____ Doing bad drug's destroys your body and mind, and can kill you.
2. _____ Doing bad drugs can ruin your family.
3. _____ Doing bad drugs will not impact the lives of people around you.
4. _____ Doing bad drugs is a con job.
5. _____ Drugs are hard to get addicted to.
6. _____ Drugs can get you in jail.
7. _____ Alcohol is a drug.
8. _____ Drugs are real easy too stop using.
9. _____ Any drug can be a trap.
10. _____ Doing bad drugs will make your quality of life better.

Part 3. Straight Answers

- A. There are 3 deceptions of the con job, what are they?
1. _____
 2. _____
 3. _____
- B. There are 3 parts of the con job, What are they?
1. _____
 2. _____
 3. _____
- C. There's 5 things you should do, when you sense the bait, and see the trap. What are they? Hint: The cross roads.
1. _____
 2. _____
 3. _____
 4. _____
 5. _____
- D. There are 4 main types of bait, what are they?
- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
- E. Three of the many traps were reviewed, what are they?
- | | |
|----------|---------------------------------|
| 1. _____ | 2 Bonus answers. 2 ½ points ea. |
| 2. _____ | *4. _____ |
| 3. _____ | *5. _____ |

Scoring: 38 regular answers for 2.632 points each. Plus possible 5 bonus points.

Total possible points = 105.016 90 plus score = an A

Part IX: KTV Memory Game Sheet 2 ages 10 - 12

Part 1. fill in the blank

1. There is _____ to start using _____!
2. People _____ from drug and alcohol _____.
3. Most _____, people using them for the _____, make drugs bad.
4. There are _____ and there are _____.
5. Drugs _____ and so do _____.

Abuse, kill, good drugs, no right reason, die, needles. bad drugs, drugs are good, wrong reasons, bad drugs: Note: "Bad drugs" used twice. (10 answers in Part 1).

Part 2. true or false

1. _____ Doing bad drugs is a con job.
2. _____ Drugs can get you in jail.
3. _____ Doing bad drugs will not impact the lives of people around you.
4. _____ Alcohol is not a drug.
5. _____ Any drug can be a trap.

Part 3. Straight answers

A. There are 4 main types of bait,. Name **two** or more.

(2- ½ point bonus answers)

1. _____
2. _____
- *3. _____
- *4. _____

B. Three of the many traps were reviewed, Name one or more.

(2 -½ point bonus answers)

1. _____
- *2. _____
- *3. _____

C. There are 3 parts of the con job. Name one or more. (2-½ point bonus answers)

1. _____
- *2. _____
- *3. _____

D. There's 5 things you should do, when you sense the bait, and see the trap.

What are they? Hint: The cross roads.

1. _____
2. _____
3. _____
4. _____
5. _____

Scoring

There are 25 regular answers, 4 points each. Plus 8 bonus answers, ½ point each for a possible extra 4 points. Bonus answers = *

E. There are 3 deceptions of the con job. Name one or more. (2- ½ point bonus answers)

1. _____
- *2. _____
- *3. _____

Part IX: KTV Memory Game Sheet 2 ages 6 - 9

True and False

1. _____ Drugs are hard to get addicted to.
2. _____ Doing bad drugs is a con job.
3. _____ Doing bad drugs will make your quality of life better.
4. _____ Drugs are real easy too stop using.
5. _____ Any drug can be a trap.
6. _____ Drugs can get you in jail.
7. _____ Doing bad drug's destroys your body and mind,
and can kill you.
8. _____ Doing bad drugs will not impact the lives of people
around you.
9. _____ Alcohol is a drug.
10. _____ Doing drug's can ruin your family.

Each correct **answer** = **10** points. 9 correct = A

If child can not read, do an oral test with them (and mix the question order).

Hey kids! Doing drugs...

is like stepping in a pile of Doggie Pooh!

You have a big MESS and everything STINKS!

Don't step in it!

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