

4-H Grab and Go: Drug Cost

Concept:

Tobacco, alcohol, and other drugs are expensive to use.

Age/Grade Level:

Middle School: Ages 12-15

Education Standard:

National Health Education Standard 6: Demonstrate the ability to use goal-setting skills to enhance health.

Life Skill:

Healthy Life Choices, Analyzing Information, Self-Responsibility

Success Indicator:

Youth will calculate and understand monetary costs associated with tobacco, alcohol, and other drug use.

National 4-H Curriculum:

**Health
Rocks!**

4-H ■ HEALTHY LIFE SERIES

PREPARATION

Time: 30 – 45 minutes

Space: Room with table/ chairs (optional: computer with internet access)

Materials:

- Calculators
- Pencils/pens
- *What's The Cost?* chart

Background Information:

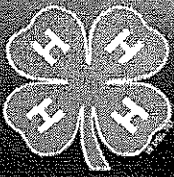
Although the percentage of youth using tobacco, alcohol, and other drugs continues to decline, a high number of youth still continue to use these substances. In fact, one out of every three 10th graders has taken some form of drug, two out of three have used alcohol, and one out of three have used cigarettes during their lifetime. The importance of helping youth make responsible decisions about healthy life choices remains critical.

The health costs of tobacco, alcohol, and other drug can be devastating, but there are also other costs. The monetary costs of smoking, drinking, or using other drugs can add up. Addicts often lose their jobs, homes, savings, and even their families. When substances control individuals, they can be robbed of everything.

Instructions:

[Before teaching this activity, check the cost of a pack of cigarettes and a six pack of beer. Contact local law enforcement or state patrol to find out cost per unit and unit size for marijuana and other commonly purchased drugs of choice, i.e. heroin, ecstasy, methamphetamines, cocaine, etc. Explain you are teaching a drug use prevention lesson and need to know this information.]

1. Ask participants if they have ever considered how much it costs in dollars to have a habit, such as smoking or drinking. Does anyone know how much a pack of cigarettes costs? How about a six pack of beer? What about the cost of using other drugs?
2. Give the participants a copy of the ***What's the Cost?*** chart.
3. After completing the chart, review the **Open Ended Questions**.



Drug Cost

Youth Development Tip:

Youth prefer to have real-life problems.

Open Ended Questions:

- Were you surprised at how much it costs to drink, smoke, or use other drugs? Why or why not?
- If you were working at a part-time job for 10 hours per week at minimum wage of \$7.25 per hour, you would be making \$72.50 a week before taxes. If you were smoking a pack of cigarettes every day, how much of your income would it take? How does that make you feel?
- Besides the money that is being spent, what other costs could occur? (getting arrested, costs to their health, having parents not trust them, grades go down, etc.)
- What are some of the benefits for not using tobacco, alcohol, and other drugs? (health, parent's trust, money for college, etc.)
- As you think to the future, what could you do with the money that you saved? How would that be helpful to you? To your family?
- How might you use what you learned when you talk to your friends?
- How can you use what you learned personally?

WHAT'S THE COST?

Using this expense calculator, see how much money could be saved by not using tobacco, alcohol or other drugs.

Cigarette Use		Alcohol Use		Other Drug Use	
# of packs smoked in a day		# of 6-packs drank per week		per unit cost	
	x		x		x
Price per pack		Price per 6-pack		# of units per month	
	=		=		=
Daily Cost		Weekly Cost		Avg Monthly Cost for Cocaine	
	x		x		x
Days in a month	30	Weeks in a month	4	Months in a year	12
	=		=		=
Avg Monthly Cost		Avg Monthly Cost		Yearly Total	
	x		x	Complete for each additional drug	
Months in a Year	12	Months in a Year	12		
	=		=		
Yearly Total		Yearly Total			

Learn More

Optional: If a computer with on-line access is available, have participants go to one of the following websites. Have them use the tools to calculate the cost of using tobacco, alcohol, and other drugs.

<http://www.collegedrinkingprevention.gov/CollegeStudents/calculator/default.aspx>

<http://www.healthcalculators.org/index.html>