

# 4-H Grab and Go: See It! Believe It!

**Concept:**

Specific health and cosmetic effects and risks are associated with using tobacco, alcohol, and drugs.

**Age/Grade Level:**

Middle School: Ages 12-15

**Education Standard:**

National Health Education Standard 1: Understand concepts related to health promotion and disease prevention to enhance health.

**Life Skill:**

Healthy Life Choices, Analyzing Information

**Success Indicator:**

Youth will describe health effects and risks associated with using tobacco, alcohol, and other drugs.

**National 4-H Curriculum:**

## Health Rocks!

4-H ■ HEALTHY LIFE SERIES

**PREPARATION**

**Time:** 30 – 45 minutes

**Space:** Two areas; one open space, one with tables/chairs

**Materials:****Activity One**

- Paper
- Pencils/pens

**Activity Two**

- Yardstick
- Paper
- Pencils/pens
- Large bowl of very cold water
- Old glasses or goggles covered with wax paper
- Clock with minute hand or timer

**Background Information:**

Drugs refer to those drugs not permitted by law (illegal) and lawful drugs (prescription or over-the-counter) which are obtained or used illegally unless otherwise specified. Drug abuse means drugs are being used excessively or misused in some way. Drug abuse may lead to addiction. Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences.

It is well known that tobacco, alcohol, and other drugs have many negative consequences on both our health and our appearances. As a whole, these substances can affect almost every part and every organ in the human body, including the brain. The brain is undergoing tremendous change and development during the teen years. Using alcohol and other drugs during this time may cause long-term damage.

Some experiments and activities can be done in order to better understand how even just minimal substance use can affect the body. An old saying is: "Experience is the best teacher." In the two activities, you will see first-hand how tobacco, alcohol, and other drugs can affect you and your health. You need to know that not all drugs have the same effects on the user. Consequences and potential health hazards may be short-term or long-term and could affect your future.

**Instructions:**

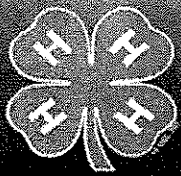
Divide into two separate groups, rotating after each activity is completed. When the groups have finished, review the **Open Ended Questions** with the participants.

**Activity One:**

1. Give each participant a piece of paper and a pencil/pen.
2. Read the following list of 20 words and ask youth to write down as many as they can remember without discussing them.

Marijuana	Brain	Experiment	Cigarette	Health
Inhalant	Prevent	Prescription	Risks	Choices
Tobacco	Legal	Addiction	Cancer	Danger
Sick	Tar	Methamphetamine	Causes	Information

3. Read the list again and have youth mark how many they got right.
4. Have a couple of the youth/adult leaders or participants stand in pairs in different parts of the room and carry on a loud conversation.



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### Youth Development Tip:

Youth enjoy hands-on activities that involve their senses.

### Open Ended Questions:

- How does the alcohol experiment show how alcohol affects a person?
- How does marijuana affect the ability to think clearly and remember information?
- How did doing these experiments make you feel?
- Were you uncomfortable? Why or why not?
- How might using tobacco, alcohol, or drugs affect you right now? In athletics? In school? At home?
- Think about one of your longer term goals (going to college, getting a job, having a family, etc.) Would use of drugs or alcohol affect those goals? Why or why not?

5. Read the following list of 20 different words. Ask participants again to write down as many as they can remember.

Craving	Lungs	Cocaine	Heart	Environment
Ecstasy	Benefits	Chew	Tolerance	Decisions
Alcohol	Consequences	Memory	Hallucinations	Medicine
Analyze	Transfer	Smoke	Beer	Illegal

6. Before they count the number they got right, ask participants to "guess" whether they did better or worse the second time.
- Why might their scores have changed? Compare the numbers.
  - What do they think just happened?

Share with youth that, just like the disruptive participants talking, marijuana interferes with normal information transfer and memory. What is the consequence? What was the cause?

### Activity Two

1. Have participants work in pairs. Have one hold a yardstick vertically (up and down). The other person puts their thumb and forefinger spread apart so that their fingers are level with the bottom of the yardstick.
2. When the person holding the yardstick releases it, the other person tries to grab it with their thumb and forefinger. Write down the number of inches that passed before they grabbed it.
3. The person who is catching the yardstick then puts their fingers in a bowl of cold water for one minute. Repeat releasing and grabbing the yardstick. Record the number of inches that passed before they grabbed the yardstick.
4. Have participants switch places and repeat the experiment.
5. Now have one person put on a pair of old glasses or goggles that have the lenses covered with wax paper. Try grabbing the yardstick again. Record the inches.
6. Participants need to switch places and repeat Step 5.
  - How does this experiment show how alcohol affects a person?
  - How did the cold water change the results of what happened? What were the results? What was the consequence?

### Learn More

The following website provides additional information:

<http://drugabuse.gov>