

FAMILY / COMMUNITY CORNER REMINDER CARDS

Activity 2A: Did You Know?

FAMILY CORNER:

Share some things you learned from the DID YOU KNOW? Drug Challenge with your parents. Were they aware of all this information?

COMMUNITY CORNER:

Have each participant do research on a drug. To research, they can use the public library, the Internet (government sites are good), or other sources such as pamphlets, etc. Youth will make a “Did You Know” electronic presentation or poster that can be posted on social media, with adult permission or shared with the *Health Rocks!*[®] group.

Activity 2B: The Cycle Of Addiction

FAMILY CORNER:

Do the potato chip activity with your family. Show them the spiral of addiction you made. Talk about addiction. Have they ever been addicted to something? (It does not have to be an illegal substance. It could be chocolate, TV, etc.) Are they now addicted to something? If the answer is “yes” to one or both questions, talk about how the addiction feels. If no longer addicted, how hard was it to “kick the habit”?

COMMUNITY CORNER:

Call local hospitals or doctors to learn about stop smoking treatments and where they’re available. Check community pages or yellow pages in the phone book to locate places that offer information, education, or treatment for alcohol or drug abuse. Ask professionals to speak to your group or send information that you can share.