

6th-12th Grade Workbook

Name: _____

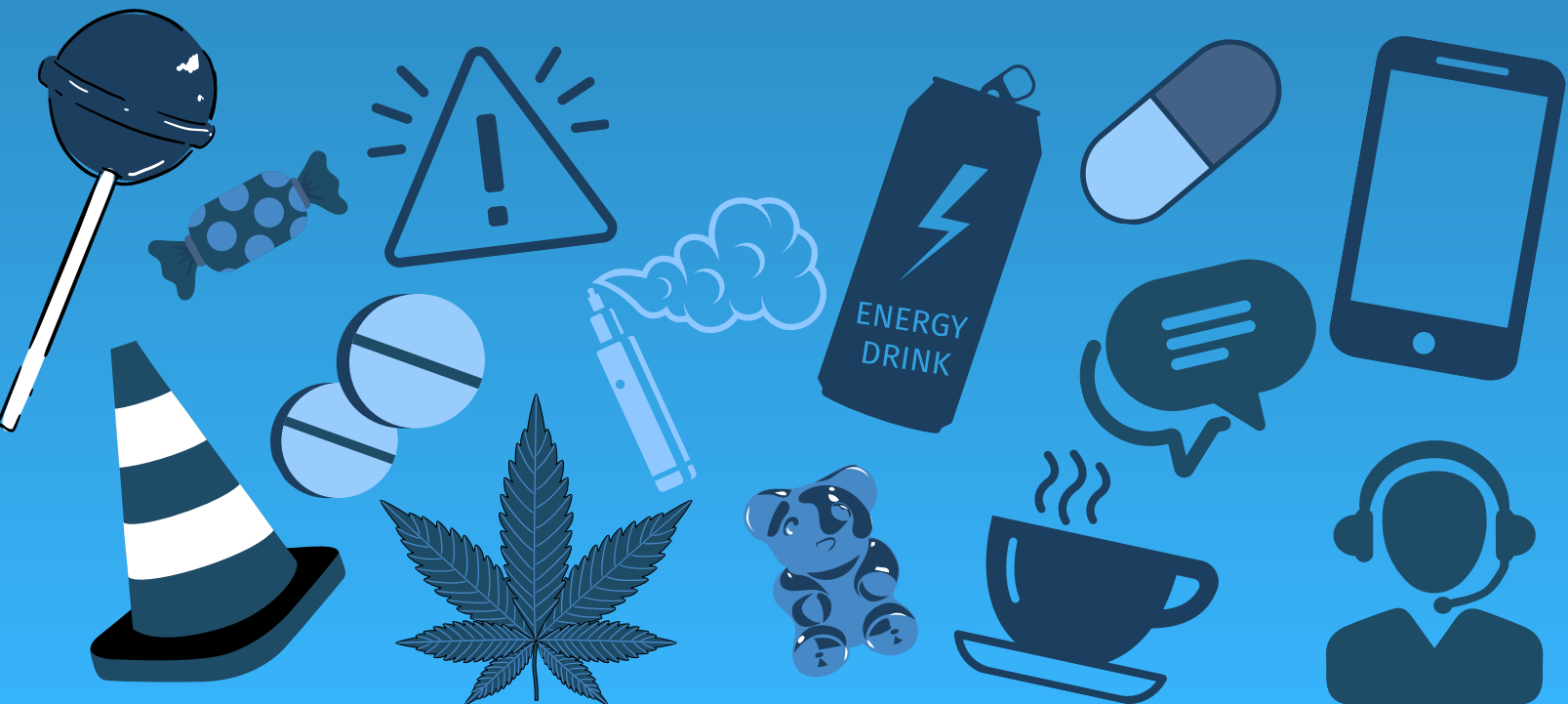


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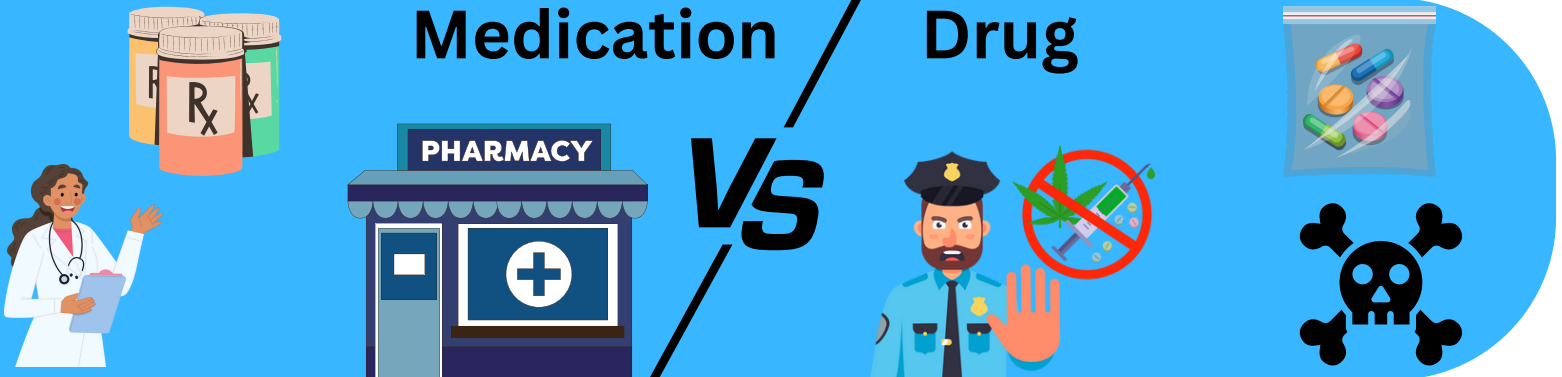
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Drug Safety



Do not ever...

- take more medication than is prescribed
- go in other's medicine cabinets
- share prescription medications
- take unlabeled drugs or medications
- take unwrapped candy



Strategies to say NO!



Have a
Response
Prepared



Use the
Buddy
System



Use Humor to
Deflect



Have an Exit
Strategy

✓ What is Substance Use or Substance Abuse?

Substance Use: Taking a psychoactive substance (like alcohol or prescribed meds) occasionally or as directed.

Substance Abuse: Using substances in harmful ways that affect health, relationships, or responsibilities.

🚫 Commonly Abused Substances Among Teens

- **Alcohol** – Most commonly used and abused.
- **Marijuana** – Most common illicit drug.
- **Prescription Drugs** – Especially opioids, stimulants, benzos.
- **Nicotine** – Especially through flavored vaping products.
- **Caffeine** – Often misused to boost energy for school or sports.

🚫 Medication Safety: NEVER DO THESE THINGS

- Take more medication than prescribed
- Go through someone else's medicine cabinet
- Share prescription medications
- Take unlabeled drugs or pills
- Eat unwrapped or unidentified candy

📈 Consequences of Drug Abuse

- Legal: Jail time, fines, license suspension
- Health: Brain development issues, overdose, cancer
- Social: Strained relationships, stigma
- Financial: Medical bills, lost income, legal fees

🧑 How to Say No

- Plan Ahead – Practice simple refusals like “No thanks.”
- Buddy System – Hang out with supportive friends.
- Use Humor – “I dance bad enough sober!”
- Exit Strategy – Have an excuse and be ready to leave.

☎ Need Help?

- **R.O.S.S. 24/7:**
844-307-1760
- **Crisis Center Alabama:**
205-323-7777
- **Crisis Services of North AL:**
1-800-691-8426

Name: _____

Drug Safety Matching

Instructions: Match each term in Column A with the correct definition or explanation in Column B.

Column A: Terms

- 1. Prescription
- 2. Over-the-counter (OTC)
- 3. Side effect
- 4. Drug misuse
- 5. Drug abuse
- 6. Naloxone
- 7. Addiction
- 8. Tolerance
- 9. Expired medication
- 10. Label instructions
- 11. Opioid
- 12. Medication sharing
- 13. Withdrawal
- 14. Safe storage

Column B: Definitions

- A. A chronic disease involving compulsive drug seeking and use
- B. A medicine you can buy without a prescription
- C. Using a drug to get high or for non-medical reasons
- D. Taking a medication in a way that is not intended
- E. A medication that reverses opioid overdoses
- F. Giving or taking medication that wasn't prescribed to you
- G. Needing more of a drug to feel the same effects
- H. Medication that is past its use-by date and may be less effective or unsafe
- I. Directions for how to use a medicine safely and effectively
- J. Keeping medications in a secure place away from kids or others who shouldn't access them
- K. A written order from a doctor for a specific medication
- L. A class of drugs that includes painkillers like oxycodone and morphine
- M. Physical or emotional symptoms that happen when someone stops using a drug
- N. Unwanted symptoms or reactions caused by a drug

Fentanyl

A small amount is deadly



Overdose Signs & Symptoms



Shallow Breathing



Pinpoint Pupils



Cold, Clammy Skin



Bluish or grayish tint to skin, lips, or fingernails



Loss of Consciousness



Slow or No Pulse

Fentanyl can be found in anything



What is Fentanyl?

- A powerful synthetic opioid used to treat severe pain (e.g., after surgery or for cancer patients).
- 50–100x stronger than morphine.
- A tiny amount can be deadly—smaller than a pencil tip.

Why Is Fentanyl So Dangerous?

- Often illicitly manufactured and mixed into pills, powders, vape oils, or even candy without users knowing.
- No quality control—you never know what you're taking.
- Fake pills and street drugs may look legitimate but contain lethal fentanyl doses.

Lethal Dose Comparison



Overdose Warning Signs

- Shallow or no breathing
- Tiny “pinpoint” pupils
- Cold, clammy skin
- Bluish lips or fingernails
- Unconsciousness or slow pulse

What You Should NEVER Do

- Never take anything not prescribed to you
- Don't assume pills, vapes, or candy are safe
- Never ignore what you consume—know what you are putting in your body

In Case of Overdose

- Call 911 immediately
- Stay with the person believed to have overdosed
- Give naloxone if available

Name: _____

Fentanyl Color by Topic

Instructions: Read the phrases in each section. Decide which category the phrase belongs to based on what you've learned about fentanyl. Then color the section using the matching color listed in the key below.

COLOR KEY:

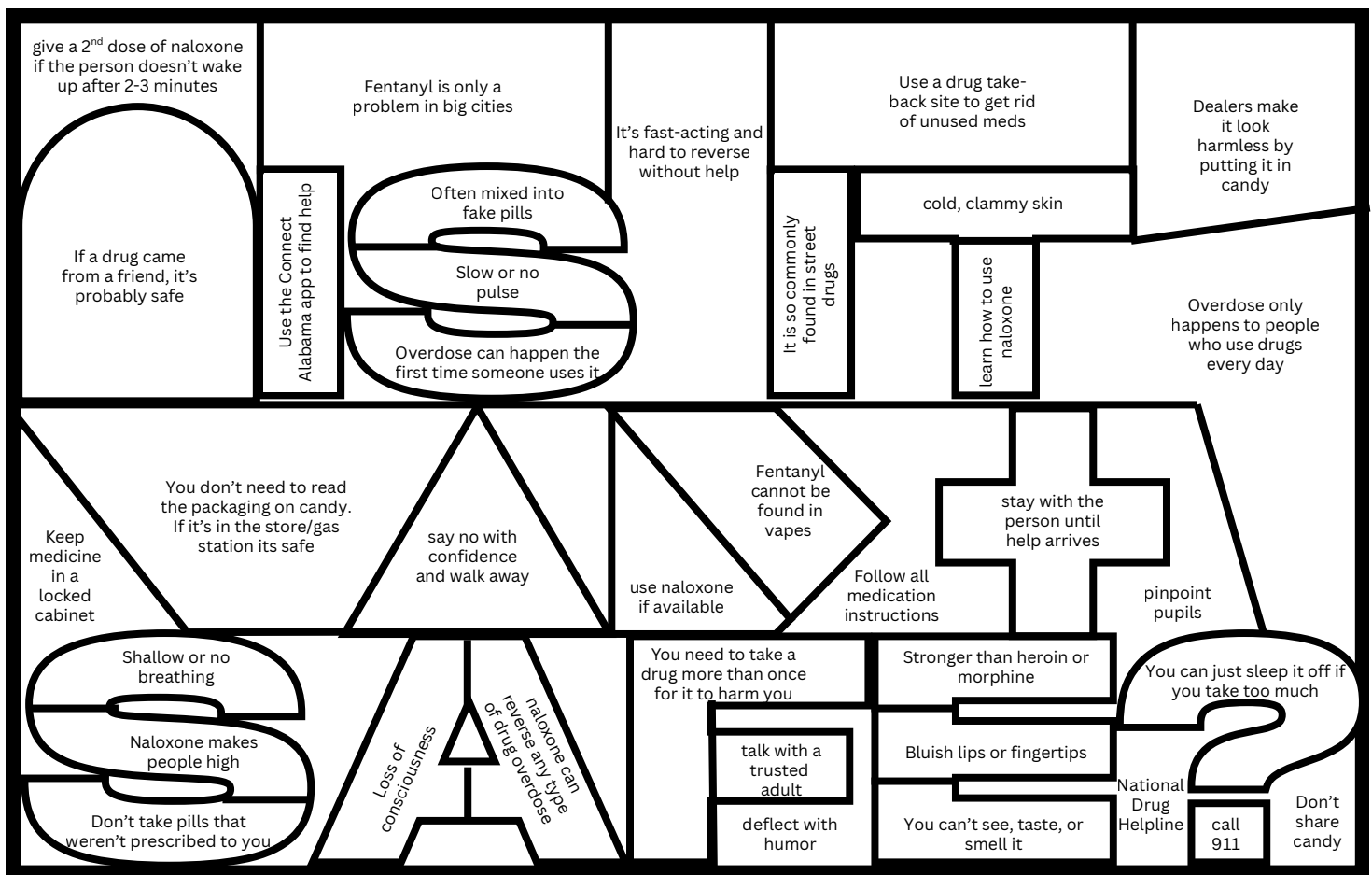
Red = Signs of overdose

Yellow = Reasons fentanyl is dangerous

Green = Safe responses in an emergency

Blue = False beliefs or myths

Orange = Resources or prevention strategies



Opioids

Legal vs. Illegal



medication
prescribed for you

street drug or
prescription
medication not
prescribed for you



Your body on opioids



Lowered Sex
Hormones



Itchiness



Nausea



Slowed Breathing



Risks of taking opioids

Opioid overdose can happen at any dose and may be fatal, especially when mixed with other drugs like alcohol.

What Are Opioids?

- A class of drugs that relieve pain by mimicking endorphins.
- Highly addictive even when legally prescribed.

What Opioids Do to Your Body

- Pain relief (short-term benefit)
- Side effects:
 - nausea
 - itchiness
 - slowed breathing
 - lowered sex hormones

Legal Opioids

- ✓ Oxycodone, Vicodin, morphine, codeine
- ✓ Prescribed by a doctor and taken under medical supervision
- ! Risk of addiction & overdose if misused

Illegal Opioids

- ✗ Heroin, fentanyl (illicit), stolen prescription meds
- ✗ No safe dosage—often mixed with unknown substances
- ✗ Very high risk of addiction and death

Risks of Opioid Use



- Addiction can develop quickly
- Overdose can happen even with a single instance of misuse
- Combining with alcohol or other drugs = deadly

Stay Safe

- Only take opioids prescribed to you
- Never share or use someone else's medications
- Ask questions—know what's in your pill or vape



Name: _____

Opioids Sort the Scenarios

Instructions: Below is a list of different ways opioids might be used, shared, or described. Your job is to sort each item into one of the two categories  Safe and  Unsafe (could lead to harm, misuse, or overdose) and write each number in the correct column on the chart below.

Scenarios:

1. A doctor prescribes you pain medication after surgery.
2. You take a pill that was given to you by a friend at school.
3. You take more pills than prescribed because you're still in pain.
4. You use opioids and drink alcohol at the same time.
5. You throw away old prescription medications in the trash.
6. You take pills you're offered at a party.
7. You buy pain pills from someone online.
8. You return unused medications to a drug take-back site.
9. You try a pill that looks like candy from someone's backpack.
10. You keep opioids in a labeled bottle in a safe place.

 Safe	 Unsafe

Alcohol



Don't Drink and Drive



Overdose Signs & Symptoms



**Shallow
Breathing**



Hypothermia



Vomiting



**Loss of
Consciousness**



Seizures

Consequences of Alcohol Use



**Impaired Brain
Development**



Liver Damage



**Increased risk of
injury**



**Alcohol
Poisoning**



Underage Drinking Is a Serious Problem

- Most widely used substance among youth in the U.S.
 - 20% of youth (ages 14–15) have had at least one drink.
 - 5.6 million youth (ages 12–20) drank more than “just a few sips” in the past month.



What Counts as One Standard Drink?

Drink Type	Serving Size	Alcohol Content
Beer	12 oz	5%
Wine	5 oz	12%
Liquor	1.5 oz	40%



How Alcohol Affects Your Body and Brain

- Impaired brain development in teens
- Poor decision-making and risky behavior
- Alcohol poisoning and liver damage
- Injuries from accidents or violence



Do NOT Drink and Drive

- Legal consequences:
 - fines
 - jail time
 - license suspension
- It's never safe, even after “just a few drinks”



Alcohol Overdose Warning Signs

- Vomiting
- Shallow breathing
- Seizures
- Hypothermia
- Loss of consciousness



Call 911 immediately if you suspect an alcohol overdose.



Stay Safe

- Know what a “drink” really means
- Understand how alcohol affects your body
- Don't let peer pressure affect your choices
- If someone is drinking, look out for the signs of danger

Name: _____

Alcohol Word Search

Instructions: Find all 20 hidden words in the puzzle. Words may appear horizontally, vertically, or diagonally, and they may be spelled forwards or backwards.

I	M	P	A	I	R	M	E	N	T	V	T	I	V	E
C	L	N	C	N	I	N	T	G	U	B	F	H	C	G
R	O	L	O	H	O	C	L	A	V	I	C	V	O	N
I	O	N	G	I	G	L	I	G	T	S	S	Z	O	I
X	N	N	S	N	T	A	P	U	C	M	E	A	R	B
I	Z	T	I	E	B	C	O	B	R	A	I	N	D	J
J	U	A	O	M	Q	K	I	A	W	K	U	Y	I	U
I	R	D	A	X	C	U	L	D	S	G	P	R	N	D
W	V	D	R	A	I	I	E	I	D	H	G	E	A	G
G	Q	R	L	M	V	C	R	N	J	A	T	V	T	M
S	U	B	B	E	A	F	A	V	C	H	D	O	I	E
P	E	Y	R	O	M	E	M	T	J	E	V	C	O	N
L	S	O	B	R	I	E	T	Y	E	J	S	E	N	T
E	C	N	A	R	E	L	O	T	S	D	K	R	H	F
H	E	W	B	N	O	I	T	A	R	D	Y	H	E	D

Word Bank:

- Alcohol
- Addiction
- Binge
- Blackout
- Brain
- Consequences
- Coordination
- Dehydration
- DUI
- Help
- Impairment
- Intoxicated
- Judgment
- Liver
- Memory
- Minor
- Recovery
- Risk
- Sobriety
- Tolerance

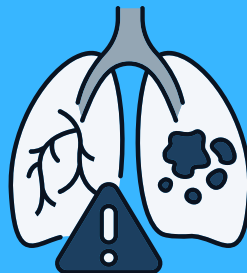
Vaping



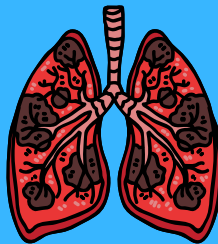
Vapes are full of chemicals



Vaping can cause permanent lung damage



Vapes and Cigarettes are BOTH harmful





Vaping Among Teens

- 1 in 10 high school students currently vape
- 25% of teens use e-cigarettes daily
- Vaping is now the most common form of tobacco use in youth



What's in a Vape?

- Nicotine – highly addictive
- Propylene Glycol – irritates lungs
- Formaldehyde – used in embalming
- Heavy Metals – like lead and nickel
- Diacetyl – linked to serious lung disease

You never know exactly what's inside a vape. Some have even been found to contain fentanyl.



What is EVALI?

E-cigarette or Vaping-Associated Lung Injury

Symptoms:

- Coughing
- Chest pain
- Shortness of breath



Lung scans of those with EVALI show severe inflammation and damage.



How Nicotine Affects Your Body

- Disrupts dopamine (your brain's reward system)
- Increases blood pressure
- Can lead to:
 - Lung disease
 - Kidney disease
 - Liver cancer
 - Diabetes
 - Appetite changes



Vaping Myths – BUSTED

Myth: “Vaping is safer than smoking”

→ Reality: Vaping still exposes you to toxic chemicals.

Myth: “It doesn't have much nicotine”

→ Reality: Most vapes, even “light” ones, contain a lot of nicotine.

Myth: “Secondhand vape smoke is harmless”

→ Reality: It can harm bystanders, especially kids and those with health conditions.





Stay Safe



- Don't vape. Your lungs and brain are still developing.
- Be aware that peer pressure and flavored marketing target young users.
- Help friends quit—support each other in staying healthy.

Name: _____

Vaping Spot the Myth

Instructions: Read each of the statements below. Decide whether each one is a Fact  or a Myth . Circle your answer.

1. Vaping is just water vapor, so it's harmless.

 Fact  Myth

2. Some vapes contain as much nicotine as an entire pack of cigarettes.

 Fact  Myth

3. You can get addicted to vaping even if you only try it a few times.

 Fact  Myth

4. Flavored vape products are safe because they taste good.

 Fact  Myth

5. Vaping doesn't affect your lungs because it doesn't burn tobacco.

 Fact  Myth

6. Secondhand vapor from e-cigarettes is safe for people nearby.

 Fact  Myth

7. You must be 21 to legally buy vapes in the U.S.

 Fact  Myth

Marijuana

The brain doesn't finish growing until age 25



WARNING

Marijuana permanently disrupts brain development



Increases risk of serious health issues like schizophrenia and dementia



Alters your....



Memory



Appetite



Blood pressure



Critical thinking ability

It comes in many forms

Be careful with what you consume





Marijuana Use in Teens

- Most widely used federally illegal drug in the U.S.
- 30.7% of 12th graders report using cannabis
- 6.3% of students use it daily
- ~30% of users may develop Cannabis Use Disorder
→ Risk is even higher for those who start before age 18



What Is THC?

- THC = Tetrahydrocannabinol
- It's the main chemical in marijuana that causes the "high"
- Binds to brain's cannabinoid receptors, disrupting normal brain function



How Marijuana Affects the Brain

- The brain doesn't fully develop until age 25
- Youth marijuana use is linked to:
 - Lower IQ later in life
 - Smaller hippocampus (affects learning & memory)
 - Higher risk of schizophrenia or other mental health issues
 - Addiction and long-term dependency



What About "Legal" Marijuana?

Type	THC Source	Legal Status
Delta-9	Marijuana plant	Illegal federally & in AL
Delta-8	Processed in a lab	Unregulated, banned in some states including AL



Even "legal" THC can impair memory, coordination, and decision-making



Labels can be misleading or inaccurate



Myth: "Legal = Safe"

- Not true—Legal THC products still carry serious risks
- Long-term use harms mental health, memory, judgment, and lung health
- May result in legal consequences in Alabama (jail and fines)



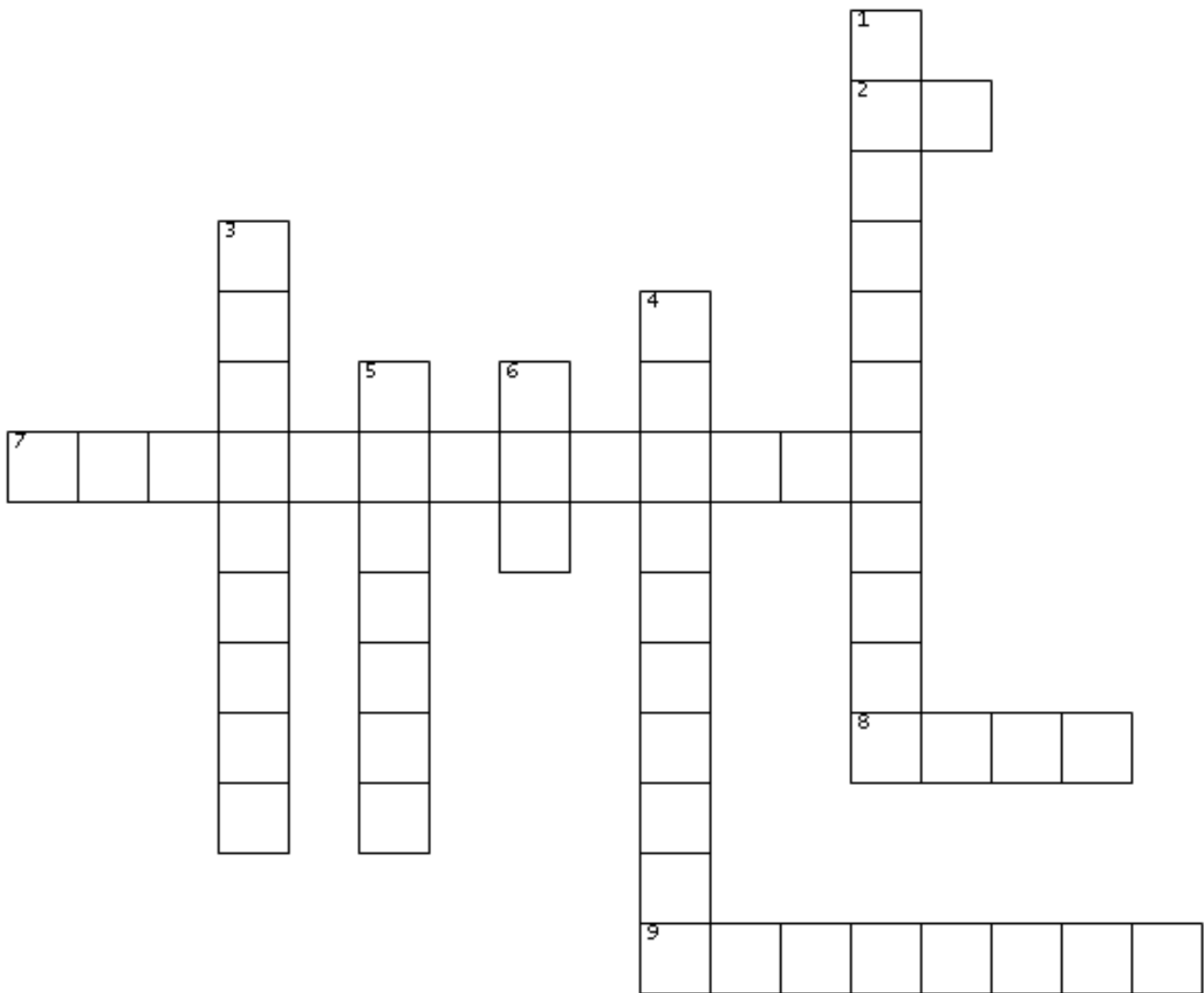
Stay Safe

- Marijuana is addictive and harmful, especially for teens
- Be cautious of anything unlabeled or homemade. THC can be found in vapes, oils, edibles, drinks, lotions, pills, cigars. You may not realize you're consuming THC
- Think critically—don't let marketing or peer pressure fool you

Name: _____

Marijuana Crossword Puzzle

Instructions: Read the clues for Across and Down. Fill in the blanks in the grid with the correct words. Each word shares letters with crossing words. Use what you know and work from easy to hard clues. Complete the puzzle by filling in every square correctly.



ACROSS

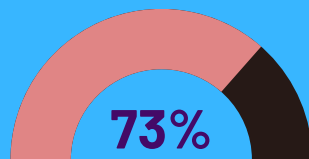
- 2. Youth marijuana use can lower this measure of intelligence
- 7. Long-term marijuana use increases the risk of this disorder
- 8. Don't assume pills, vapes, or candy are ____
- 9. Nearly 30% of users may develop Cannabis Use ____

DOWN

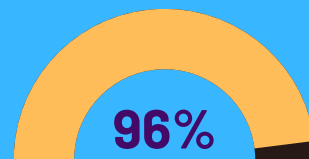
- 1. A brain structure affected by marijuana, important for memory
- 3. The most widely used federally illegal drug by teens in the U.S.
- 4. Never take anything not ____ to you
- 5. Never ignore what you ____ – always know what it is
- 6. The main chemical in marijuana that causes a "high"

Caffeine

Most teens consume caffeine



Consume Caffeine Regularly



Consume Caffeine Occasionally

100mg per day is safe

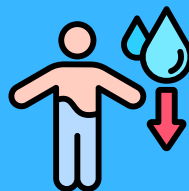


Caffeine content, in milligrams, per serving or container:

135	70	160	80	90	60
Brewed coffee*	Starbucks Espresso*	Monster Energy	Red Bull	Mountain Dew	Coke
8 oz. (240 ml)	1 oz. (30 ml)	16 oz. (480 ml)	8.3 oz. (250 ml)	20 oz. (592 ml)	20 oz. (592 ml)

*Average caffeine content; varies depending on strength of beverage

Overdose is possible and can result in seizures or even death





What Is Caffeine?

- A legal, socially accepted, and widely used stimulant drug
- Found in many foods, drinks, and even medications
- Most teens consume caffeine regularly or occasionally



Where Is Caffeine Hiding?

- Energy drinks & sodas
- Tea and coffee
- Chocolate and ice cream
- Cereal
- Headache and cold medications



You may be consuming caffeine without realizing it!



How Much Is Safe?

The American Academy of Pediatrics recommends:

No more than **100 mg/day** for teens

→ That's about one 8 oz coffee.



Health Effects of Caffeine

- Disrupts sleep and increases anxiety
- Raises heart rate and blood pressure
- Reduces calcium absorption → weakens bone development
- Can cause acid reflux, dehydration, and digestive issues



Is Caffeine Dangerous?

Yes—when overused

Risks include:

- Seizures
- Caffeine overdose
- Heart complications

More than 100mg/day significantly increases danger

Risk of death from overdose is higher in teens due to smaller body size and developing brains



Stay Smart with Caffeine

- Track your intake—it adds up fast
- Choose water or caffeine-free drinks when possible
- Know your body—if you're feeling jittery, anxious, or can't sleep, you may be consuming too much

Name: _____

Caffeine Count Exercise

Instructions: Choose up to 5 items from the list that someone might consume in a typical day. Write down the item name and how much caffeine it contains. Add up the total daily caffeine. Compare your total to the recommended limit for teens: 100 mg/day or less (per the American Academy of Pediatrics).

Item	Caffeine (mg)	Chosen? <input checked="" type="checkbox"/>
12 oz can of Coca-Cola	34 mg	
8 oz Red Bull	80 mg	
Grande Starbucks Coffee (12oz)	330 mg	
16 oz Monster Energy	160 mg	
20 oz Diet Mountain Dew	91 mg	
1 chocolate bar (1.5 oz)	9 mg	
Iced tea (12 oz)	38 mg	
8 oz brewed black tea	47 mg	
Espresso shot (1 oz)	64 mg	
Excedrin (per tablet)	65 mg	
12 oz hot chocolate	5 mg	
16 oz bottled green tea	45 mg	

Your Chosen Items:

_____ = _____ mg
_____ = _____ mg
_____ = _____ mg
_____ = _____ mg
_____ = _____ mg
Total Daily Caffeine: _____ mg

Reflection Questions:

- 1. Did your total fall above or below the 100 mg/day recommendation?
- 2. What surprised you most about the caffeine content of these items?
- 3. What might you change in your daily dietary choices based on this information?

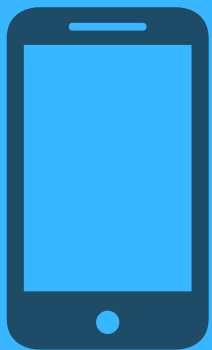
Resources



Crisis Center Alabama



Main Line: (205) 323-7777
Youth Talk Line: (205) 328-5465



Connect Alabama app



CONNECT ALABAMA
BEHAVIORAL HEALTH SERVICES
& TREATMENT FINDER

Find resources
in your area



National Drug Helpline


24/7 helpline: (844) 289-0879

<https://drughelpline.org/drug-addiction-hotline/drug-addiction-hotline-alabama/>

Talk to Someone You Trust


If you're struggling, you don't have to go through it alone. Talk to:


- A parent or guardian
- A school counselor or nurse
- A coach, teacher, or youth group leader
- Your family doctor
- A friend's trusted adult

 Asking for help is a strength—not a weakness.





24/7 Hotlines & National Text/Chat Support

These are free, confidential, and always available:

 **988 Suicide & Crisis Lifeline**
Call or text 988 anytime for help with depression, suicidal thoughts, or emotional distress.

 **Crisis Text Line**
Text HOME to 741741 for 24/7 support from a trained counselor.

Alabama-Specific Resources

-  R.O.S.S. (Recovery Organization of Support Specialists)
 - 24/7 Helpline: 844-307-1760
 - Peer support & recovery coaching for substance use in Alabama
-  Crisis Center Birmingham
 - Main Line: 205-323-7777
 - Youth Talk Line: 205-328-5465
-  Alabama Department of Public Health
 - alabamapublichealth.gov
 - Statewide health programs, disease prevention, community health resources
-  Alabama Department of Mental Health (ADMH)
 - mh.alabama.gov
 - Youth treatment programs, mental health services, substance use recovery centers

Substance-Specific Help

Opioids/Fentanyl

- Naloxone (overdose reversal) is available at many local pharmacies without a prescription

Alcohol & Marijuana Use

- Ask a school counselor or doctor about adolescent-focused programs like Teen Intervene
- R.O.S.S. can help connect you to youth-specific recovery resources

Vaping/Nicotine

- This is Quitting text program: Text DITCHVAPE to 88709

Name: _____

Resources Scavenger Hunt

Instructions: Using a computer or tablet to explore credible websites and answer questions about addiction-related topics. Stick to .gov, .edu, and .org sites. Write your answers clearly and include links or page titles if asked.

1. What is addiction?

Provide a definition in your own words using a reliable source.

Source used: _____

2. Name 3 short-term effects of vaping or nicotine use on teens.

Site link or title: _____

3. What are 2 risk factors that increase a person's chances of developing a substance use disorder?

4. True or False: Addiction only affects the person using drugs.

☐ True ☐ False

Find evidence to support your answer.

Explain: _____

Source: _____

5. What is the Connect Alabama app and what does it offer?

Website where you can download the app: _____

Services Provided:

6. Use the NIDA for Teens website. What are 2 ways peer pressure can affect teen drug use?

Name: _____

Combined Topics Quiz

Instructions: Read each question carefully. Circle the best answer from the options provided.

1. What is a common sign of alcohol overdose?

- A. Increased appetite C. Fast heart rate
- B. Shallow breathing D. Sneezing

2. What dangerous chemical can be found in vapes?

- A. Water C. Toxic metals and nicotine
- B. Vitamin C D. Sugar

3. What is the recommended safe daily limit for caffeine for teens?

- A. 10mg C. 100mg
- B. 50mg D. 300mg

4. Which of the following is legal and safe?

- A. Heroin C. Oxycodone prescribed for you
- B. Fentanyl off the street D. Fentanyl prescribed for your grandparent

5. Why is fentanyl so dangerous?

- A. It's not addictive C. It's always labeled
- B. A tiny amount can be deadly D. It's natural

6. Which of these is a safe medication behavior?

- A. Only using medications as prescribed
- B. Storing medications in a candy jar
- C. Taking someone else's prescription
- D. Taking more if you're in pain

7. How does marijuana affect the brain?

- A. Boosts IQ
- B. Improves sleep in all teens
- C. No long-term effects
- D. Can permanently affect memory and attention

8. What is a good strategy to say no to drugs?

- A. Argue loudly
- B. Use humor or have a prepared excuse
- C. Take it then throw it away
- D. Ignore the person

9. What does a bluish tint to lips or fingernails suggest?

- A. Dehydration
- B. Oxygen loss and overdose
- C. Good blood flow
- D. Strong immune system

10. Where can you find support if you or a friend needs help?

- A. National Drug Helpline
- B. Instagram
- C. Your school bus
- D. YouTube comments