

DUE MAY 9TH

Journal Writing on Substance Abuse
(3hrs of Community Service)

Choose 10 of the following questions to answer:

1. Why do you think people do drugs and drink alcohol?
2. Does the way that drugs and alcohol are shown in TV and movies ever make you want to try them? Why or why not?
3. What would you do if you saw a friend taking drugs or drinking?
4. Have you ever been offered drugs or alcohol? How did you handle the situation?
5. Is it possible to control your usage of drugs and alcohol so that you don't get addicted? Why or why not?
6. What types of resources are available to students your age who are suffering with substance abuse problems? Do you feel like these resources would be easy for you to connect with if you needed them?
7. If you're turning down a drink or drugs at a party, should you just say no? Or should you tell people why you don't want to try it? Why?
8. Are drugs and alcohol considered to be cool at our school? Why or why not?
9. Why is it okay for adults to drink but not kids? What should the legal drinking age be?
10. Have you ever seen someone who was affected by drug or alcohol abuse? How did that person act?
11. What would you do if you saw someone selling drugs at your school?
12. What do you think it feels like to take drugs? Do you think this is why other people try them?
13. Are some groups of people more likely to do drugs than others? Why or why not?

14. Sometimes teens start doing drugs because they are bored. What are some alternative hobbies you could take up to have fun?
15. Have your parents ever talked to you about drugs and alcohol? What did they say?
16. Write about three potential scenarios when someone your age might be offered drugs—and then come up with solutions to handle each one.
17. What are some of the greatest dangers of drug and alcohol abuse?
18. Why do students feel pressured to try drugs and to drink?
19. Do you know anyone who sells drugs or alcohol to students at our school? How many people do you think he or she sells to?
20. Why do people do things that they know will hurt them?
21. Are teens more likely to start doing drugs or to start drinking? Why?
22. If someone offered you drugs or alcohol and you didn't want to try it, how would you say no?
23. What would you do if a person offering you drugs or alcohol wouldn't take no for an answer?
24. How old were you when you first learned about the dangers of drug and alcohol abuse? How did this shape your perspective on illicit substances?
25. Are some substances more dangerous than others? Why or why not?
26. What are some of the risks associated with prescription drugs? Why is it so important to be careful with these drugs as well?
27. Why do music, movies, and television shows make drugs and alcohol look glamorous?
28. Have you ever felt pressured to try drugs or alcohol because you saw someone who you looked up to doing it? How did you handle the situation?
29. How do drugs change people? Write about both the emotional and the physical effects.
30. List five ways that you could help a friend who was using drugs or alcohol.