Title: Piecing it Back Together

Grade Level: Middle or High School

Materials/Supplies: Dixie cups, 3x3 pieces of paper, pencil, tape

NHES: #5 – Students will demonstrate the ability to use decision-making skills to enhance health.

Activity Purpose: The purpose of this activity is to demonstrate how drugs effect the important things in life.

Activity Objective: TSW evaluate the ‘cost’ of drug use.

Description/Steps (Process of the Activity):

1. Students need 12 pieces of paper – separate into 4 piles of 3
2. Using one pile, have each student write one person they love, rely on, or is important to them (one person per piece)
3. Using the second pile of 3, have each student write three possessions that they could not live without or really enjoy.
4. On the third pile of 3, have students list 3 characteristics they feel are very important
5. On the forth pile of 3, have students list 3 goals they have for their life. Could be any dimension (social, physical, intellectual, occupational, etc.)
6. With all cards filled out, put all the cards side by side in multiple rows face up on the student’s desk.
7. Explain to the students:
   a. You are a middle/high school student. You are at a friend’s house and caught drinking alcohol by your friend’s parents. They now feel differently about you than they did before. Rip up one of the characteristics and put it in your cup.
   b. You have continued to use alcohol and now need more to feel the same relaxation when you drink. You will have to sell one of your prized possessions to keep up your habit. Rip up one of the possessions and put it in your cup.
   c. You no longer get the desired effect from alcohol and have now moved on to marijuana. Your mom found your stash and now you are grounded. You have lost respect of someone that is important to you. Rip up one of the people cards and put it in your cup.
   d. You were driving home from your friend’s house after smoking a joint and got pulled over. You were cited for driving while under the influence of a substance. Rip up one of your goals and put it in your cup.
   e. You are burnt out on school. You have been neglecting your homework and decide to skip class. Your teacher’s opinion of you is changing. Rip up one of your characteristics and one of your people and put it in your cup.
   f. Your parents have had it with your behavior and have kicked you out of the house. Rip up one of your possessions that you had to leave behind.
   g. You have become depressed and have moved from marijuana to cocaine as your drug of choice. You are out of money and got caught stealing to try and continue your drug habit. Rip up one of your goals and put it in your cup.
   h. Turn all your remaining cards over. Your drug addictions has gotten out of control. Without looking select 3 of your remaining cards and rip them up and put them in your cup.
   i. Look at your remaining card. You have one of 12 important things left in your life. You now realize it is important to turn your life around. You have decided to quit using drugs and focus on repairing your life. You may piece back together 2 cards of your choice from your cup. Students are putting two things back together with tape.
   j. In-Class Discussion questions:
      i. How did you feel when you looked at your last card? Which card were you hoping it was? Why?
ii. What do the items look like that you have removed from the cup? How does this relate to real life?

iii. How does this activity relate to the life of an addict?

k. Written Reflection – Piecing it Together Worksheet – hand out to students to complete

Follow-up Activities:

Strategies to help those suffering from addiction.
Unguarded: 30 on 30 the Chris Herron story.
Goal setting strategies and strategies to resist peer pressure.