

Get healthy!

NAME: _____

#19



"Learning Target: "I will learn the dangers of alcohol."

Did you meet the Learning Target? Yes _____ No _____ Undecided _____

Parent/Guardian Signature: _____ Date: _____

This Week's Tasks:¹⁵

1. Did you know?:



- o Alcohol use is the number one drug problem among young people.
- o Alcohol is a depressant.
- o Alcohol related car crashes are the number one killer of teens in the U.S.!!
- o Students spend \$5.5 billion in alcohol each year.
- o Poor grades are correlated with alcohol use.
- o The effects of alcohol may appear within 10 minutes.
- o 2.6 million teens don't know that you can die from alcohol overdose.

2. **Your Task:** After reading the information on the front of this Task Card, you will fill in many of the negative effects of alcohol inside the "Alcohol" word. Make some nice designs and patterns around the outside too. Then cut it up as a puzzle and see if a family member can work the puzzle. Paper clip it to the Task Card to turn in.

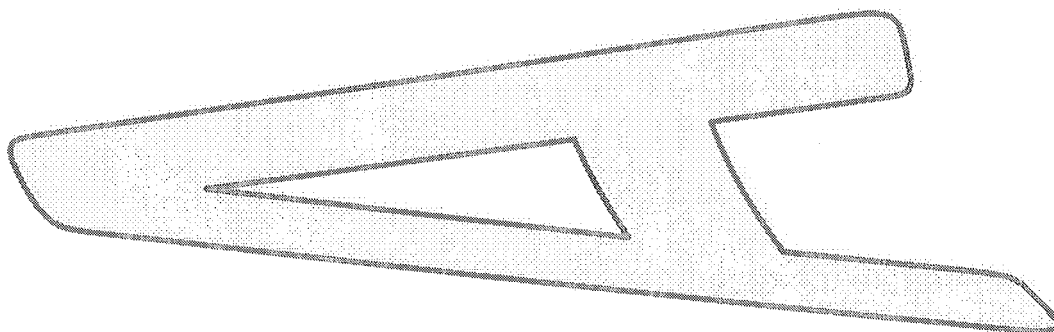
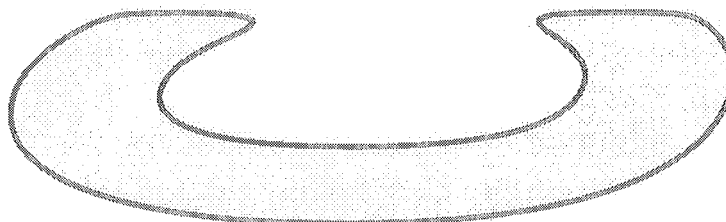
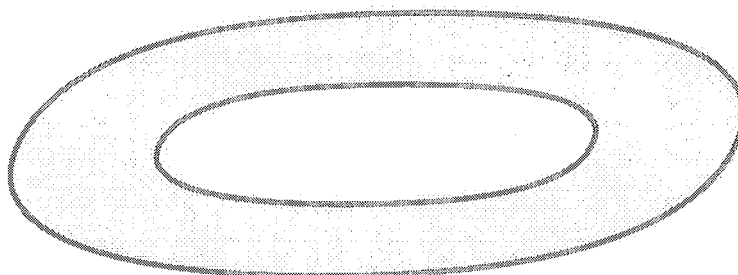
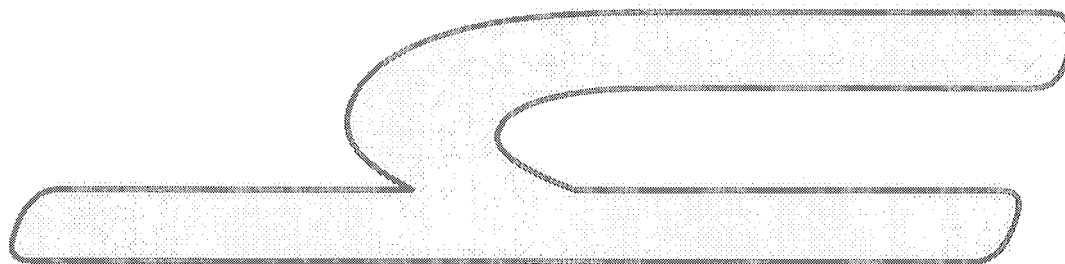
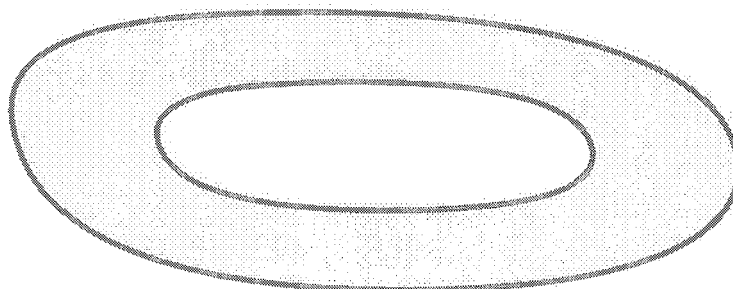
Results of Alcohol:

bad breath
staggering
distorted hearing and vision
dizziness
slurred speech
double vision
unconsciousness
hangover (headache, nausea, shakiness, vomiting)
blood vessels are dilated
increased heart rate
increased blood pressure
lose of judgment + reasoning
bad decisions

ALCOHOL IS SO HARD ON THE BODY!! Here are just SOME of the negative effects of alcohol:

1. **Brain:** alcohol gets to the brain in a matter of minutes, it slows down the brain's ability to control the body's nervous system, it impairs memory, damages cells, there is a loss of fine motor coordination (slower reaction times) alcohol blocks messages going to the brain and alters perceptions, emotions, vision, hearing and coordination may also cause nervous system diseases
2. **esophagus:** alcohol can cause cancer of the esophagus. The blood vessels in the esophagus can rupture and bleed
3. **Stomach:** alcohol may cause inflammation and irritation affects motor functions of the stomach, causes heartburn, and gastritis may lead to malnutrition, bleeding, and tearing of the stomach lining
4. **Intestines:** alcohol causes poor absorption of nutrients can cause diarrhea, cause nutritional deficiencies such as vitamins A and C can cause cancer of digestive tracts
5. **Liver:** alcohol can cause an excess of fats in the liver, damage to the liver - kills cell, cirrhosis of the liver- hardening, alcohol hepatitis- inflammation of the liver, cancer of the liver, enlargement of the liver
6. **Heart and Circulatory System:** weakening of the heart muscle, chest pains, fatigue, high blood pressure, strokes, increased cholesterol, and increased workload on the heart
7. **Skin:** reddening of the skin, heat loss, capillaries may be broken
8. **Lungs:** infections, pneumonia, may suffocate if vomits in his/her sleep, aggravates other lung diseases
9. **Kidneys:** inflammation, retention of fluids causing swelling of other body parts may lead to kidney failure
10. **Bladder:** infections

Task# 19 Backside – Fill in the word with facts about alcohol dangers. Name: _____



Get healthy!

NAME: _____

#20



"Learning Target: "I will understand the dangers of over-the-counter drugs."

Did you meet the Learning Target? Yes _____ No _____ Undecided _____

Parent/Guardian Signature: _____ Date: _____

This Week's Tasks:

1. Over-the-counter (OTC) medicines are products you can buy without a prescription from your doctor.

OTC medicines can help you feel better by helping to treat or prevent health problems, such as allergies, constipation, cold and flu, and nausea.

However, sometimes OTC medicines can cause unpleasant side effects. These adverse effects include drug-drug interactions, food-drug interactions, and allergic reactions. It is very important to follow the safety tips for OTC medications.

2. **Your Task** Draw 6 different shapes and sizes of medication containers inside the "medicine cabinet" on the back side of this Task Card, and instead of a name for the product, you will write one of the safety tips for using OTC products (See the bottom of this Task Card.) You can copy the container designs of real products at your house, or copy some ideas from the next page. You must have at least 6 containers in your medicine cabinet.

Tips to help you avoid adverse effects (Choose 6 of these tips to write on a container for your medicine cabinet on the back of this Task Card.)

Read the medicine label carefully.

Take the medicine just as your doctor or the drug label instructs.

Don't take a higher dose of the medicine than the label tells you to.

Don't take the medicine more often than suggested.

Don't take the medicine longer than recommended on the drug label.

Don't take capsules apart - This may change the way the medicine works.

If you don't understand something about the medicine, ask your doctor or pharmacist about it.

If you take any other prescription medicines, ask your doctor before taking an OTC medicine.

Keep track of any allergies and adverse reactions you have had to OTC medicines in the past.

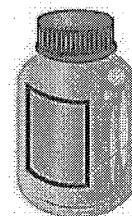
Read and understand any warnings or possible adverse effects.

Don't mix medicine into hot drinks unless the label tells you to.

The heat may keep the medicine from working as it should.

Try to limit how often you use OTC medicines. Don't use them unless you really need them.

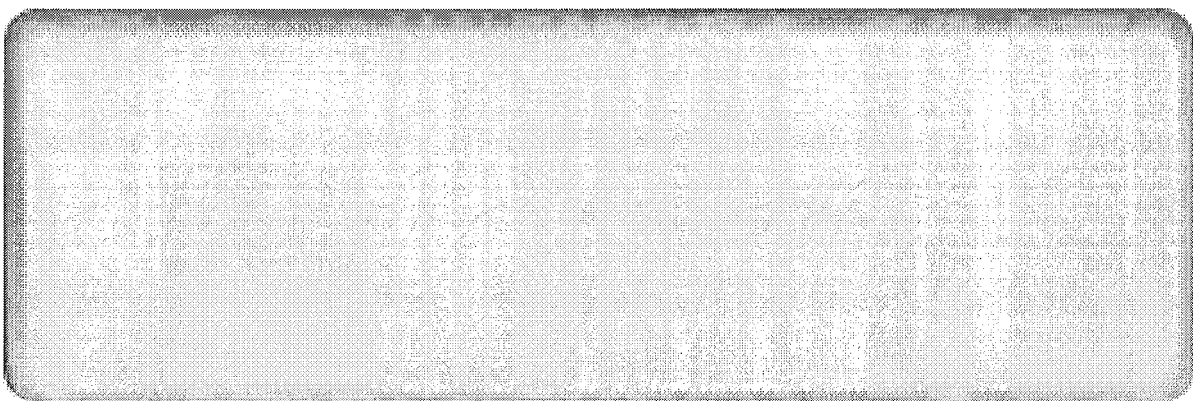
Don't take medicine with alcoholic drinks.



Task#20 Backside – Draw at least 6 OTC products in this medicine cabinet and write one tip as the label

How to Safely Use OTC Products

By: _____



Get healthy!

NAME: _____

#21



"Learning Target: "I will understand the dangers of drugs."

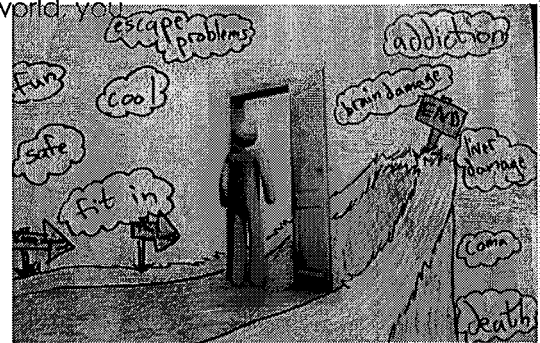
Did you meet the Learning Target? Yes _____ No _____ Undecided _____

Parent/Guardian Signature: _____ Date: _____

This Week's Tasks:

1. Taking drugs takes you places you never thought you'd go and changes who you are in negative ways. Even if you don't lose your life (as in death), you will lose your life as you know it... Using drugs may seem tempting because people may say tempting things about using drugs, but the reality is that if you walk through the door into the drug world, you will be hurt and your life may face many negative consequences.

2. **Your Task:** Make a poster using the door on the back side of this Task Card. On the left of the door will be the temptations that might make someone try drugs, but if someone decides to step through that door into the drug world, the right side of the door shows the harms drugs can bring into their life. You can use words and/or pictures.



3. Use the truths on the bottom of this Task Card to help you.

Temptations to Use Alcohol and Drugs Might Include:

- They'll help you fit in
- They'll be fun
- They stop boredom
- They're safe
- You'll look cool
- You'll be accepted
- It feels good
- You won't become addicted
- Everyone else is
- You'll be more grown up
- It's a good escape
- It helps you relax

The **TRUTH**-Alcohol and Drugs will hurt you! They can cause:

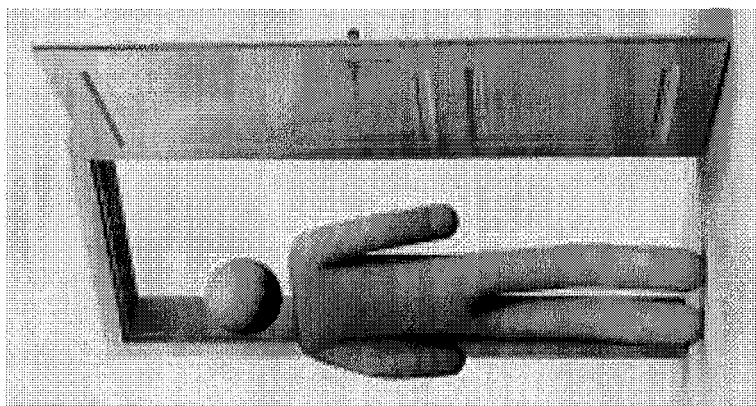
- Addiction
- Overdose
- Alcohol Poisoning
- Accidents, falls, drowning
- Black outs
- Cancer
- Seizures
- Strokes
- Heart Attacks
- Depression
- Fights
- Losing your motivation in life
- Paranoia
- Change in your morals
- Hallucinations
- Flashbacks
- Loss of appetite
- Dizziness, confusion
- Tired
- Nausea, vomiting
- Violence
- Brain damage
- Liver damage
- Coma
- Death

"EXTRA, EXTRA" Get Even Healthier:

These videos show the dangers of Meth: Real Faces of Meth:

<http://www.youtube.com/watch?v=bVEulrvBwsA>

Task#21 Backside. Name: _____



Get healthy!

NAME: _____

#22



"Learning Target: "I will celebrate my family heritage and culture."

Did you meet the Learning Target? Yes _____ No _____ Undecided _____

Parent/Guardian Signature: _____ Date: _____

This Week's Tasks:

1. Creating a Family-Value Culture.¹³

Almost everyone wants to feel like they belong! Belonging to a culture offers people a sense of identity, feelings of connectedness, shared values, and support. It's important to feel that your family offers you a culture, rather than having to seek out the popular culture where many people are self-centered and negative, and where kids feel a lot of pressures to fit in, be cool, or try dangerous things.

2. Celebrating Your Family Heritage¹⁴:

Your heritage is something that's passed down to you. It could be something concrete, like property or significant items and objects. But often, when people speak of heritage, they're referring to more abstract things, like traditions, rituals, and even traits and beliefs. Every form of heritage has significance, and people who cherish their ancestors and family history want to protect it, keeping it alive in the present and for future generations.

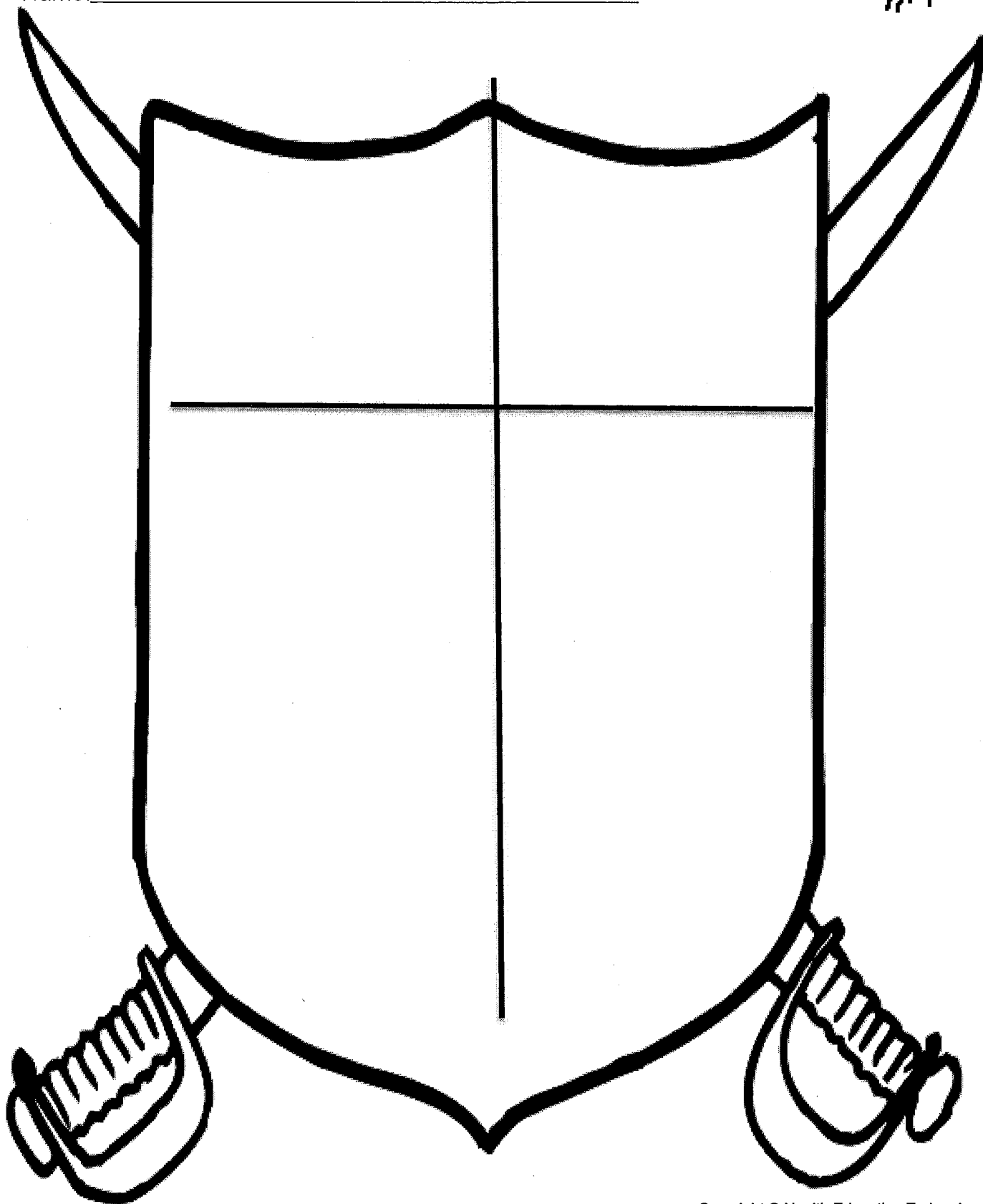
3. **Your Task:** You will use words and/or pictures to decorate the "Heritage Shield" on the following page. It's divided into 4 sections so first, you will need to decide what parts you want to display for your family. Choose from:

- family values (Like kindness, honesty, hard work...)
- traditions your family has
- family tree
- fun facts about your family
- culture, nationality, and/or family ethnicity you are proud of
- timeline of your family history
- Family stories
- Fun things my family does
- highlighting each family member (likes, dislikes, personality...)
- family traits (eye color, hair, personality, hair, skin, habits...)
- things you love about your family
- ways your family supports each other
- ways your family cooperates
- reasons you are proud of your family
- good family memories
- how your family shows each other they care
- goals you have for the future and how your family can support you
- other-your choice...

Task#22 Backside – Choose 4 ideas for the 4 sections from the front side of this Task Card and add words and/or pictures to your shield to represent your family culture and heritage. Real photos would be great! It will help you to ask your family to help you!

Name: _____

5/19



Get healthy!

NAME: _____ #23



"Learning Target: **"I will respect, be proud of, and celebrate differences and have empathy for everyone."**

Did you meet the Learning Target? Yes _____ No _____ Undecided _____

Parent/Guardian Signature: _____ Date: _____

This Week's Tasks:



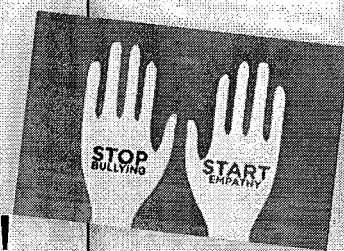
"Just because someone is **different** than me, does not mean they are less worthy of **respect** than I am."

Different does not = WEIRD!!

Empathy is

seeing with the eyes of another,
listening with the ears of another,
and feeling with the heart of another.

Empathy
&
Respect
go together!



4. **Your Task:** Use paper and supplies at your house to make a poster of the "Respect Questions" in the box on the back side of this sheet (by the star). Make it creative and then ask your teacher if it can be a class competition and the best posters can be put in the hallways of your school (Maybe you could even get some extra credit??!!)

"EXTRA, EXTRA" Get Even Healthier: Watch this inspiring video about two girls who both have the same handicap! Born Friends Family Portrait
<http://www.youtube.com/watch?v=5nRKyQ11494>

"EXTRA, EXTRA" Get Even Healthier: Check out this video on empathy-glasses that help you see what others are thinking/feeling - Perspectacles: <http://www.youtube.com/watch?v=rgNCNukdr-Q>

Task #23 Backside - **Being Myself and Proud of It.**

1. Read the following poem written by Digby Wolfe and then answer the questions:

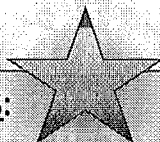
Here's to Kids Who Are Different

Here's to kids who are different,
The kids who don't always get A's,
The kids who have ears twice the size of their peers,
And noses that go on for days...
Here's to kids who are different,
The kids they call crazy or dumb,
The kids who don't fit, with the guts and the grit,
Who dance to a different drum...
Here's to kids who are different,
The kids with the mischievous streak,
For when they have grown, as history's shown,
It's their difference that makes them unique.

THINK ABOUT THESE:

1. Most of us have felt different from everyone else at some point in our lives. Either we're not athletic enough, or our hair is wrong, or we are too short, or we feel like we don't fit in, or we are too much of this, or not enough of that...Have you ever felt like you didn't fit in?
2. One problem when we see ourselves as different from others is that we see this as a problem rather than a strength! We may even take it a step further and say, "Not only am I different from them, but that means I am less than them." Have you ever felt less than someone because you were different than them?
3. THE BOTTOMLINE ON IF SOMEONE IS BULLYING (OR HARRASSING) IS TO ASK: HOW DOES THE VICTIM FEEL? It's not enough for the bully to say, "Oh, I was just kidding." **Here are questions to ask yourself:**

R-E-S-P-E-C-T QUESTIONS:



- Are my actions or words hurting someone else's feelings?
- Are my actions or words hurting someone else physically or making them feel afraid?
- Would I want someone else to do this to me?
- Am I unfairly taking my anger out on someone?
- Am I trying to control someone against his or her will?

"EXTRA, EXTRA" Get Even Healthier: Check out this video on empathy-glasses that help you see what others are thinking/feeling: <http://www.youtube.com/watch?v=rgNCNukdr-Q> Copyright © Health Education Today, Inc.