On Ice

Introduction: Methamphetamine—also known as “ice”—use among teens is quickly becoming an epidemic. Because of its ability to increase energy levels and decrease appetite, girls are especially susceptible to its draw. This drug is especially dangerous because it is made by individuals using chemicals such as battery acid, drain cleaners, and anti-freeze. In this lesson, students will become experts on this deadly substance and create and present their own campaign to prevent its use in their own school.

Grade Level and Subject: Ninth Grade Health

TEKS: 5d, 6a, 7a, 7b, 7c, 7d, 7e, 8a, 9a

Materials: materials for creating posters: poster boards, markers, glue, scissors, etc.
        paper for creating pamphlets
        software for creating pamphlets (may make pamphlets by hand if this is not available)

Resources: Health textbook, pamphlets, or other drug prevention materials (these may be available in the school library), computers with internet access

Websites:
http://www.helpforteens.net
http://www.safeyouth.org/scripts/topics/subabuse.asp
http://teens.drugabuse.gov
http://teens.drugabuse.gov/mom/mom_meth1.php
http://www.whitehousedrugpolicy.gov/drugfact
http://hiv.drugabuse.gov
http://www.fcd.org/content/resources/handouts.asp

Activity: Divide students into groups or pairs. Briefly explain what methamphetamine is and its dangers. Tell students they will be developing their own prevention campaigns, which will include a poster and a pamphlet. Give students the list of websites as a starting point for their research. Students will present their campaigns to the class. After class sharing and discussion, set up a table in the lobby or cafeteria of the school to display the pamphlets. Hang posters around the school where students can view them. Use the following topics to help guide students in their research:
  • Composition and slang names
  • Reasons teens use it
  • Short-term effects on brain and body
  • Long-term effects on brain and body
  • Statistics
  • Signs of use
  • Connection between use and sexually transmitted diseases
  • Connection between use and other dangerous behavior
  • Strategies for staying clean

Evaluation: Evaluate based on accuracy, inclusion of required information, and presentations.