

# MARIJUANA

## **ACTIVITIES AND DISCUSSION GUIDE**

**5 Minutes**

### **Introductory Group Discussion (Prior to viewing the video)**

- Marijuana is considered to be an “herb” or a naturally occurring substance. Does that make it safe?
- Are there other natural or organic substances that are harmful to people?
- Is a joint safer than a cigarette?
- Is marijuana addictive?

## **VIEW THE VIDEO**

**15 Minutes**

## **GROUP DISCUSSION QUESTIONS**

**25 Minutes or Longer**

- Now that you’ve heard the stories, would you change any of the answers you gave before viewing the video?
- Why do you think marijuana is the most commonly used illicit drug in America?
- Does the media show any of the negative effects of addiction?
- Why do you think there has been a steady increase in marijuana use by young smokers?
- Sara and Geraldine used a number of drugs after trying marijuana. Why do you think marijuana acts as a gateway to these other substances?
- Do you think Geraldine, Thom, and Sara were being honest?
- What does a-motivational syndrome mean to you? Do you know anyone who seems to have this syndrome?

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## FAST FACTS

**These facts contain information that is supplementary to what is in the video. They can be used to stimulate more discussion, written on the board, or incorporated into the discussion generated by the Group Discussion Questions.**

- Marijuana smoke is carcinogenic (cancer causing), containing twice the amount of tar that is found in tobacco.
- Recent studies have found that marijuana is physically addicting. Often marijuana is laced with other more potent drugs such as PCP, cocaine, hashish or opium.
- In a frequent user, marijuana can be detected in the urine for up to a month after the last use.

## ACTIVITIES FOR ANOTHER SESSION

### Role-Play

**Try this role-play with your students after they have thoroughly discussed the video. It can be presented as a skit, written assignment, or a small group discussion topic.**

Characters: 5 students.

Situation: On the way home from the bus stop, one student runs into 4 of the “cool kids” who invite him/her to ditch school and get stoned on marijuana with them. They show him/her the joints and say that they are on their way to a park to smoke them. What should he/she do?

## RESOURCES

In the video, Dr. Lewis mentions “coping mechanisms.” What are they and why do we need them?

Coping mechanisms are the tools that we have that help us deal with difficult situations in life. Some significant tools for coping are:

- A Support System
- Conflict Resolution Skills
- Religious Beliefs
- Physical Activity
- Ability To Ask For Help
- Ability To Express Feelings
- A Hobby

Any one of these coping mechanisms can help tremendously in a crisis or when a person is feeling generally down. The most important coping mechanism is to have a readily available personal support system. The following chart will help students to think about and identify the people that make up their personal support system.

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## PERSONAL SUPPORT CHART

Family Member I can trust:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

School Staff (teachers, counselors, principal, nurse, etc.):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Organizations (club, church, temple):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Something I can do to help me sort out my thoughts and feelings:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Friends I can count on:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Relatives (grandparent, aunt, uncle, cousin):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Agencies that can help (AA, NA, Alateen):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Someone I'm not close to who might help me (diary, poetry, stuffed animal, etc.):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I would really be surprised if \_\_\_\_\_ would help me.

Someone else/someplace/something that might also be helpful:

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