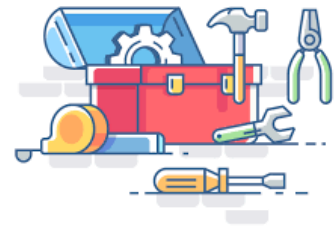


# PREVENTION ACTIVITIES TOOLKIT

**Hello Stamford Middle-School Health Teachers**



Welcome to the Prevention Activities Toolkit!

The toolkit contains a list of engaging activities to teach middle school students in grades 6-8 about the risks of substance use. The activities are designed to increase their knowledge and enhance their SEL skills.

All activities have been linked. So just click on the title to get to the activity.

The toolkit will be updated periodically, and you will be notified of the new additions.

If you have any questions about the activities in this toolkit, please contact:

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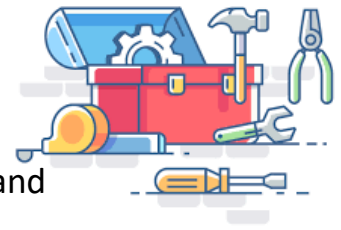
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Thank you!

August 2024

## Prevention Activities Toolkit

**Purpose:** To provide interactive activities to teach middle school students in grades 6-8 about the risks of substance use. The activities are designed to increase their knowledge and enhance their SEL skills.



*\*Suitable for grades 6-8 unless otherwise specified.*

Topic	Grade(s)	Activity
Vaping		<a href="#">Don't Blow It: Anti-Vaping Campaign Quiz</a> and Answer Key
		<a href="#">Risk of vaping videos</a> (Four videos of real teen experiences, ~3-4 mins each)
		Lesson Plan: <a href="#">Risks of Vaping Magazine</a>
		<a href="#">E-cigarette Marketing activity</a> Part 1
		<a href="#">Vaping poster</a> (shows chemicals) *Compare with "Sucked in Cigarette" Poster
		<a href="#">Cost of Vaping worksheet</a>
Tobacco		<a href="#">Smoking quiz (answer key)</a>
		<a href="#">Sucked in Cigarette Poster</a> (image) *Compare with vaping poster
		<a href="#">Spectrum of Addiction Activity</a> (Goal is understanding addiction)
		<a href="#">Spectrum of Addiction Cards</a>
		<a href="#">Zyn Ingredients</a>
Cannabis	7&8	<a href="#">How Marijuana Affects Your Developing Brain Video</a> (2m53s)
		<a href="#">Marijuana Activity Poster</a>
		<a href="#">Marijuana Mix + Match (English)</a>
		<a href="#">Marijuana Mix + Match (Spanish)</a>
		<a href="#">Marijuana Mix + Match Answer Key</a>
		<a href="#">Cannabis Jeopardy</a>
Alcohol		<a href="#">KidsHealth activities</a>
		<a href="#">10 Ways Out</a> - Ways to resist peer pressure
		<a href="#">Alcohol and Your Brain</a>
		<a href="#">The "Agree-Disagree" Exercise</a>

Topic	Grade(s)	Activity
All Drugs		<a href="#">True/False Quiz</a>
		<a href="#">Word scramble</a>
		<a href="#">Jenga Instructions</a>
Gambling	Grade 7&8	<a href="#">Gambling Survey Paper Toss</a>
	Grade 7&8	<a href="#">Gambling Higher Risk/Lower Risk Cards</a>
		<a href="#">Gambling Age in Connecticut</a>
The Brain	Grade 8	<a href="#">Neurotransmission scavenger hunt</a>
	Grade 8	<a href="#">Cause-Effect mix and match</a>
		<a href="#">Wait Until 21</a> (video explains teen brain reaction to ATOD. Approx 3'40")
		<a href="#">What gives you your dopamine worksheet</a>
	Grade 6	<a href="#">Healthy Brain Sleep Worksheet</a>
		<a href="#">The Teen Brain: Under Construction</a>
Skills – Decision Making Peer Pressure Refusal Skills Managing stress	Grade 7&8	<a href="#">Higher Risk/Lower Risk Cards - Substances</a>
	Gr. 8 only	<a href="#">Driving Timeline</a>
	Grade 6&7	<a href="#">Decision Making the Bag Game</a>
	Grade 6	<a href="#">Peer Pressure Role Play Teachers Guide</a> <a href="#">Role Play Scene 1 and 2</a>
	Grade 7&8	<a href="#">Refusal Skill Activity</a>
	Gr. 8 only	<a href="#">Stressed out? Learn how the body responds to stress and healthy ways to cope</a>
		<a href="#">5 finger breathing</a>
Other		<a href="#">Letter Scramble</a>
		<a href="#">Icebreaker Connections</a>
		<a href="#">Brain Teaser with Answer Key</a>
		<a href="#">Head, Heart, Hand and Home Exercise</a> <a href="#">Asset Inventory Classroom Tool</a> <a href="#">Developmental Assets</a>

Topic	Grade(s)	Activity
		Host a "Relieve the Stress Fest!" <ul style="list-style-type: none"> <li>• Contact principal to arrange this</li> <li>• Host stress-relieving activities (meditation, yoga, sports, dance)</li> <li>• Advertise + have photographs of events</li> <li>• Have relaxing music</li> <li>• Get volunteers</li> </ul>
<b>Fact Sheets for teachers</b>		<a href="#">Electronic Cigarettes</a> <a href="#">E-Cigarette Use Among Youth and Young Adults</a> <a href="#">Drug Facts: Tobacco</a> <a href="#">Smokeless Tobacco</a> <a href="#">Zyn</a> <a href="#">Drug facts: Marijuana/Cannabis</a> <a href="#">Marijuana's effect on the brain</a> <a href="#">Edible Marijuana - Picture Examples</a> <a href="#">Alcohol and the developing brain</a> <a href="#">How nicotine affects the teen brain</a> <a href="#">Tips for Teens: Steroids</a>

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For more information about activities or fact sheets listed in this table, please contact:

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