

## Worksheet

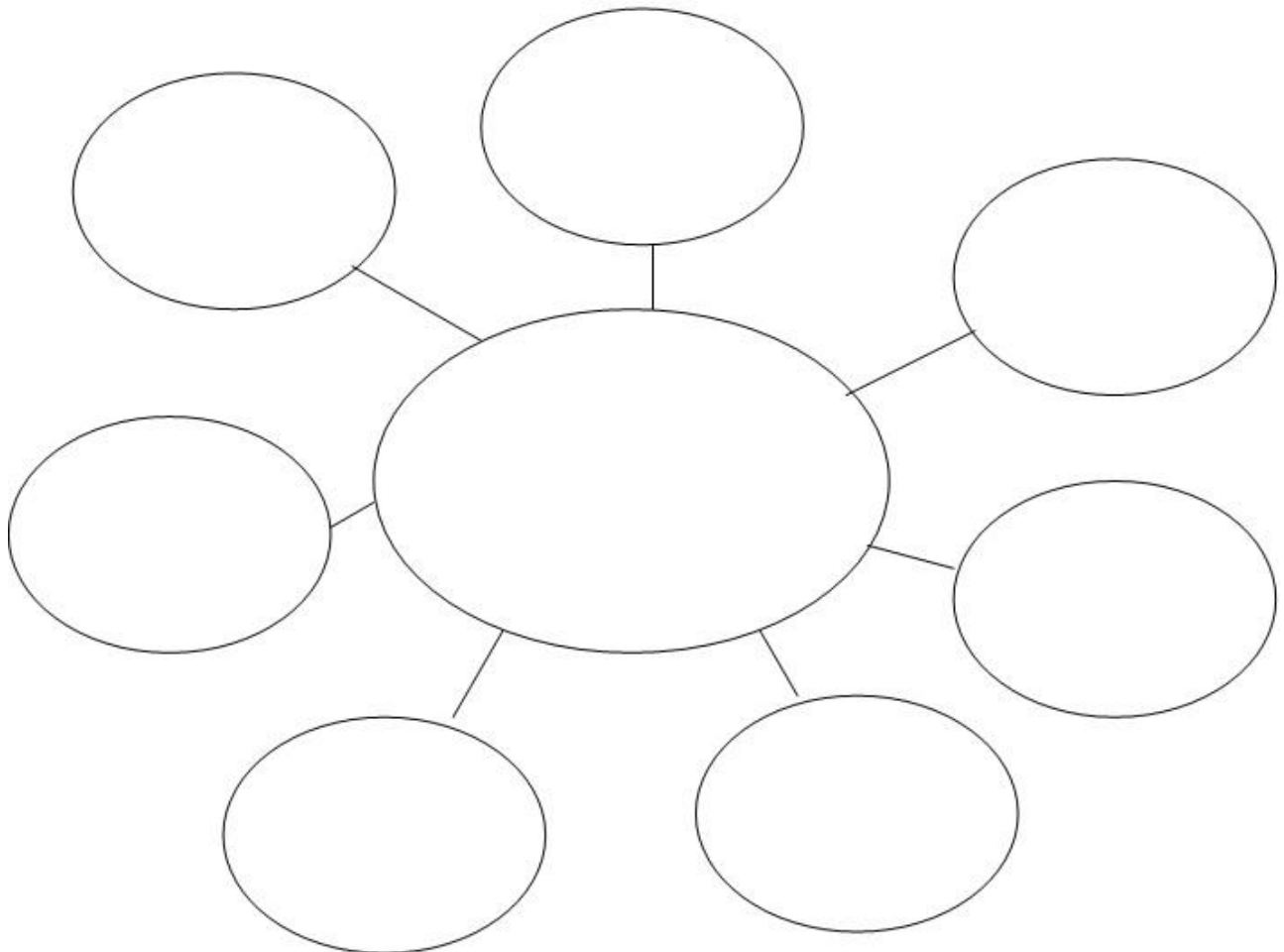
### Activity 3

#### Pre- reading task – Group work (in five) - SS interaction

Think and write at the mind map diagram handout which steps or tips you think teenagers should follow to avoid peer pressure about taking drugs. Give feedback to each other.

### Mind Map tips to avoid pressure about taking drugs

Write which steps or tips teenagers should follow to avoid peer pressure about taking drugs.



#### Activity 4.

##### Reading Task - Reading for gist Individual work

Now read the article below and see if any of your ideas in the previous activity are

mentioned **Teens: Take a Stand on Drugs**

<http://www.webmd.com/parenting/teen-abuse-cough-medicine-9/teens-take-stand-drugs>

Despite widespread assumptions, studies show that most teens don't use drugs. But that doesn't mean you won't face pressures to take drugs. Here are some tips on how to resist them:

1. **Rehearse what you'll say if you're offered drugs.** Don't get caught by surprise when someone asks if you want to get high. Decide how you want to respond now. Keep in mind that saying "no" doesn't need to be a big deal. You don't have to give your reasons. A simple "no, thanks" will probably work.
2. **Think ahead and avoid trouble.** If you know that drugs and alcohol will be used at a classmate's party, it's best not to go. If someone you know asks for a ride to a sketchy part of town but won't say why, he may be planning to buy drugs. If you can anticipate situations where you know you'll be exposed to drugs and alcohol, you can learn to avoid them before you get drawn in.
3. **Choose your close friends wisely.** Sometimes, people you know will pressure you to use drugs and alcohol. Some may be unhappy and want company. But you may have a better future in mind for yourself. Be prepared to distance yourself from friends who use drugs and want to drag you down their path. If you have a friend who won't respect the decision you've made, he's not a friend.
4. **Don't be a supplier.** Even if you're not using drugs and alcohol yourself, people you know might push you to get substances for them – maybe by sneaking cough medicine from home or shoplifting it. Don't let that happen.
5. **Find better ways to deal with stress and have fun.** Sometimes, you may feel like an outsider if you don't use drugs. That's okay (after all, you're in the majority). So, figure out ways to meet more of the people who are enjoying themselves without using drugs. Get involved with music, try out for the school play, take up a sport, join a school club, or volunteer in your community.
6. **Get involved.** Taking a stand against drugs and alcohol is often just a personal decision, and you can keep it that way. But if you feel a lot of passion about the issue, go public. Look into local anti-drug community coalitions – you can find information about them from CADCA ([www.cadca.org](http://www.cadca.org), 800-54-CADCA.) Community coalitions are groups of students, teachers, parents, and local leaders who are working to keep their communities drug-free. They're a great way to socialize with people who share your beliefs. You can meet friends, plan drug-free parties and activities, and learn ways to help out kids who have questions about drug use.

### Activity 5 Pair work

Read the text again and match the following words with their definitions with your partner.

- |                   |                               |
|-------------------|-------------------------------|
| 1. anticipate     | a. practice in performing     |
| 2. socialize with | b. get involved               |
| 3. rehearse       | c. interact with others       |
| 4. substances     | d. expect                     |
| 5. sketchy        | e. acid, cocaine, crack       |
| 6. get drawn      | f. incomplete                 |
| 7. figure out     | g. alliance                   |
| 8. sneaking       | h. solve, understand          |
| 9. resist         | i. take something secretly    |
| 10. coalition     | j. to fight against something |