

MUSIC *city* COUNSELOR

THANK YOU FOR YOUR PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my **website** and **membership**!

♥ **WEBSITE:** www.musiccitycounselor.com

♥ **MEMBERSHIP:** www.counselorcollab.com

ASCA MINDSETS & BEHAVIORS:

Category 1: Mindset Standards

- M 1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being

Category 2: Behavior Standards

- B-LS 1: Critical thinking skills to make informed decisions
- B-SMS 1: Responsibility for self and actions
- B-SMS 2: Demonstrate self-discipline and self-control
- B-SMS 9: Personal safety skills
- B-SS 5: Ethical decision-making and social responsibility
- B-SS 8: Advocacy skills for self and others and ability to assert self, when necessary
- B-SS 9: Demonstrate social maturity and behaviors appropriate to the situation and environment

DIRECTIONS PAGE I:

This lesson will take approximately 45 minutes to teach.

Recommended Sequence:

1. Give each student a **fact sheet** about a drug/substance. There are a total of 5 options. You may let students choose which one they most want to learn about, or you can choose for them. Ask students to read the fact sheet.
2. Give each student the **comic strip** that matches the drug/substance they read the fact sheet about. Ask students to read it.
3. **2 options (or both!):**
 1. Ask students to fill out the fact sheet about their assigned drug/substance. Then, share it with the class.
 2. Ask students to create their own comic strip about their assigned drug/substance. Then, share it with the class.

Drugs/Substances Covered:

This resource includes fact sheets and comic strips about the following drugs/substances:

1. Vaping
2. Alcohol
3. Cigarettes
4. Prescription pills
5. Marijuana

Fact Sheets:

A full color and black/line fact sheet is included for each of the 5 drugs/substances. They cover the definition, its impact on the brain, its impact on the body, and why we say, "no."

DIRECTIONS PAGE 2:

Comic Strips:

A full color and black/line comic strip is included for each of the 5 drugs/substances. They include a realistic dialog in which a kid/teen is offered to try the drug/substance and how/why they say, "no."

Blank Fact Sheets:

A blank fact sheet for each of the 5 drugs/substances is included. These are great for letting students take their own notes as they learn about each drug/substance.

Blank Comic Strips:

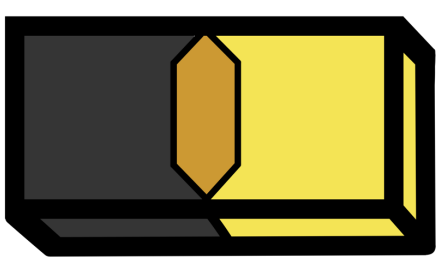
3 options for blank comic strips are included. One is totally blank and 2 have speech bubbles included. You may let students choose which one works best for them, or decide yourself which one to use. Students can draw in their own scenes, characters, and dialog to create a comic strip about saying "no" to their assigned drug/substance.

Questions, comments, or suggestions? Please contact me any time at laura@musiccitycounselor.com. I'm here to help! 😊

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COLOR COMICS

4 FACT SHEETS



VAPING

FACT SHEET *for* KIDS

? WHAT IS IT?

- Vaping is when someone breathes in a vapor, or mist, made by an electronic cigarette
- The device heats up a liquid, called vape juice or e-liquid, and turns it into a cloud that people inhale
- Even though it smells fruity or looks harmless, it contains nicotine, metals, and chemicals



IMPACT ON THE BRAIN

- Most contain nicotine, the same addictive chemical in cigarettes
- Impacts attention, memory, learning, decision-making skills, and focus
- Causes mood swings and anxiety
- Can be highly addictive

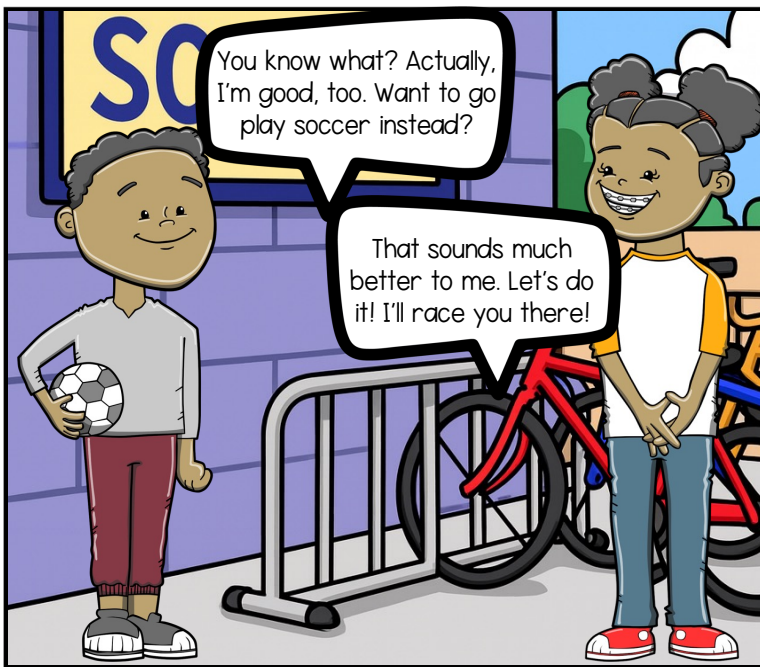
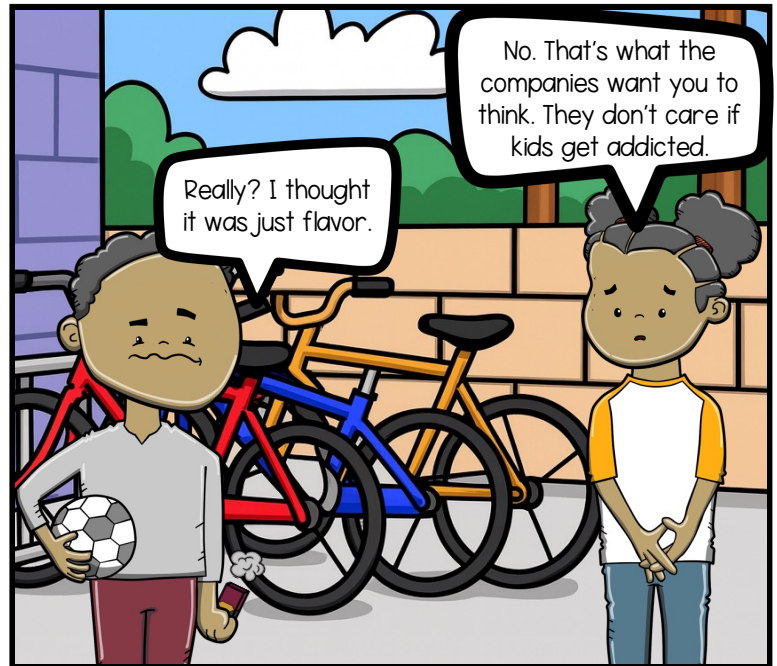
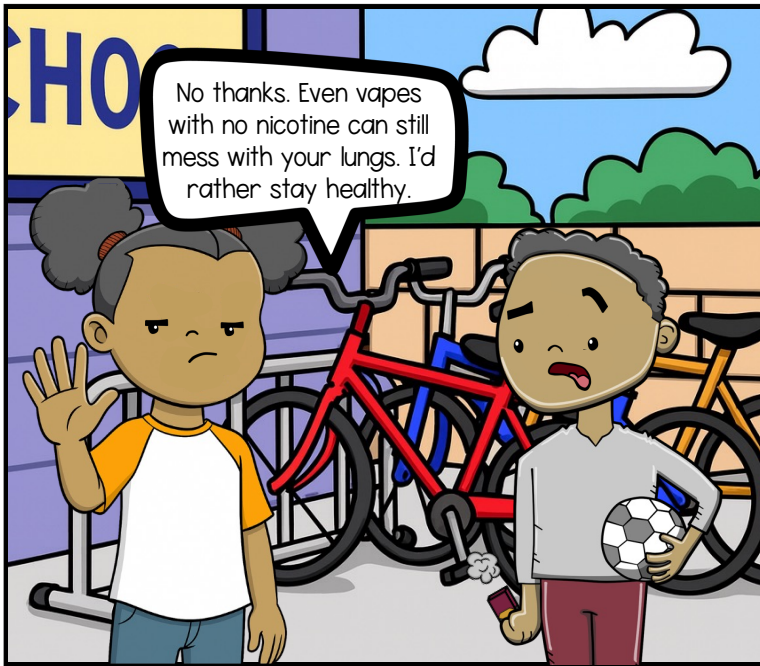
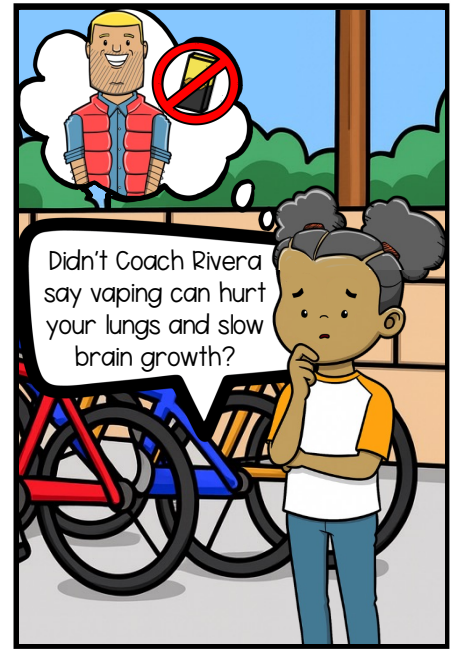


IMPACT ON THE BODY

- Damages your lungs and causes "vape lung," coughing, sore throat
- Weakens your heart
- Causes dry, dull skin
- Causes bad breath and yellow teeth
- Makes you feel tired, nauseous, dizzy

🚫 WHY TO SAY, "NO"

Vaping may smell good or seem less dangerous than cigarettes, but it can seriously damage your health. Most vapes contain nicotine and are just as addictive as cigarettes. Vaping damages your lungs, heart, and brain. It changes your mood and impacts your learning.





ALCOHOL

FACT SHEET *for* KIDS

? WHAT IS IT?

- Alcohol is a liquid found in drinks like beer, wine, and liquor
- It's considered a drug because of the way it affects your brain, body, and behavior
- It's illegal and unsafe for kids because their brains and bodies are still developing
- Some adults drink, but it's important for kids and teens to say "no" until they're 21



IMPACT ON THE BRAIN

- Slows brain signals that affect how you think, move, and act
- Causes temporary and long-term damage with decision-making, judgment, and memory
- Alters emotions, impacts mood



IMPACT ON THE BODY

- Makes your heart beat too fast or too slow
- Damages your liver, other organs
- Slows your reflexes, coordination, and balance
- Causes nausea, dizziness, vomiting

🚫 WHY TO SAY, "NO"

Alcohol is harmful to kids and teens because your bodies and brains are still growing. It alters your judgment, balance, and decision-making abilities, which can lead to injuries, accidents, health problems, trouble learning, and more. There are safer ways to have fun!





CIGARETTES

FACT SHEET *for* KIDS

? WHAT IS IT?

- Cigarettes are small sticks made of dried tobacco leaves that people light and smoke
- They contain nicotine, a drug that makes people feel relaxed at first, but is super addictive
- Cigarettes contain over 7,000 dangerous chemicals, poisons, and tar that harm the body and brain



IMPACT ON THE BRAIN

- Nicotine tricks your brain: it makes you feel calm for a short time, but then causes addiction
- Damages attention, memory, learning, decision-making skills, focus
- Causes mood swings and anxiety

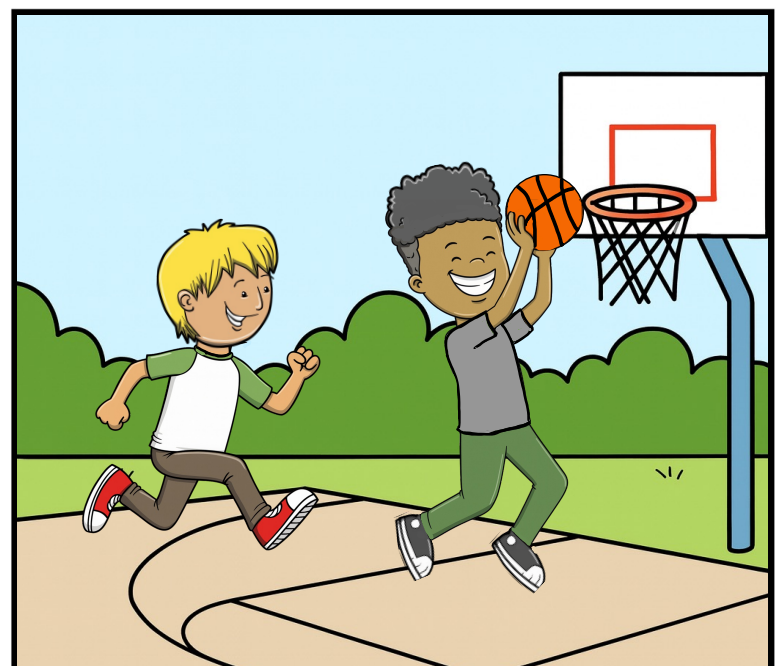
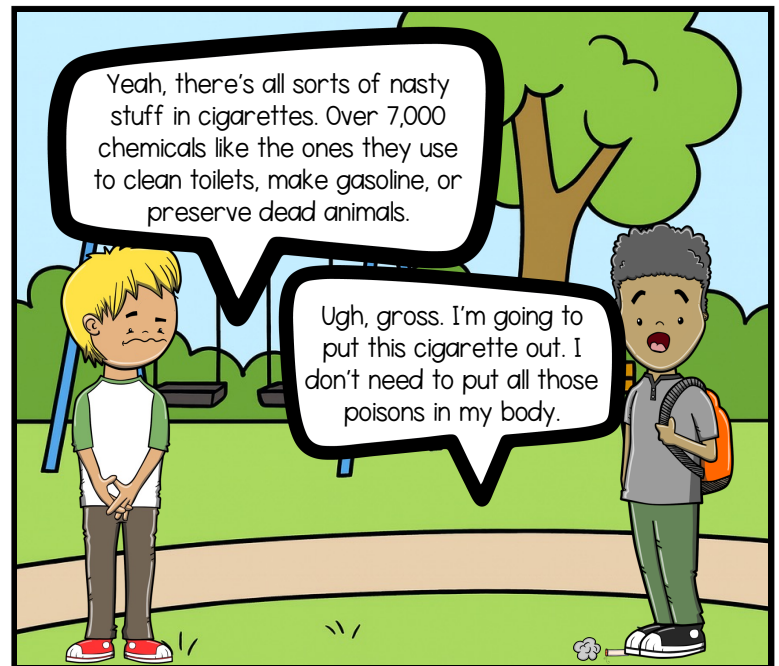
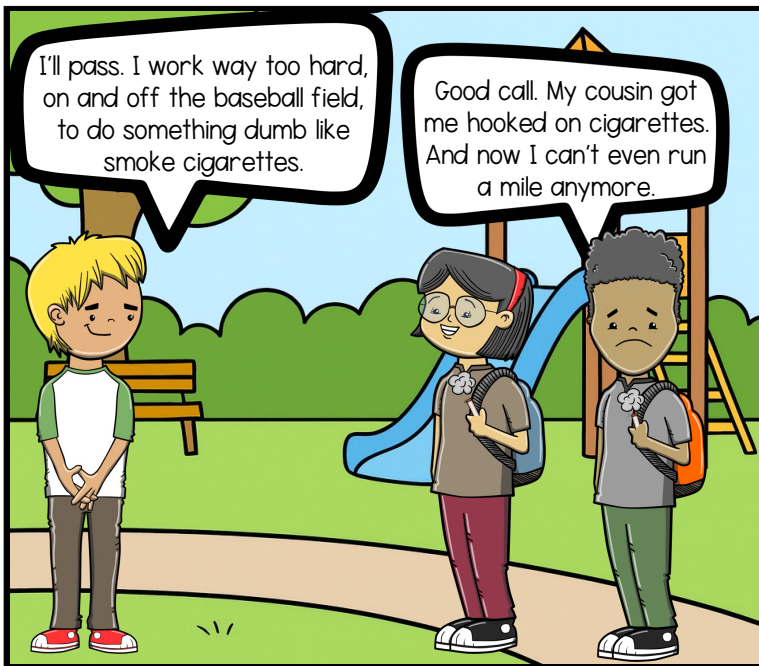
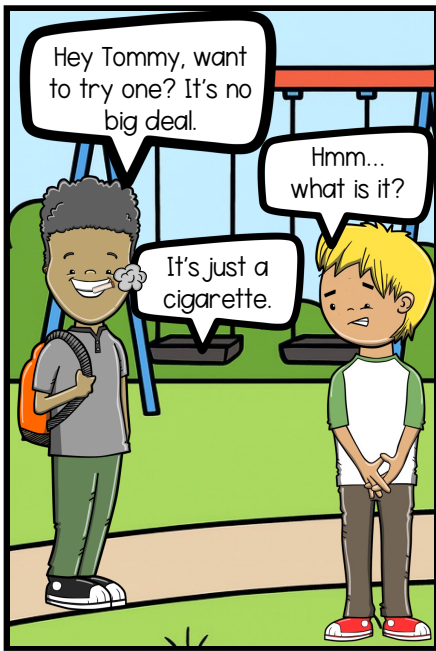


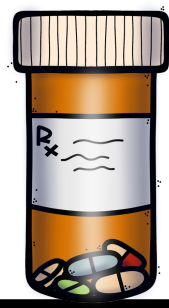
IMPACT ON THE BODY

- Damages your lungs and causes coughing, wheezing, bronchitis, and lung cancer
- Weakens your heart, bones, muscles, skin, and immune system
- Causes bad breath and yellow teeth

🚫 WHY TO SAY, "NO"

Cigarettes are very harmful for your body and brain. They damage your lungs and cause serious diseases like cancer, asthma, and heart problems. Cigarettes are so addictive: they make your body feel like you *need* them and take control of your life. It's so hard to stop!





PRESCRIPTION PILLS

FACT SHEET *for* KIDS

? WHAT IS IT?

- Prescription pills are medicines that doctors give to people who need them for specific health problems
- Pills are meant to be taken *only* by the person whose name is on the bottle and exactly *how/when* the doctor says
- It is illegal and *very dangerous* to take pills that are not yours



IMPACT ON THE BRAIN

- Affect how you feel, think, and focus
- Slow and alter your thinking, making it hard to concentrate, learn, make decisions, and stay alert
- Cause mood swings, anxiety, sadness, and anger

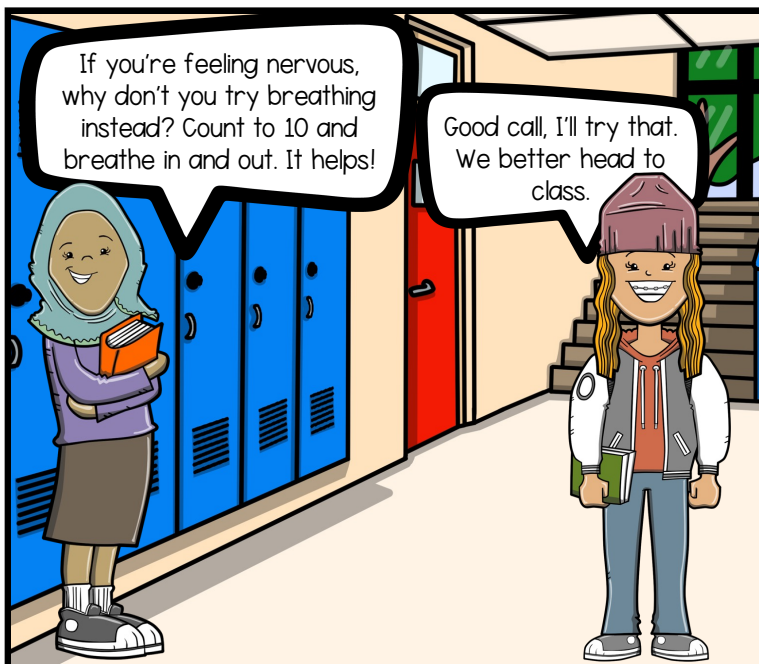
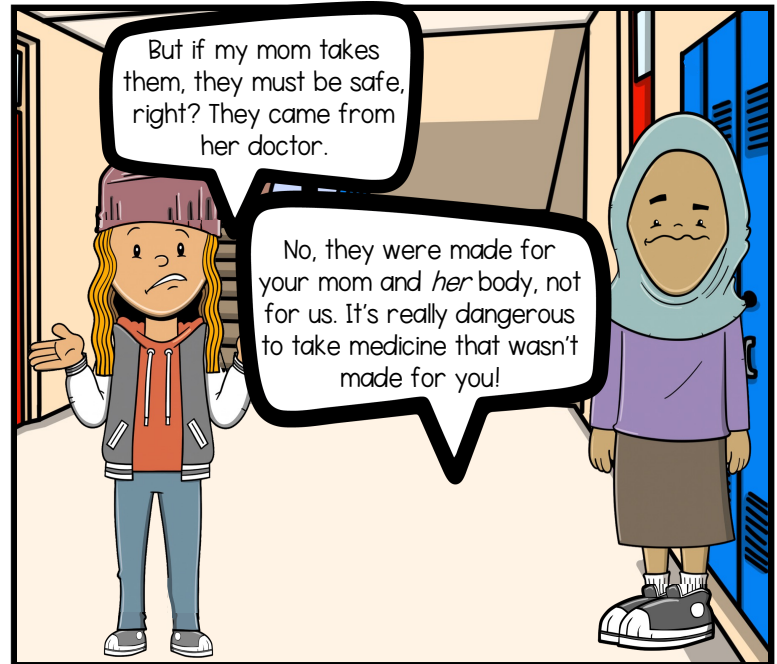
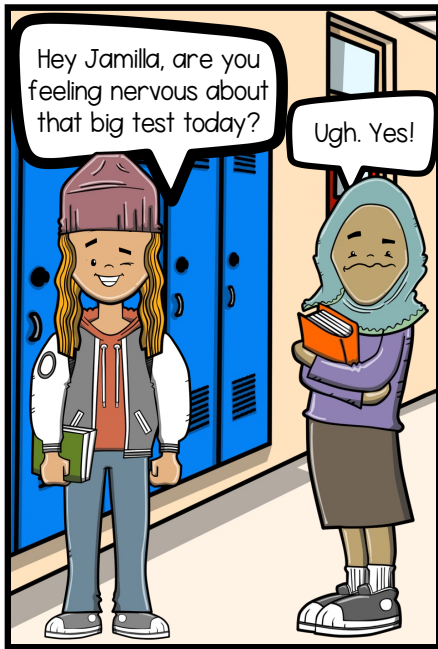


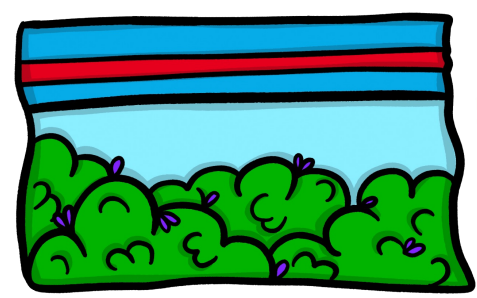
IMPACT ON THE BODY

- Damage your heart, lungs, kidneys, liver, and stomach
- Cause nausea, vomiting, pain
- Highly addictive, very hard to stop
- Impact sleep and appetite
- Can even result in death

🚫 WHY TO SAY, "NO"

Prescription pills can permanently damage your body and brain. They can cause you to feel sick, develop an addiction, or get in legal trouble. Taking pills that were not prescribed for you, or taking too many, can really hurt your future...and even cost you your life!





MARIJUANA

FACT SHEET *for* KIDS

? WHAT IS IT?

- Marijuana is a drug that comes from a plant called cannabis
- People can smoke it, eat it, or breathe it in
- People use it to try to feel relaxed or "high"
- Marijuana is illegal in every state in the United States for anyone under the age of 21
- It is illegal in many states for people of all ages



IMPACT ON THE BRAIN

- Makes it harder for you to concentrate, remember things, and learn new information
- Causes mood swings, anxiety, paranoia, or panic
- Affects your judgment and safety



IMPACT ON THE BODY

- Makes you feel tired, lazy, and slow
- Causes coughing, wheezing, lung irritation, and breathing problems
- Makes your heartbeat faster
- Slows coordination and reaction time
- Can be addictive and habit-forming

🚫 WHY TO SAY, "NO"

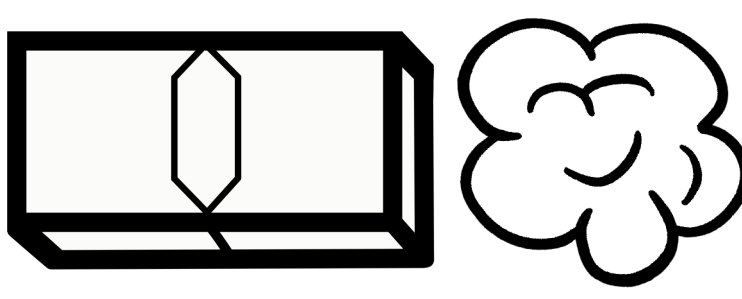
Marijuana can hurt your brain, body, and future. Smoking marijuana can get you into trouble with the law, negatively impact your learning, make it harder for you to reach your goals, and even make it hard for you to breathe. You don't need it to fit in or to relax.



BLACK LINE

COMICS & FACT

SHEETS



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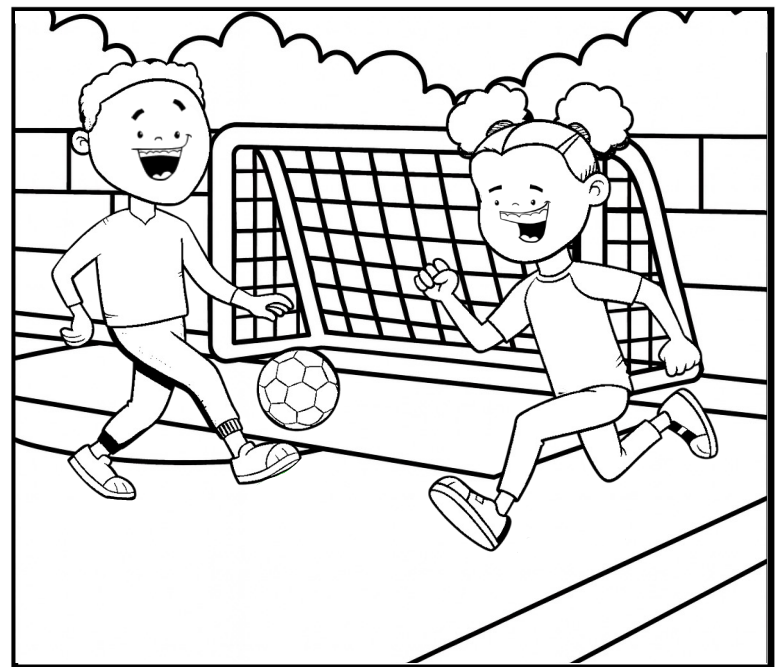
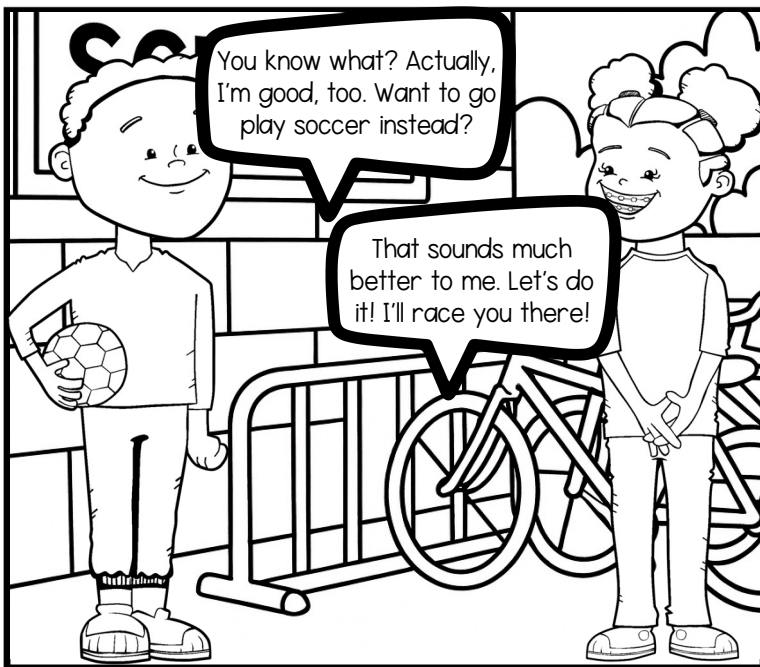
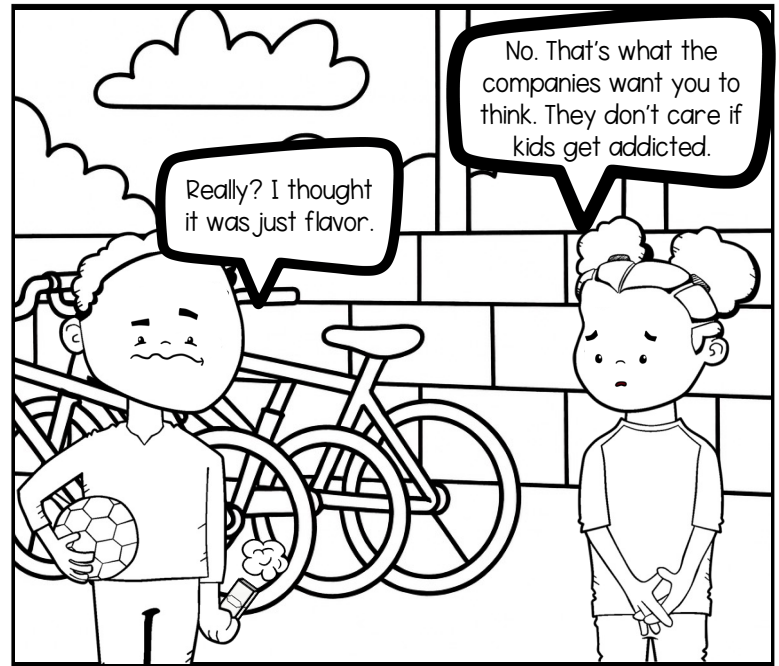
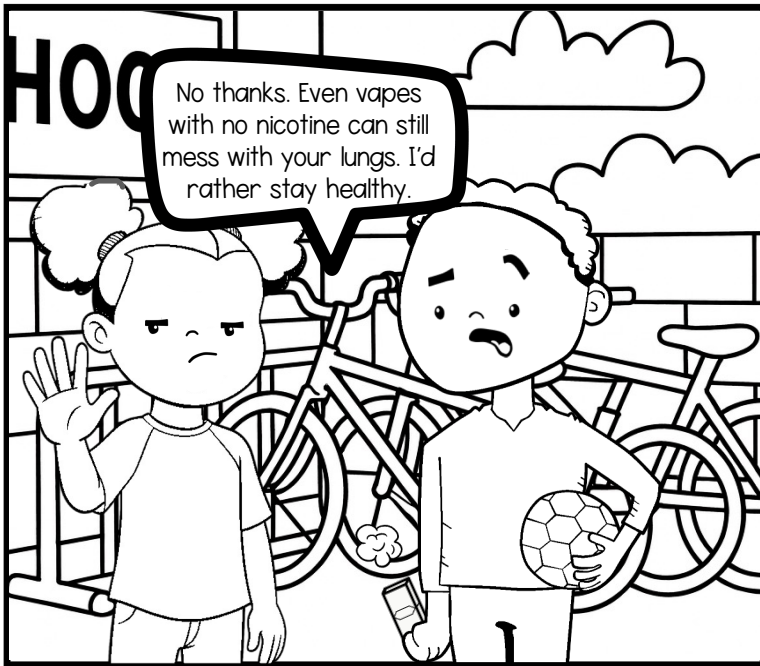
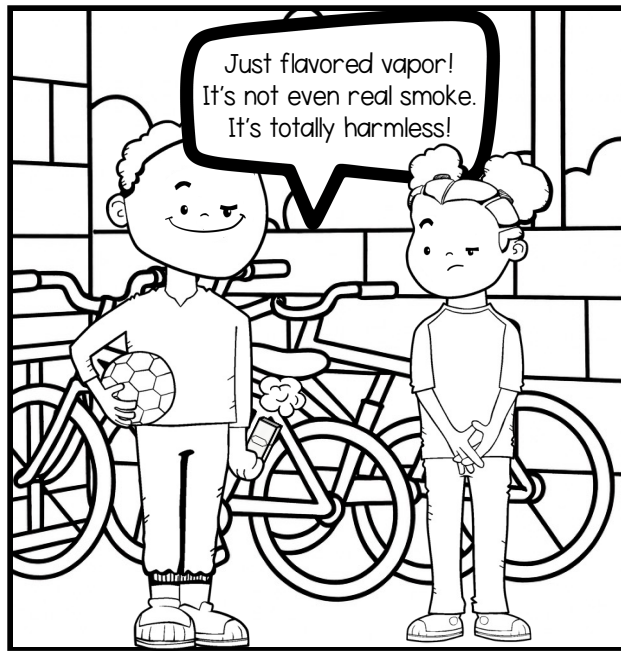


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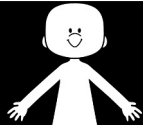
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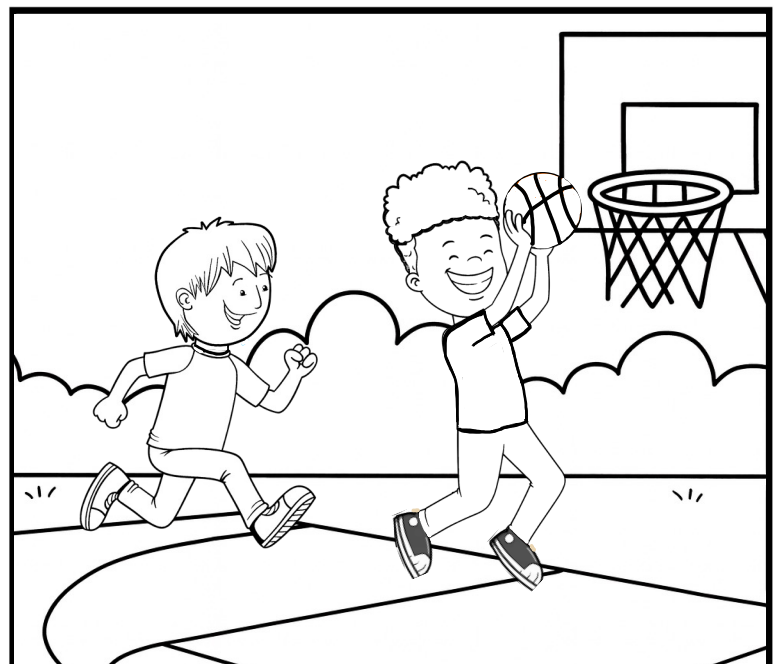
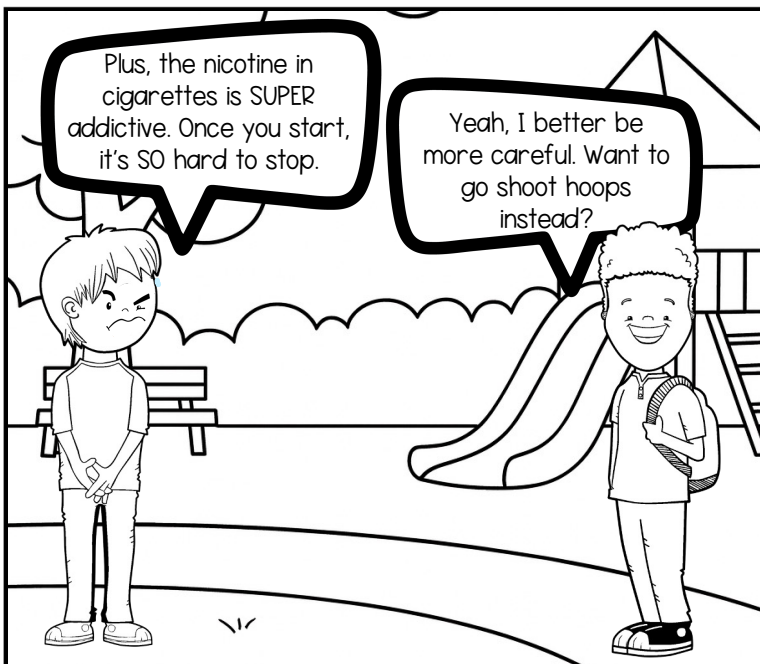
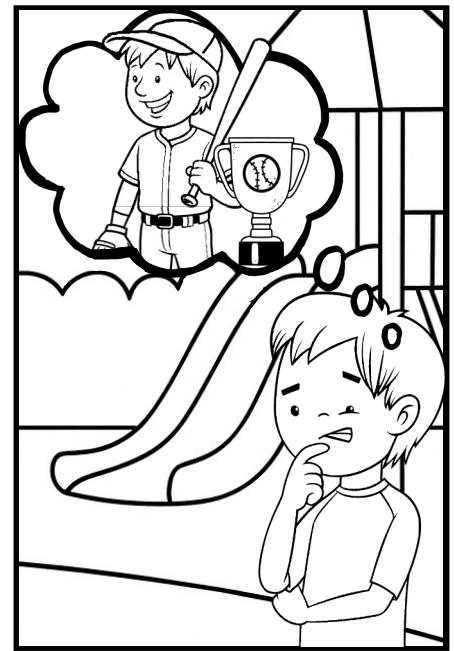


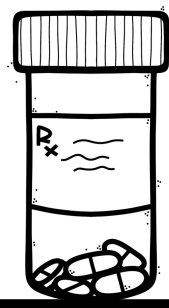
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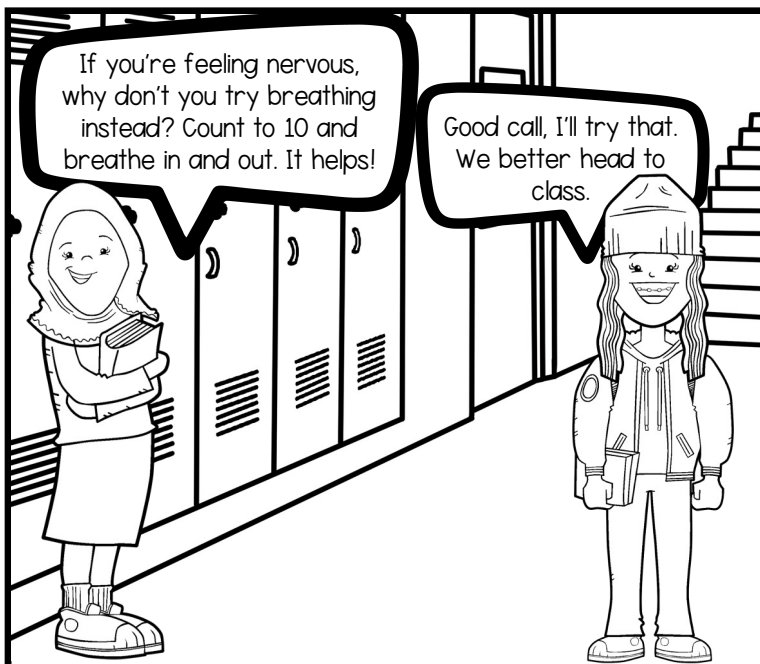
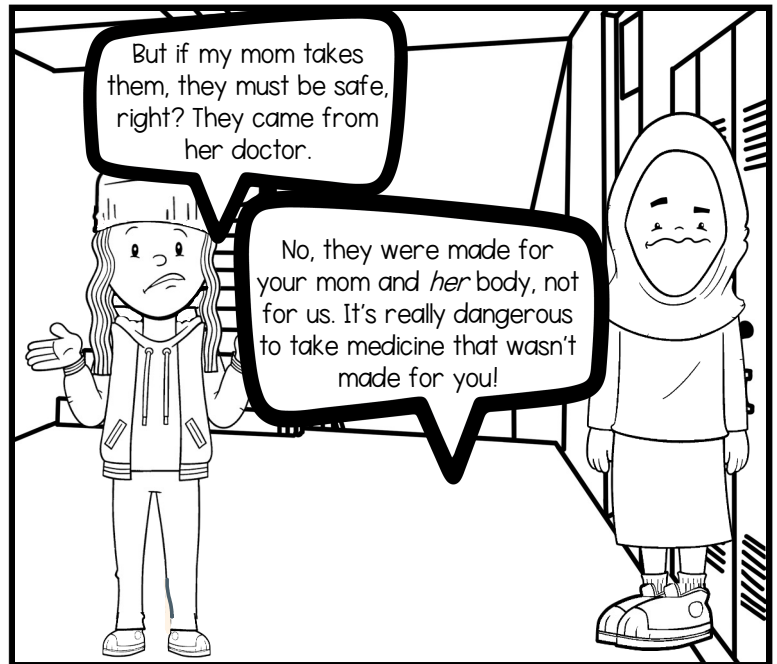
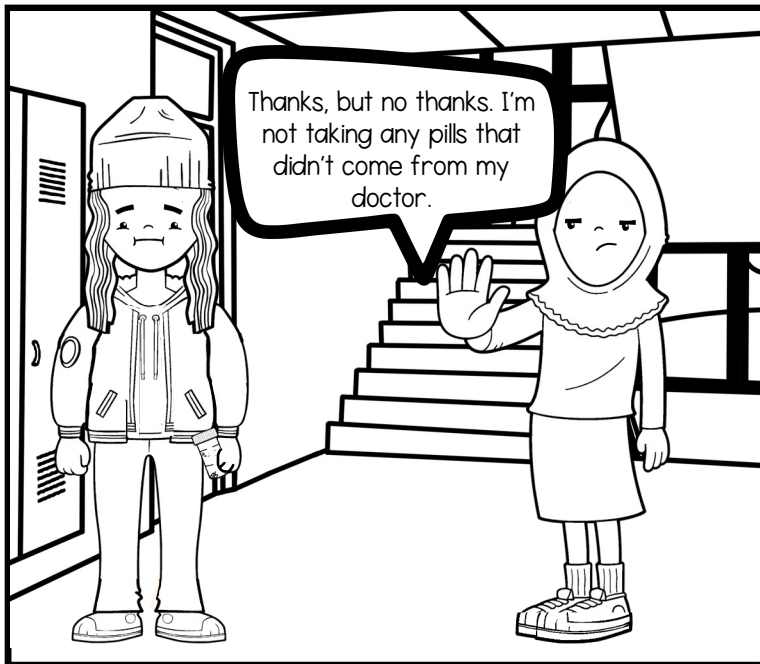
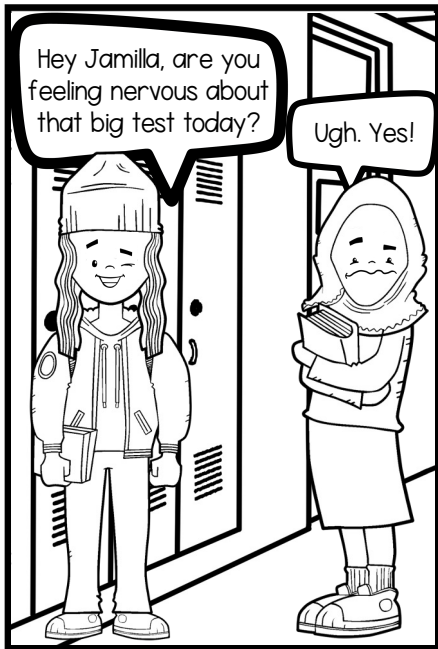


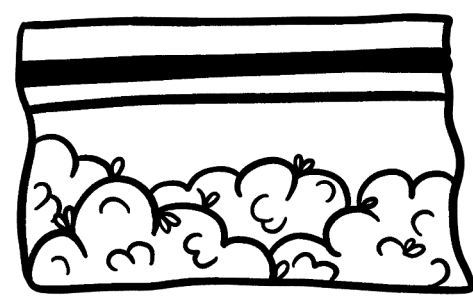
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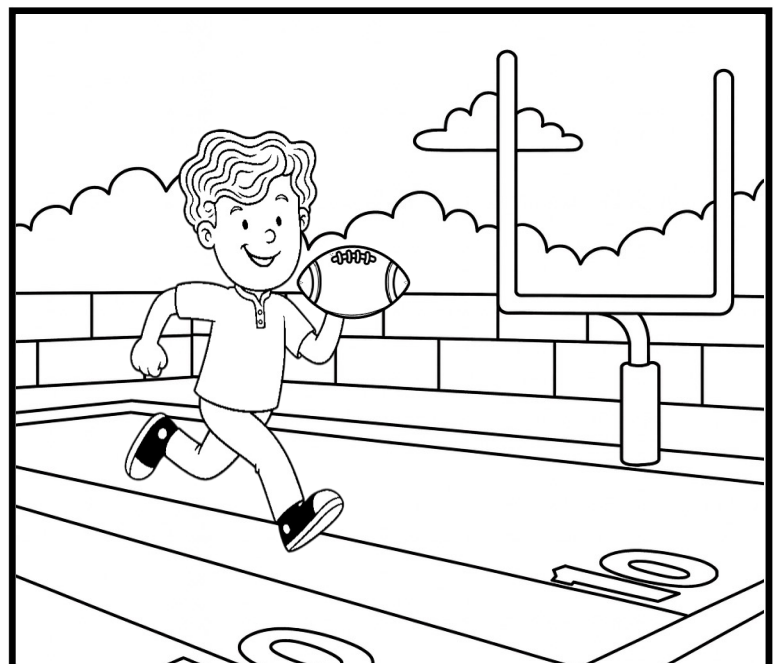
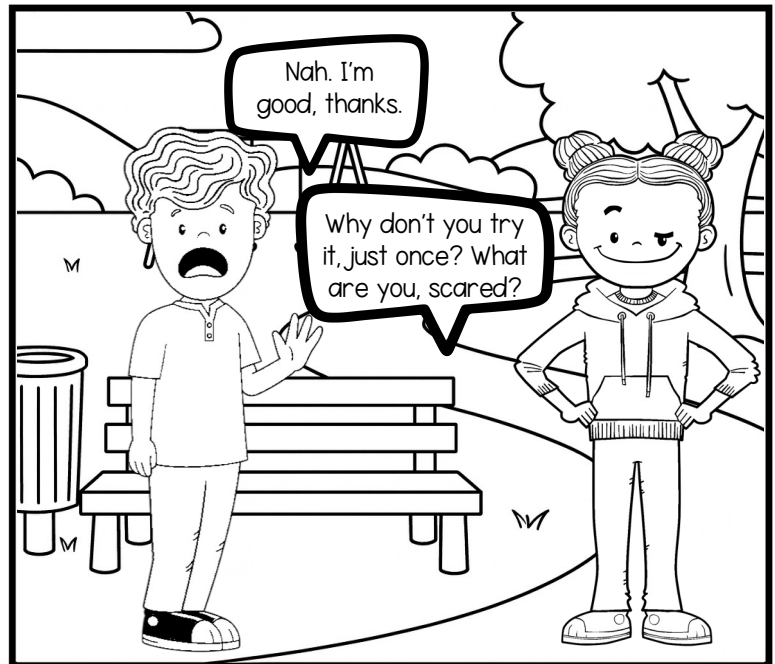


IMPACT ON THE BODY

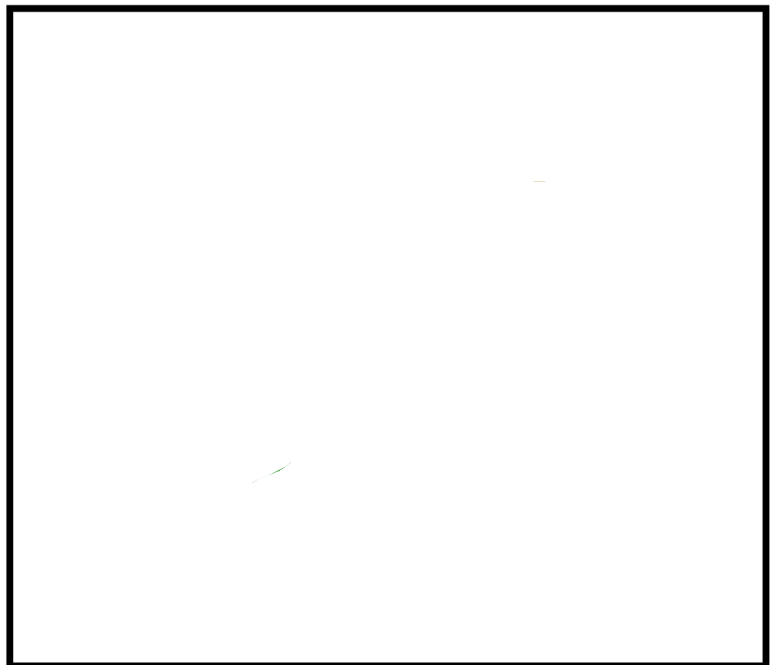
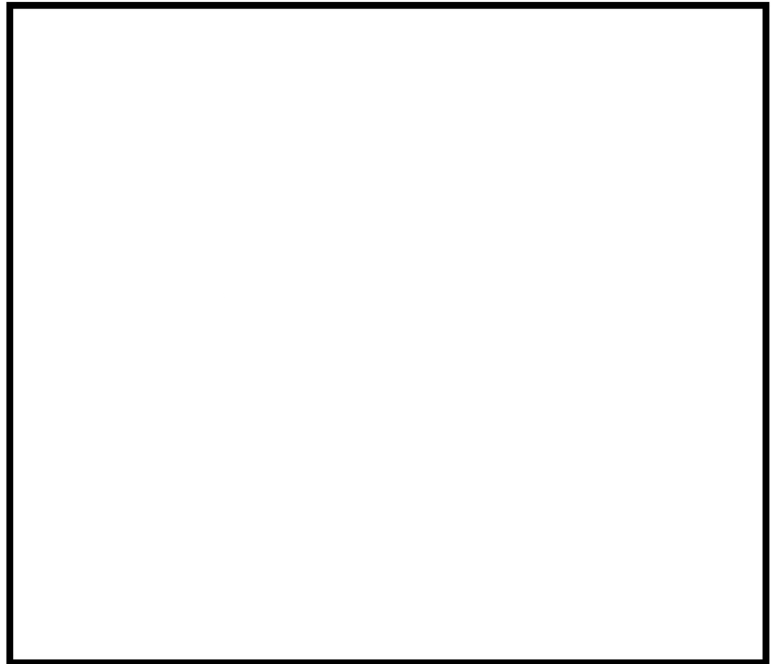
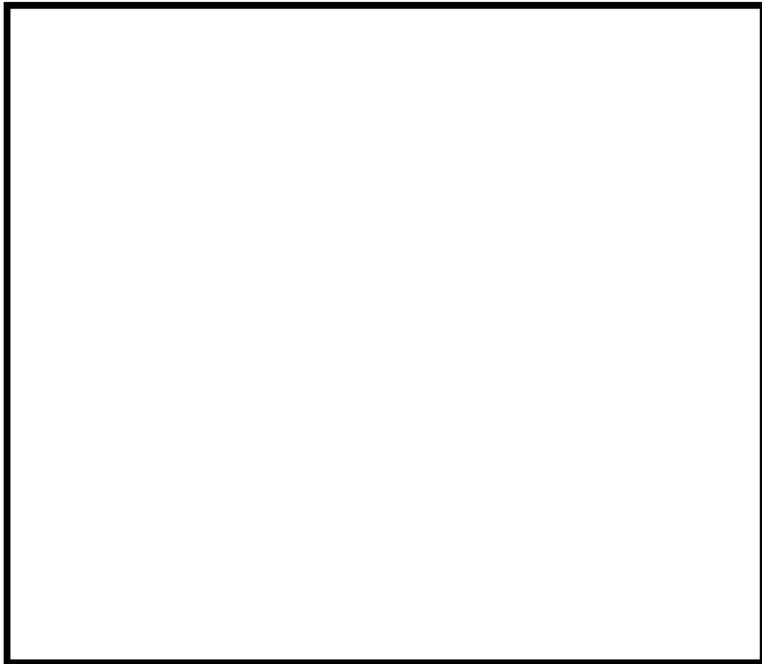
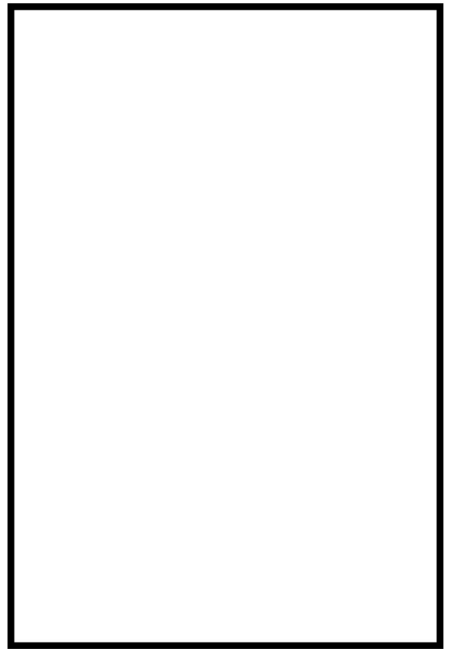
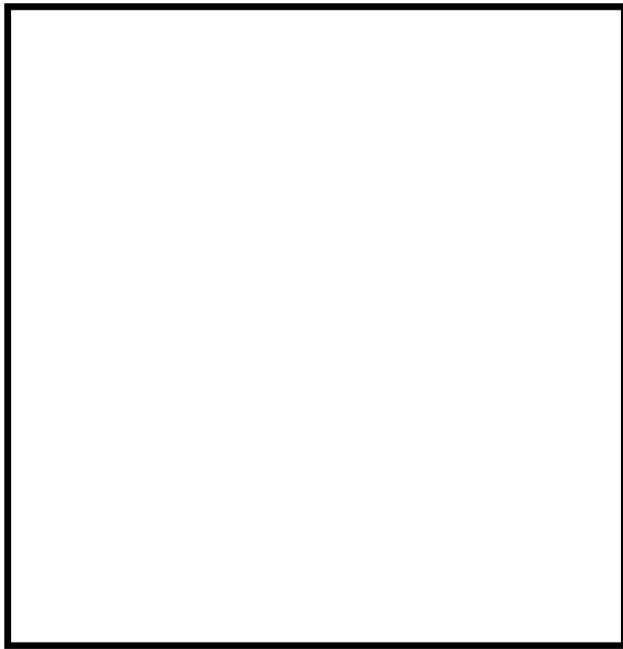
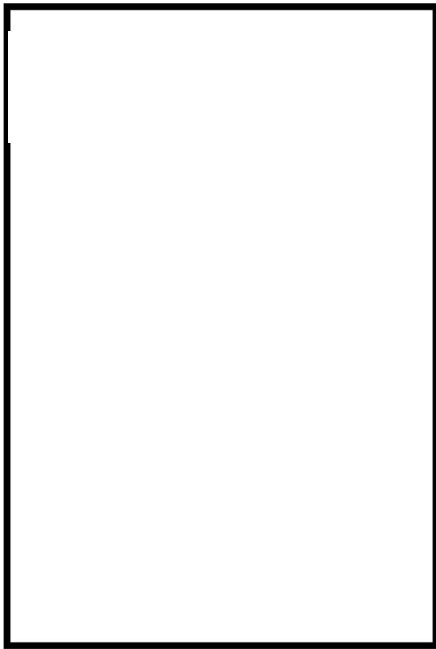
- Makes you feel tired, lazy, and slow
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- Can be addictive and habit-forming

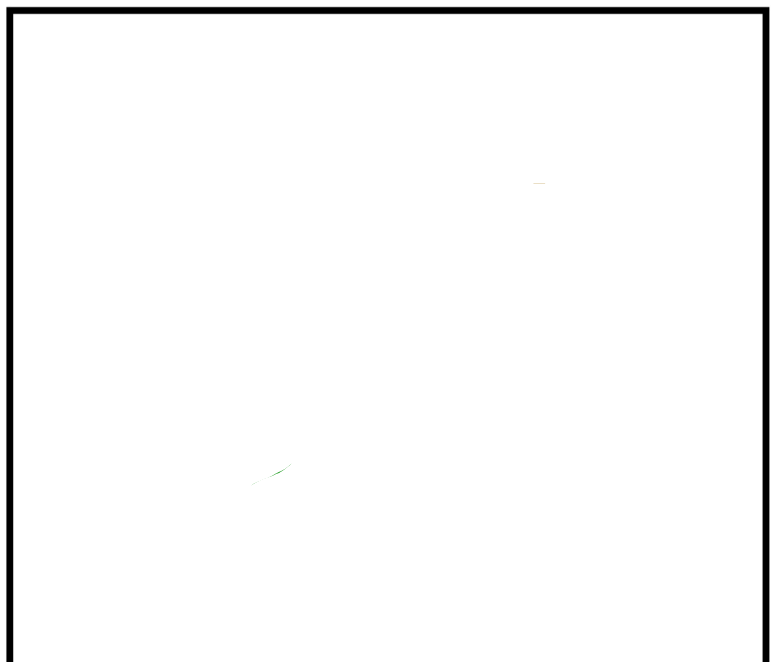
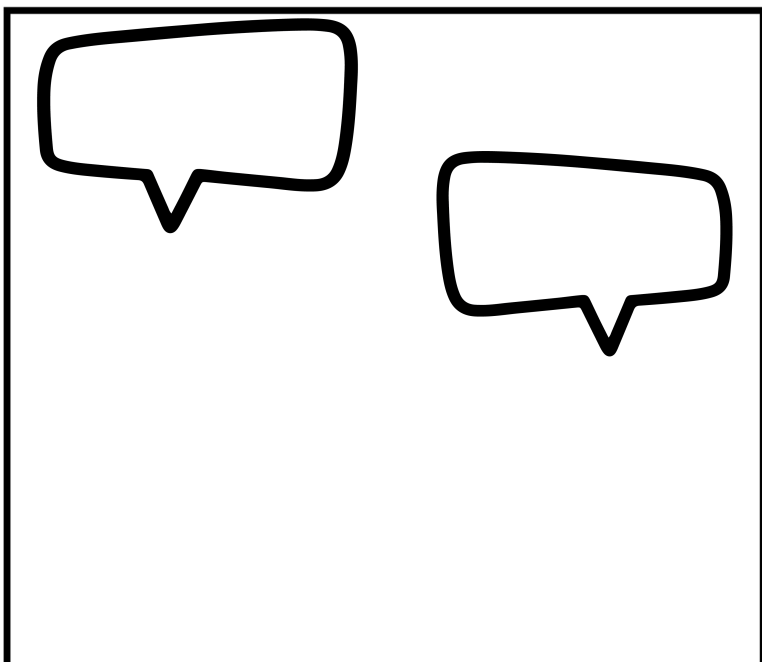
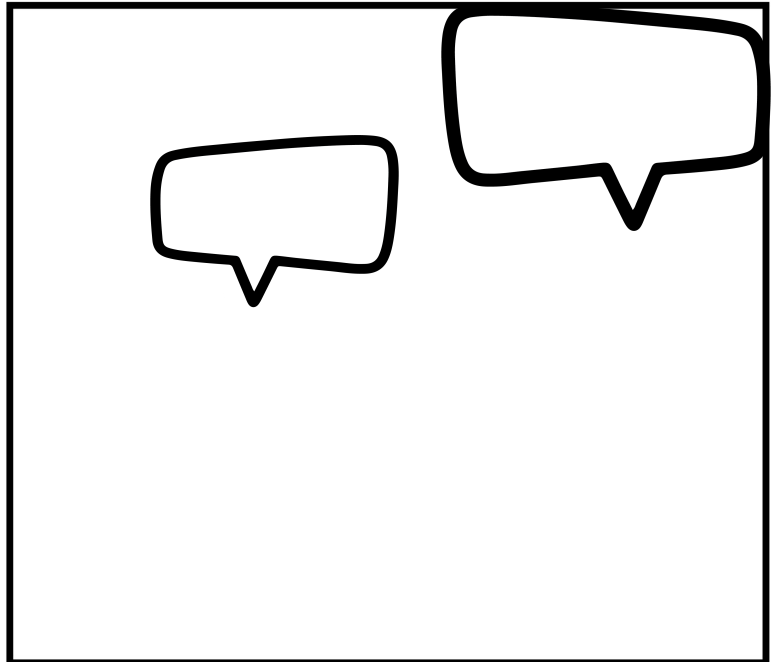
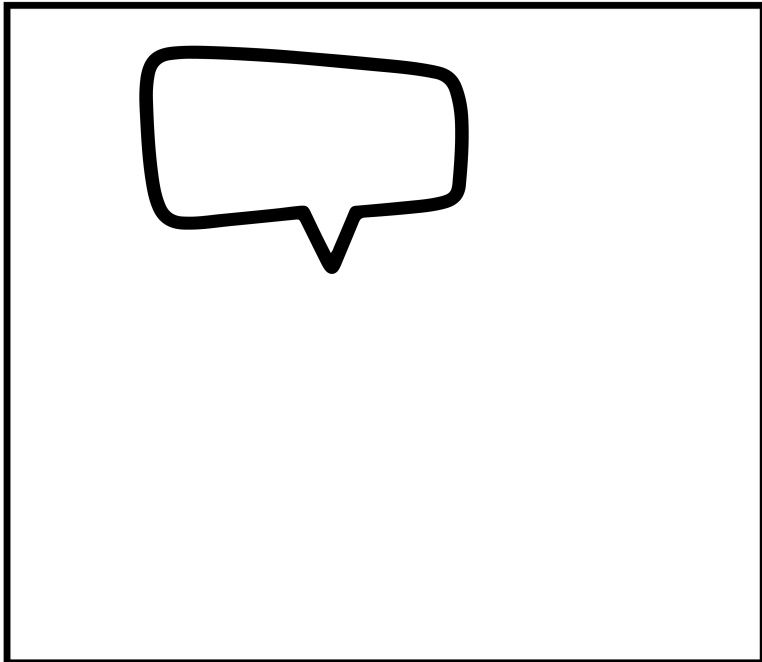
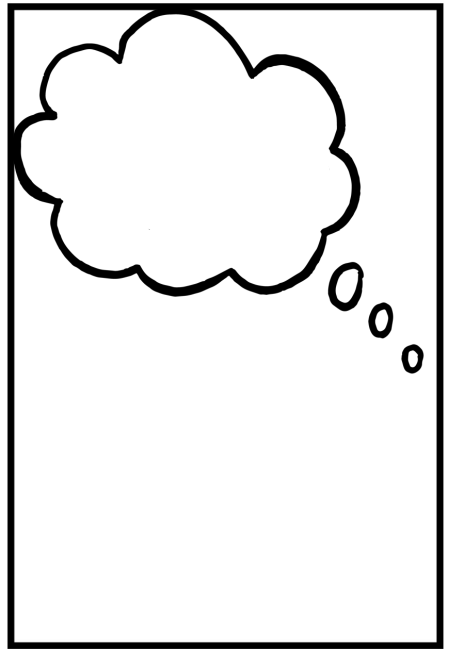
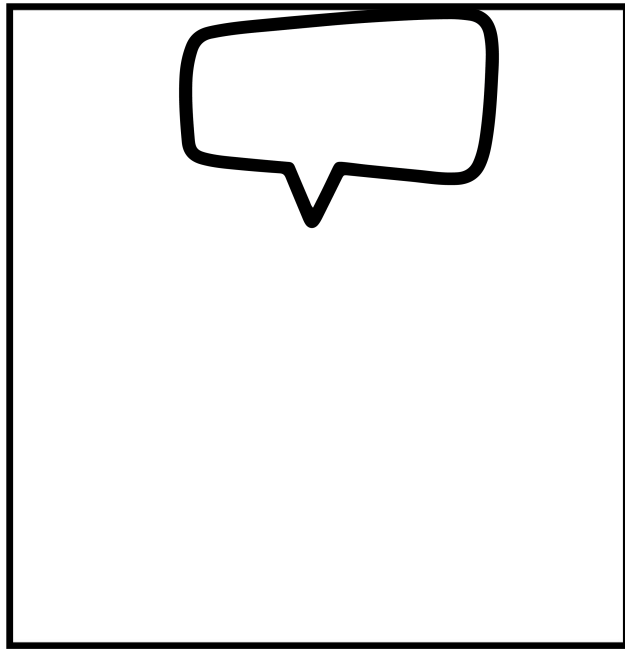
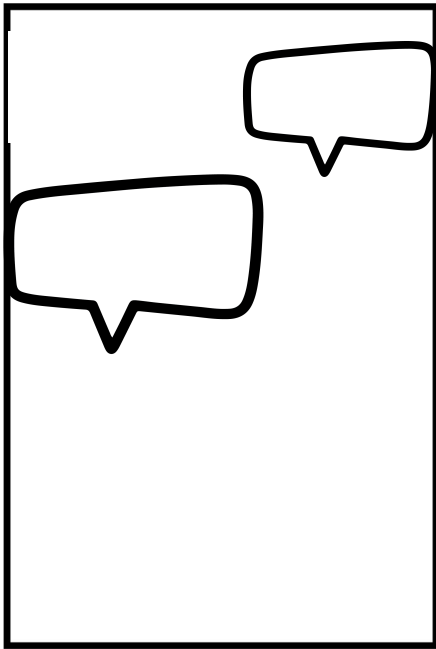
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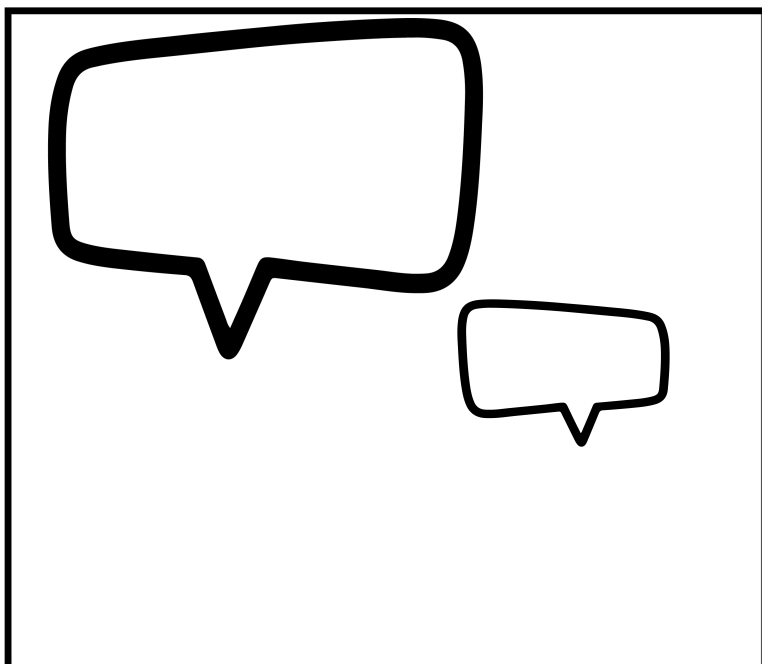
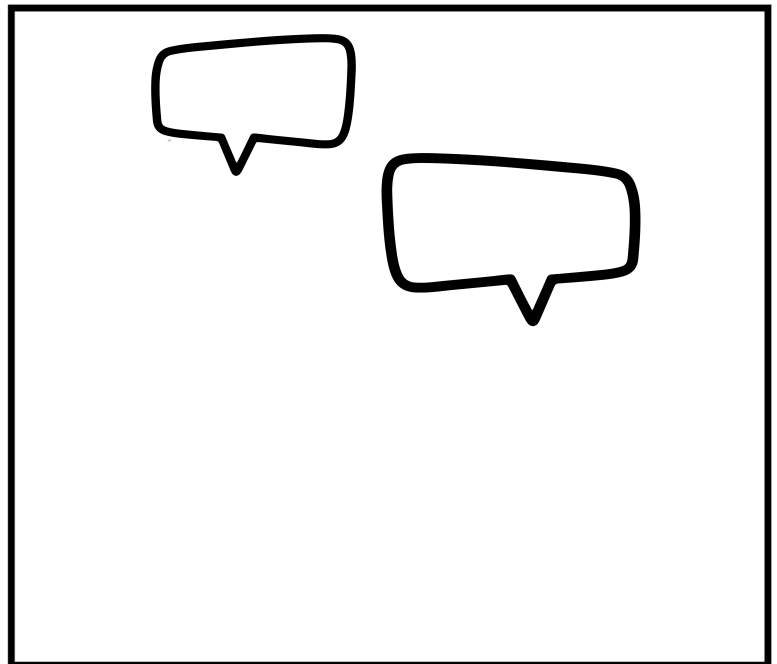
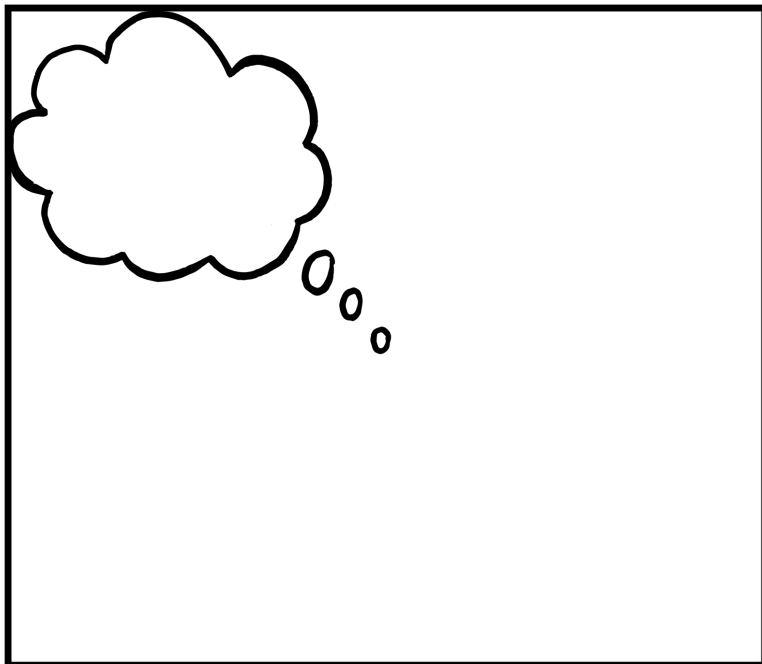
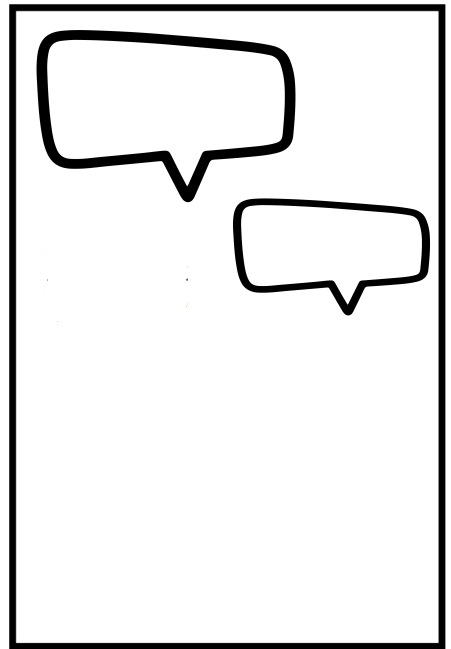
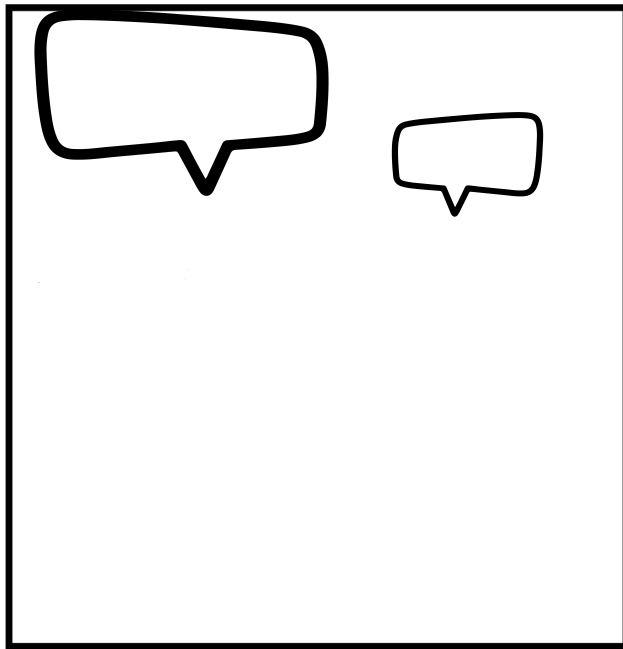
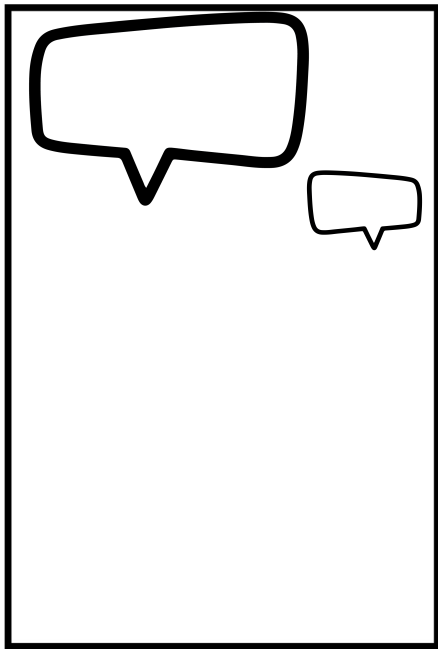
Marijuana can hurt your brain, body, and future. Smoking marijuana can get you into trouble with the law, negatively impact your learning, make it harder for you to reach your goals, and even make it hard for you to breathe. You don't need it to fit in or to relax.



CREATE YOUR
OWN COMICS

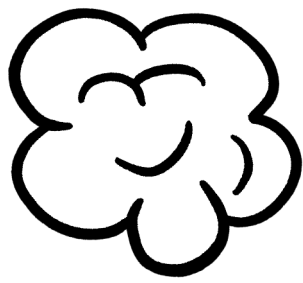
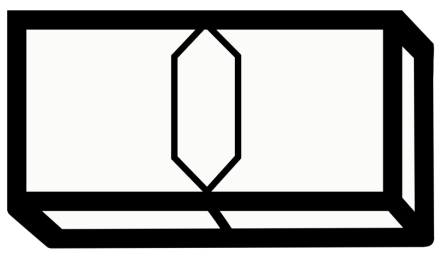






BLANK FACT

SHEETS



VAPING

FACT SHEET *for* KIDS

 WHAT IS IT?

Blank space for writing the answer to 'WHAT IS IT?'



IMPACT ON THE BRAIN

Blank space for writing the answer to 'IMPACT ON THE BRAIN'



IMPACT ON THE BODY

Blank space for writing the answer to 'IMPACT ON THE BODY'

 WHY TO SAY, "NO"

Blank space for writing the answer to 'WHY TO SAY, "NO"'



ALCOHOL

FACT SHEET *for* KIDS

 WHAT IS IT?

Blank space for writing the definition of alcohol.



IMPACT ON THE BRAIN

Blank space for writing about the impact of alcohol on the brain.

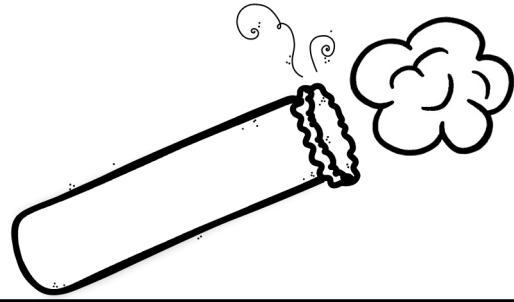


IMPACT ON THE BODY

Blank space for writing about the impact of alcohol on the body.

 WHY TO SAY, "NO"

Blank space for writing reasons why one should say "no" to alcohol.



CIGARETTES

FACT SHEET *for* KIDS

 WHAT IS IT?

Blank space for writing the definition of cigarettes.



IMPACT ON THE BRAIN

Blank space for writing about the impact of cigarettes on the brain.



IMPACT ON THE BODY

Blank space for writing about the impact of cigarettes on the body.

 WHY TO SAY, "NO"

Blank space for writing reasons why one should say "no" to cigarettes.



PRESCRIPTION PILLS

FACT SHEET *for* KIDS

 WHAT IS IT?

 IMPACT ON THE BRAIN

 IMPACT ON THE BODY

 WHY TO SAY, "NO"



MARIJUANA

FACT SHEET *for* KIDS

WHAT IS IT?

Blank space for writing the answer to 'WHAT IS IT?'

IMPACT ON THE BRAIN

Blank space for writing the answer to 'IMPACT ON THE BRAIN'

IMPACT ON THE BODY

Blank space for writing the answer to 'IMPACT ON THE BODY'

WHY TO SAY, "NO"

Blank space for writing the answer to 'WHY TO SAY, "NO"'

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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

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