



Kindergarten-6th Grade
Substance Abuse Prevention Program
Teacher's Guides
Sample Lesson

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Lesson 9

LESSON 9

At the conclusion of this lesson, students will distinguish between legal and illegal drugs.

Materials Needed: Whiteboard
Copy of Activity Sheet D for every student
3 straws or sticks for every student

Activity 1 Help students construct a list of rules they have at home. Some examples are: **no running in the house, put toys away after playing with them, share toys with guests, no throwing balls inside the house.**

Say:

*There are rules about drugs, too. These rules are meant to keep people from being hurt by drugs. There are two kinds of drugs: **legal** and **illegal**.*

Activity 2 Create a T-chart on the board and label the columns:
Legal Drugs and Illegal Drugs.

Legal Drugs	Illegal Drugs

Have the students communicate what they learned about **legal drugs** in the first lesson. The students' responses should include that legal drugs are **medicines** that a doctor prescribes for a sick person to take to get well. These medicines are called **legal drugs** because a doctor is allowed **by law** to decide which medicines a sick person can use. It is important to follow the directions that state the **amount** and **how often** the sick person, whose name is on the medicine, should use the drug.

The **safest** way to use drugs is to **follow the directions**. When the directions are **not followed**, drugs are dangerous because they can cause harm to the body or even kill the person using them.

Emphasize the following information about **illegal drugs**.

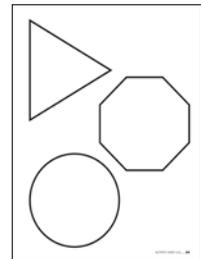
Illegal drugs are those drugs that are bought from a person who is **not authorized** to sell them. Those people are **breaking the law** because it is **illegal** for them to sell drugs. Those drugs are **not** prescribed by a doctor and can do great harm to the body. They can even kill. People who **buy, sell, use, or have in their possession** illegal drugs can be arrested and sent to jail.

Have the students think of drugs that could be listed under **Legal Drugs** and **Illegal Drugs** on the T-chart on the board. Students' suggestions might include:

Legal Drugs	Illegal Drugs
Cigarettes (legal age of buyer varies by state from 18 to 21 years of age)	Alcohol (Illegal if the person buying or drinking it is less than 21 years old)
Beer (alcohol — legal if the person buying or drinking it is at least 21 years old)	Marijuana
Wine (alcohol —legal if the person buying or drinking it is at least 21 years old)	Prescription drugs not prescribed by a doctor for the person taking them
Cough syrup	
Aspirin	
Prescription medicine	
Chewing tobacco (see cigarettes)	

Note: Emphasize that a drug may be **legal**, but it can harm the body if too much is taken at one time. Also, alcohol is **illegal** if the driver of a car has drunk too much of it.

Activity 3 Distribute a copy of Activity Sheet D, “Circle, Triangle, Octagon,” to every student. Tell the students to color the octagon (stop sign) red, the circle green, and the triangle (yield sign) yellow. After they finish coloring, have the students cut out all three and glue each to a straw or a stick.



Activity 4 Say:

*I am going to mention some drugs. If I mention a drug that is **legal**, raise the green circle. (You may want to draw a green circle next to the words “Legal drugs” on the board.) If I mention a drug that is **illegal**, I want you to raise the red stop sign. If I mention a drug that is legal with special rules, or if you’re just not sure, raise the yellow yield triangle.*

Review the signs with the class:

Legal	Green Circle
Illegal	Red stop sign
Legal with special rule or not sure	Yellow yield sign

Activity 5 As you read the following drugs aloud, have the students raise the appropriate colored sign:

1. Marijuana (red)
2. Beer (yellow; legal if over 21; illegal to drive after drinking too much)
3. Prescription drugs (yellow)
4. Cough syrup (green)
5. Wine (yellow; see No. 2)
6. Cigarettes (yellow; legal if over 18 or 21, depending upon the state)
7. Aspirin (green)

Activity 6 Tell the students:

*We have learned that even **legal drugs** can hurt you if they are not used correctly.*

