

Meth Prevention Lesson Overview

Below is the outline of the 45-minute Meth Prevention Lesson. At the beginning of the class, students will complete the “Before the Lesson” column of the “What Do You Know?” worksheet and complete the “After the Lesson” column of the worksheet after the Lesson is presented. The class then will explore the first four statements in the “What Do You Know?” worksheet through discussion of selected content on MethProjectLesson.org. The accompanying Teacher’s Guide provides detailed step-by-step instructions on how to navigate the website, which content to highlight, and discussion questions.

1. Students complete the “Before the Lesson” column of the “What Do You Know?” worksheet

2. Conduct Meth Prevention Lesson

2.1 What Is Meth? -

- Myths vs. Facts?
- Present the Information
- “What’s in Meth”
- “Unstable Recipe”
- Class Discussion
- “Chemical Concoction”
- Class Discussion

2.2 If I Try Meth Once, Will I Become Addicted?

- Myths vs. Facts?
- Present the Information
- “Coin Toss”
- Class Discussion
- “Tim’s Story”
- Class Discussion

2.3. What Does Meth Do To Your Brain?

- Myths vs. Facts?
- Present the Information
- “Mind Games”
- Class Discussion
- “Rochelle’s Story”
- Class Discussion
- “The Brain On Meth”
- Class Discussion
- “Brain Damage”
- Class Discussion

2.4 What Does Meth Do To Your Body?

- Myths vs. Facts?
- Present the Information
- “Body By Meth”

- “It Eats your Muscle”
- “Looks Horrible”
- Class Discussion
- Class Discussion
- Class Discussion

2.5 What Can You Do?

- Present the Information
- “Tracy”
- Class Discussion

3. Speak Up

- Class Discussion

4. Students complete the “After the Lesson” column of the “What Do You Know?” worksheet

- Collect and send in the worksheets
- Use a large manila envelope to collect the worksheets
- Coordinate with your local Meth Prevention Project coordinator to work out the details of sending in the worksheets