



Lesson Plan: “Know Your Substances: Types, Effects & Myths”

Duration: 45 minutes

Grade Level: 6–12 (adaptable)

Materials:

- Printed substance cards & effect cards (or a worksheet version)
- Myth vs. Fact Quiz handout
- Personal Reflection Form
- Exit Ticket slips
- Chart paper or whiteboard + markers

Learning Objectives

By the end of this lesson, students will be able to:

1. Identify the four major drug classes—opioids, depressants, stimulants, and alcohol—and one example of each.
2. Describe at least two common effects or risks associated with each class.
3. Debunk common myths about prescription and illicit drug use.



Lesson Procedure

Time	Activity
5 min.	1. Hook & Brainstorm <ul style="list-style-type: none">• Ask: "What comes to mind when you hear 'drug use'? Safe vs. risky?"• Record words on board.
15 min.	2. Matching Activity <ul style="list-style-type: none">• Distribute substance cards and effect cards.• In pairs, match each substance (e.g., Percocet, Xanax, Ritalin, beer, fentanyl) to its primary effect(s).• Groups share one surprise pairing.
10 min.	3. Myth vs. Fact Quiz <ul style="list-style-type: none">• Hand out quiz. Students mark each statement "Myth" or "Fact."• Review answers as a class, explaining why (and citing real-world consequences).
10 min.	4. Personal Reflection <ul style="list-style-type: none">• Distribute Reflection Form. Students answer prompts individually.• (Optional) Pair-share one insight.
5 min.	5. Exit Ticket <ul style="list-style-type: none">• On a slip, write one new fact you learned and one personal action (e.g., how you'll say "no" or help a friend).• Collect as students leave.



Answer Key for Substance & Effects Worksheet

1. Opioids → E. Extremely potent—can require multiple naloxone doses
2. Depressants → B. Slowed breathing, drowsiness, lowered heart rate
3. Stimulants → A. Increased alertness, energy “rush”
4. Alcohol → C& D. Dehydration, impaired coordination, blackouts, impaired judgment, slurred speech, slowed reflexes.