



# Too Good for Drugs Grade 5

## Home Workout

for Parents and Kids

Dear Parent:

Our class is participating in *Too Good for Drugs*, a prevention program designed by the Mendez Foundation to teach skills for living healthy, drug-free lives. We are excited about this opportunity to teach goal setting, decision making, communication, peer pressure refusal and wellness skills.

Children are twice as likely to learn, remember and use skills when their parents are involved. We invite you to be a part of this prevention program.

We began the program with a lesson about setting goals. We learned that we are more likely to achieve our goals when we name goals that are important to us, and goals that are positive, specific and possible.

Please help teach your child the important skill of setting goals by working together to set a family goal. Your goal can be anything that is important to your whole family!

Some examples of family goals are:

- to play a game of ping-pong together every day (or anything else the family enjoys!)
- to save \$5 a week for a family trip to an amusement park or a favorite restaurant
- to read favorite stories aloud for one half hour each night
- to create a family photo album or scrap book.

### Our Family Aims for the Stars!

Our family goal:

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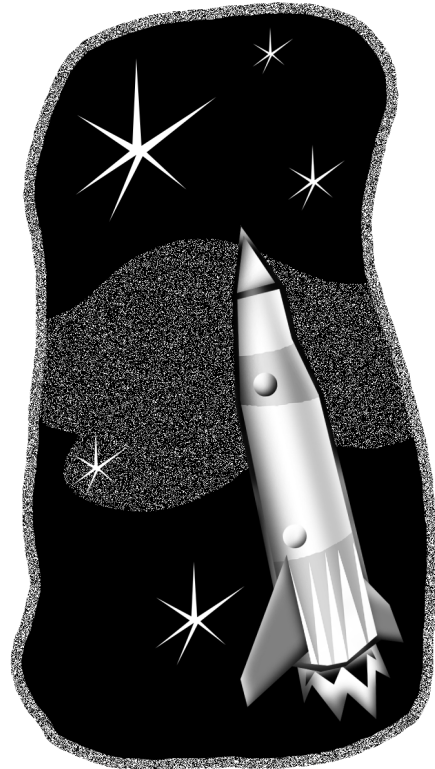
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We are learning how to send and receive non-verbal messages. Cut out the cards below. With your child, take turns being the sender and the receiver. The sender should draw a card and act out the messages on the card, using only his/her face and body, not words. Then the receiver will guess what message is written on the card.



I'm excited.	No!	I'm shy.
I'm angry.	Okay.	I'm freezing.
I'm frustrated.	I can't hear.	I feel rejected.
I'm thoughtful.	Hello/goodbye.	I am strong.
I'm confused.	Stop!	I'm proud of myself.
I'm surprised.	Come here.	I love you.
I'm worried.	Over there.	I don't like you.
I feel disappointed.	Give it to me.	I am burning up.
I don't trust you.	Take it.	I am in pain.
I'm impatient.	I won!	I'm hungry.



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We have been learning to take time to stop and think about our decisions. Help your child take time to plan a good decision about each of the following situations, using these steps:



Stop and think.

Picture a positive outcome (a happy ending)

List choices and consequences.

Act out the best plan.

Now tell yourself how you did.

1. You thought your father was going to pick you up after school, but you have been waiting for an hour, and he has not come. What should you do?
2. You watched a movie on TV. Now it is time for bed, and you have not studied for your spelling test. What should you do?
3. An older kid offered you \$20 to take a bag to a man who is waiting on a corner two blocks away. He says he doesn't have time to take it himself. He won't tell you what is in the bag. What should you do?
4. You overheard your 16-year-old sister tell a friend that she would meet him in an hour to smoke marijuana. She begged you not to tell your parents. What should you do?



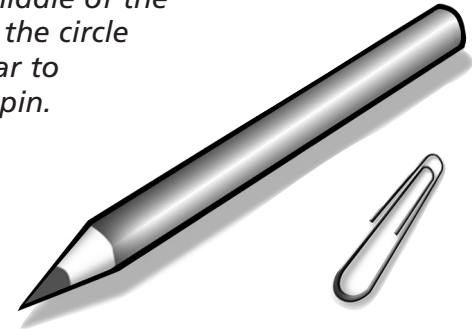
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*Directions: To create a spinner, place a paper clip in the middle of the circle below. Place the point of a pencil on the dot inside the circle (and through the paperclip). Hold the pencil perpendicular to the page and flick the outside edge of the paper clip to spin. Take turns reading a peer pressure situation below. Spin a peer pressure refusal strategy, and tell how you could use that strategy in the situation you read.*



### Peer Pressure Situations:

- 1 Your friend wants you to beat someone up.
- 2 Your friend offers you a cigarette.
- 3 Your friend wants you to help steal a video game.
- 4 Your friend offers you a wine cooler.
- 5 Your friend wants you to spray paint on a neighbor's house.
- 6 Your friend wants to copy the answers on your test.





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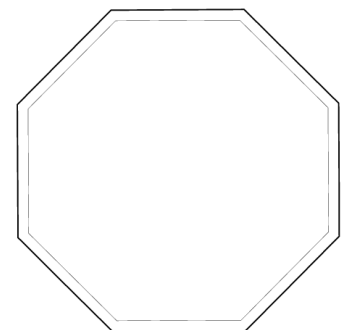
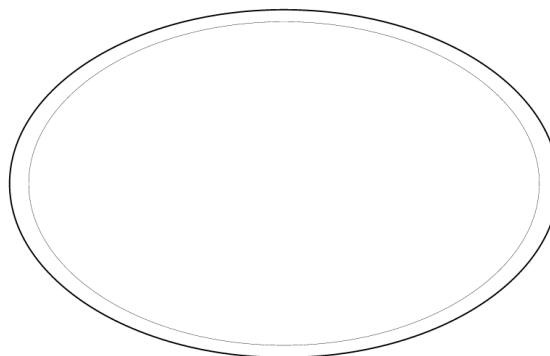
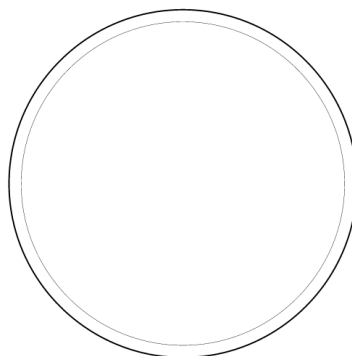
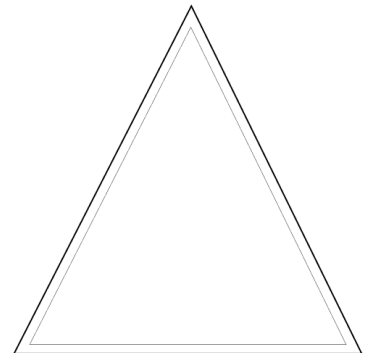
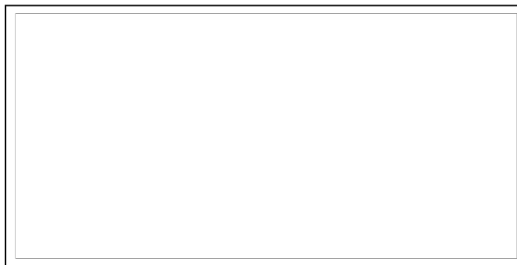
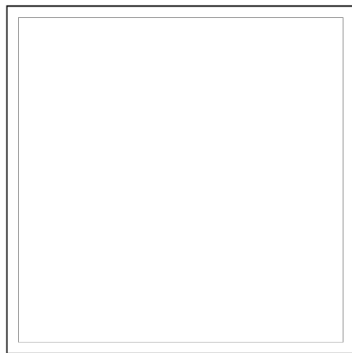
## Home Workout

*for Parents and Kids*

We have been learning to brainstorm for better ideas than using tobacco, alcohol or other drugs. You can help to teach your child this important skill by making a "Drug-Free Ideas" mobile together. List all the healthy activities you and your child can think of in three minutes. Then group similar activities into categories. For example, soccer, softball and volleyball are in the category of sports; Monopoly, Clue and Trivial Pursuit are board games; running an errand for an elderly neighbor and gathering food for a poor family are community services.

Use the shapes on this page as patterns to cut out pieces of construction paper. If you have three board games, cut out three construction paper ovals; if you have four community service ideas, cut out four squares, and so on. Write the names of the ideas on the shapes, being sure to put ideas that fall into the same category on the same kind of shape.

Punch a hole in the top of each shape and attach string or yarn. Hang the shapes from a clothes hanger. Whenever you or your child are looking for something to do, check out your mobile for Drug-Free Ideas!





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## Smoker Survey

I am taking a survey of smokers for my *Too Good for Drugs* prevention education class. Would you please help me by answering some questions about smoking?

1. How many years have you smoked?
2. Why did you start smoking?
3. When you started smoking, did you know about all of the harmful effects cigarettes can have on your body?
4. Would you like to quit smoking?
5. Have you ever tried to quit? How many times?
6. Do you think it is a good idea for people my age to start smoking?







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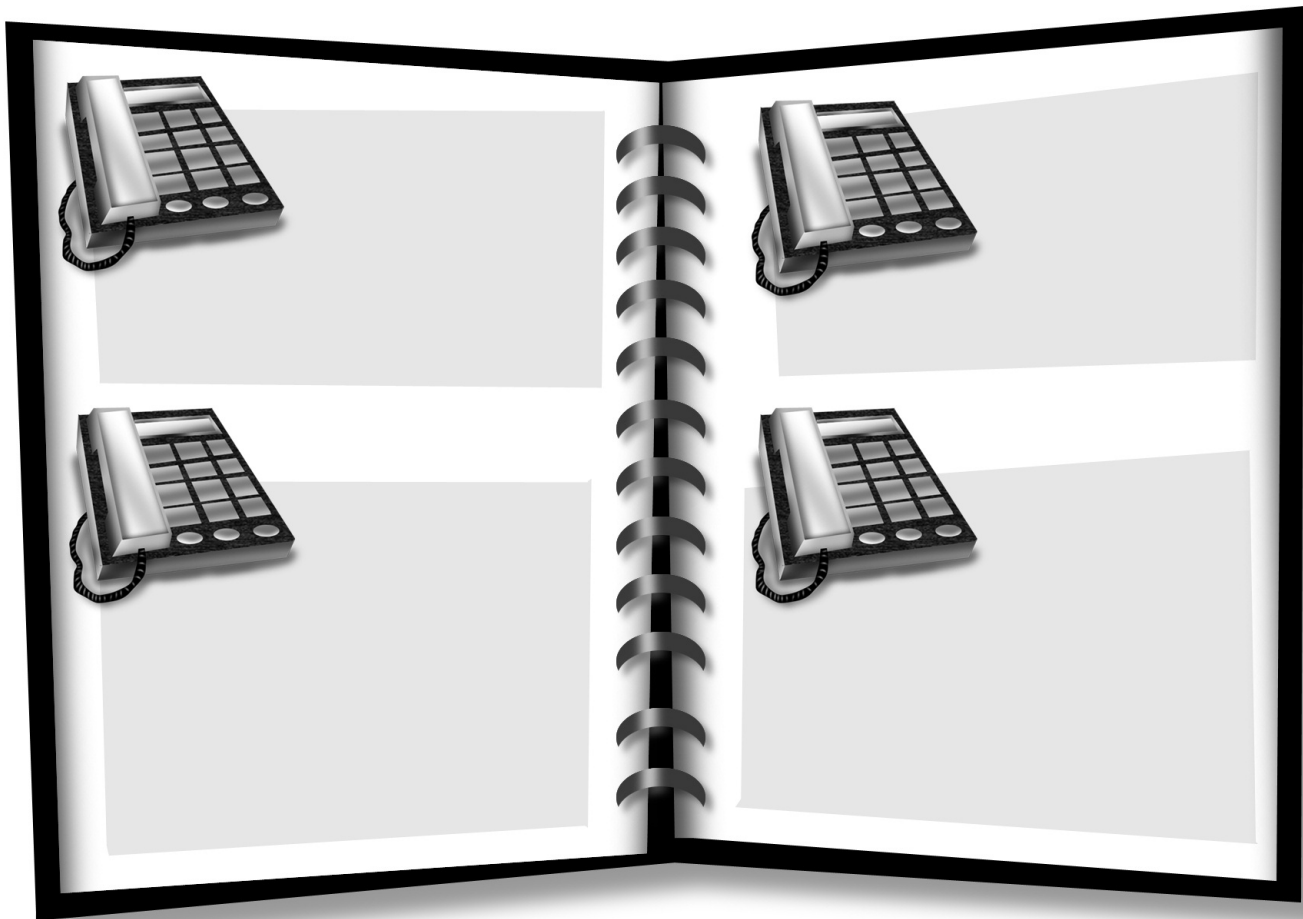
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We are learning that communication is very important, especially when people have problems they need to talk about. With your child, name some people who would be good listeners. Together, write the names and telephone numbers of trusted friends and neighbors, family members, or others you or your child could call. You may want to include a community leader your child feels close to, such as a teacher, coach, scoutmaster, minister or rabbi.

***Communication between children and parents is especially important!***





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In our *Too Good for Drugs* course, we have been learning about the dangers of using tobacco, alcohol and marijuana. You can help by doing the following activity with your child. Make the most of this opportunity for parent-child communication!

*All of these are true statements. Circle the ones you think are the most important things to remember about each drug:*

	Parent	Child
<b>Tobacco</b>	It smells bad. It can cause cancer. It is addictive.	It smells bad. It can cause cancer. It is addictive.
<b>Alcohol</b>	It is in beer, wine & liquor. It can cause car crashes. It is harmful to growing bodies.	It is in beer, wine & liquor. It can cause car crashes. It is harmful to growing bodies.
<b>Marijuana</b>	It can damage the lungs. It can make it hard to learn. It is against the law.	It can damage the lungs. It can make it hard to learn. It is against the law.





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We have been learning to make the most of our mistakes.



- Use positive (not negative!) self-talk.
- Learn from a mistake, to avoid making the same mistake next time.
- Everyone makes mistakes sometimes.
- Some good can come from a mistake.

You can help your child to learn this important skill. With your child, share a time when you made a mistake and learned an important lesson.

**Brainstorm with your child some things you can say or do for people when they make mistakes.**

