



DELAWARE 4-H

Healthy Living

E-CIGS, DRUGS, AND ALCOHOL BALL TOSS

GOALS

To review concepts and dangers of e-cigarettes, prescription drugs, heroin, and alcohol. Participants will increase their knowledge of these topics.

SUPPLIES

- This sheet of paper
- 1 beach ball per 8-10 youth, numbered with permanent marker 1-18
- Question and Answer Key attached

TIME REQUIRED

15-30 minutes

SUGGESTED AUDIENCE

Ages 8 and up

PROCEDURE

1. Gather children in a circle - approximately 8-10 youth per circle.
2. Tell them that we will be playing a game to learn more about drugs and alcohol
3. Instruct youth to toss the ball and tell you what number their right thumb lands on the ball.
4. Read, or have an older youth read, the corresponding question.
5. Have youth toss the ball to the next person until all 18 questions have been reviewed and all youth have participated.

REFLECT: Ask Youth

1. What are some new facts that you learned today?
2. What do you think you could do to help someone who isn't aware of some of the dangers of drugs and alcohol?

APPLY: Ask Youth

1. How will you share this information with others?

Thank you for participating in this fun activity!



Cooperative Extension

COLLEGE OF AGRICULTURE &
NATURAL RESOURCES

For information on booking 6-10 hours for your club or students, visit our website at <http://extension.udel.edu/4h>. Or call your County Cooperative Extension Office.



Our thanks for supporting DE 4-H
"Youth Voice, Youth Choice"
building healthy communities
through engaged youth!



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QUESTION AND ANSWER KEY

- 1. True or False: Nicotine is not very addictive.**
FALSE
- 2. How can nicotine affect the developing brain of a young person?**
Disrupts formation of brain circuits that control attention, learning, and susceptibility to addiction.
- 3. Almost all e-cigarettes contain an addictive substance called _____, even if they advertise against it.**
Nicotine
- 4. What is smoke inhaled involuntarily from tobacco being smoked by others called?**
Second hand smoke
- 5. What are drugs that can be purchased in a pharmacy or store without a doctor's prescription called?**
Over-the-Counter drugs
- 6. What are drugs that are against the law to use under any circumstances called?**
Illegal drugs
- 7. What are drugs that are prescribed by a doctor for a legitimate medical reason called?**
Prescription drugs
- 8. True or False: It is possible to become addicted to prescription drugs.**
TRUE
- 9. What are 2 side effects of mixing alcohol and medication?**
Nausea, vomiting, headaches, drowsiness, fainting, loss of coordination, internal bleeding, heart problems, seizures, coma, and difficulty breathing.
- 10. Heroin is a legal or an illegal drug?**
Illegal
- 11. Name 3 ways in which a person can get heroin into their body.**
Injection, sniffing/snorting, smoking
- 12. True or False: Alcohol can become addictive.**
TRUE
- 13. True or False: It is okay to take someone else's prescription medication.**
FALSE
- 14. What is the legal drinking age in the United States?**
21
- 15. True or False: Prescription drugs can become addictive.**
TRUE
- 16. True or False: Alcohol is the most commonly used addictive substance in the United States.**
TRUE
- 17. Who are more sensitive to alcohol, men or women?**
Women
- 18. True or False: Everyone eliminates alcohol from their body at the same rate.**
FALSE