Connect with Kids

Implementation Guide
Refuse, Remove, Reasons

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Reasons: Steroids, Rx and OTC Drugs

This assignment is to be completed by the student after the class on "Refuse, Remove: Steroids, Rx and OTC Drugs"

REFLECTION ACTIVITY

In the documentary, one of the teenagers says, "If you're being distracted in your ability to make choices then you're not gonna end up where you want to go." Think about this statement and about the answers to the following questions:

- Where do you want to go in life? Think about not just now or next year, but five years from now.
- What do you want to do with your future?
- How would abusing drugs or steroids 'distract' you from your goals?

Write about a goal you have for your future and the choices you are making right now to help you reach that goal. How would abusing drugs or steroids 'distract' you from your goals? Include reasons, strategies, and thoughts about how you can avoid abusing drugs and/or steroids in your life so that you can reach your goals.

This assignment will be handed in to the regular class teacher with follow-up by the prevention counselor. In schools in which there is a prevention specialist, social worker, or prevention counselor, individual follow-up may be offered.

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