

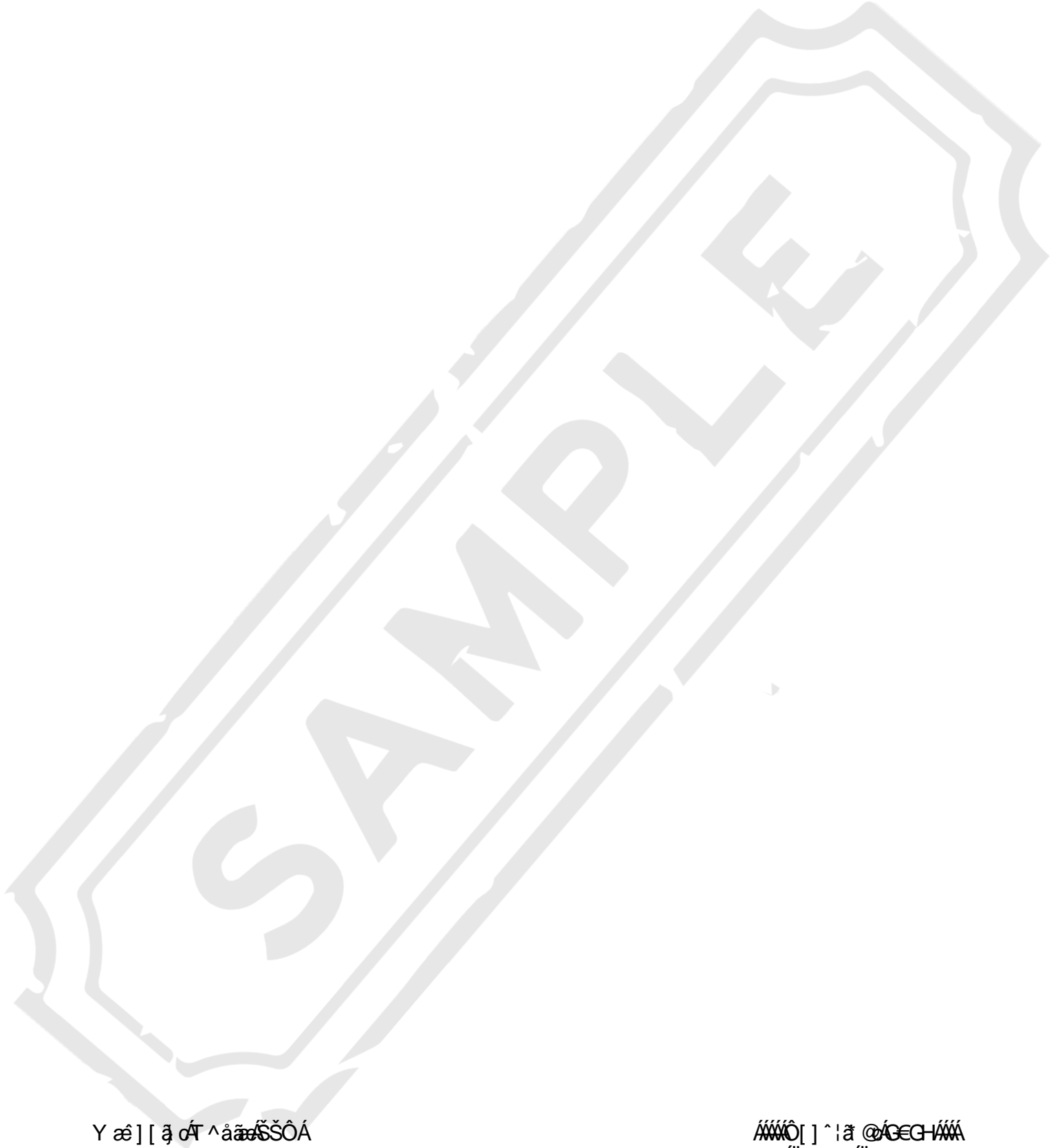


True North
Project

STUDENT WORKBOOK

NOTE: Worksheets may be printed and completed for students submitting a written copy, or may be completed and submitted electronically, per your teacher instructions.

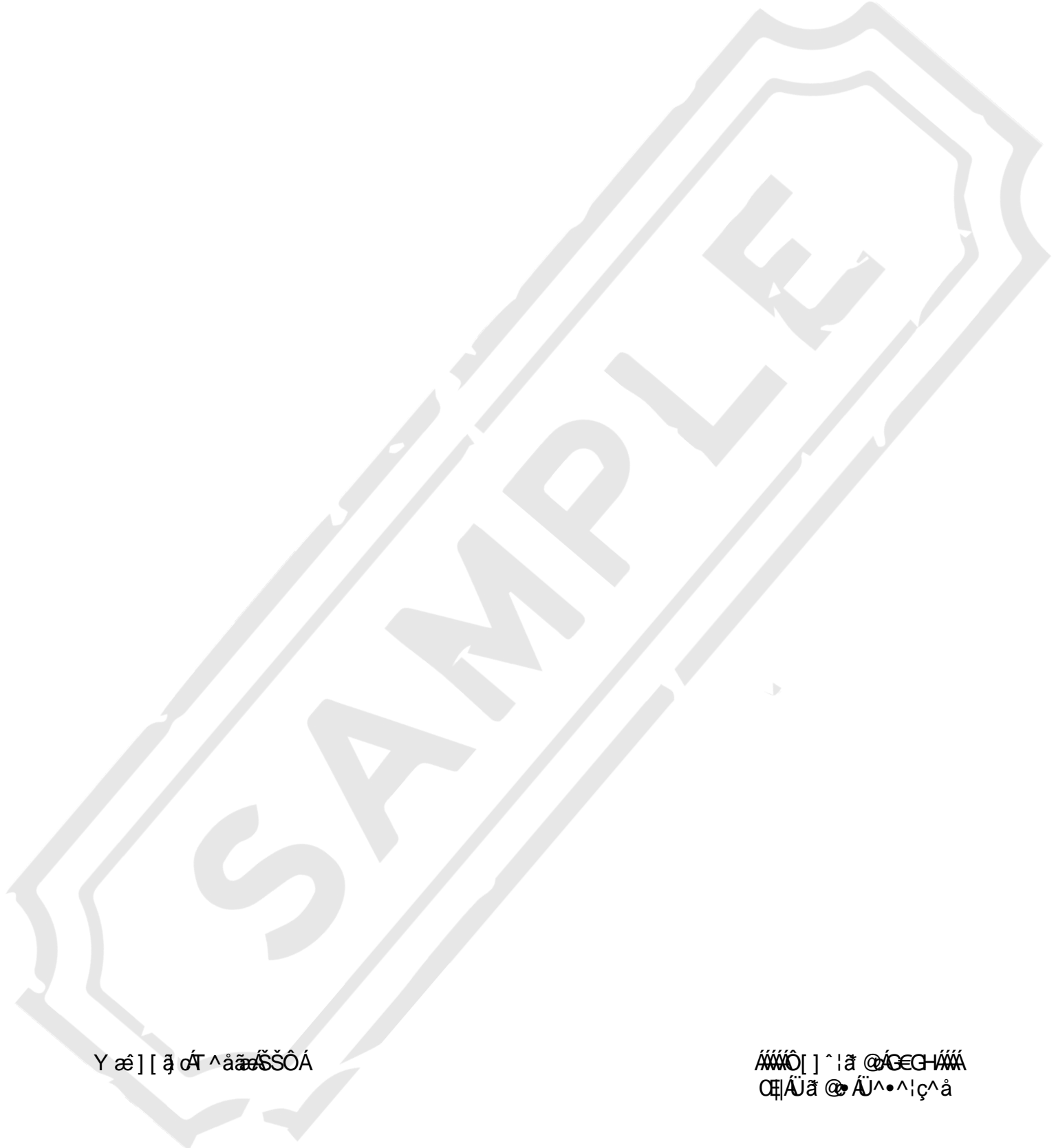
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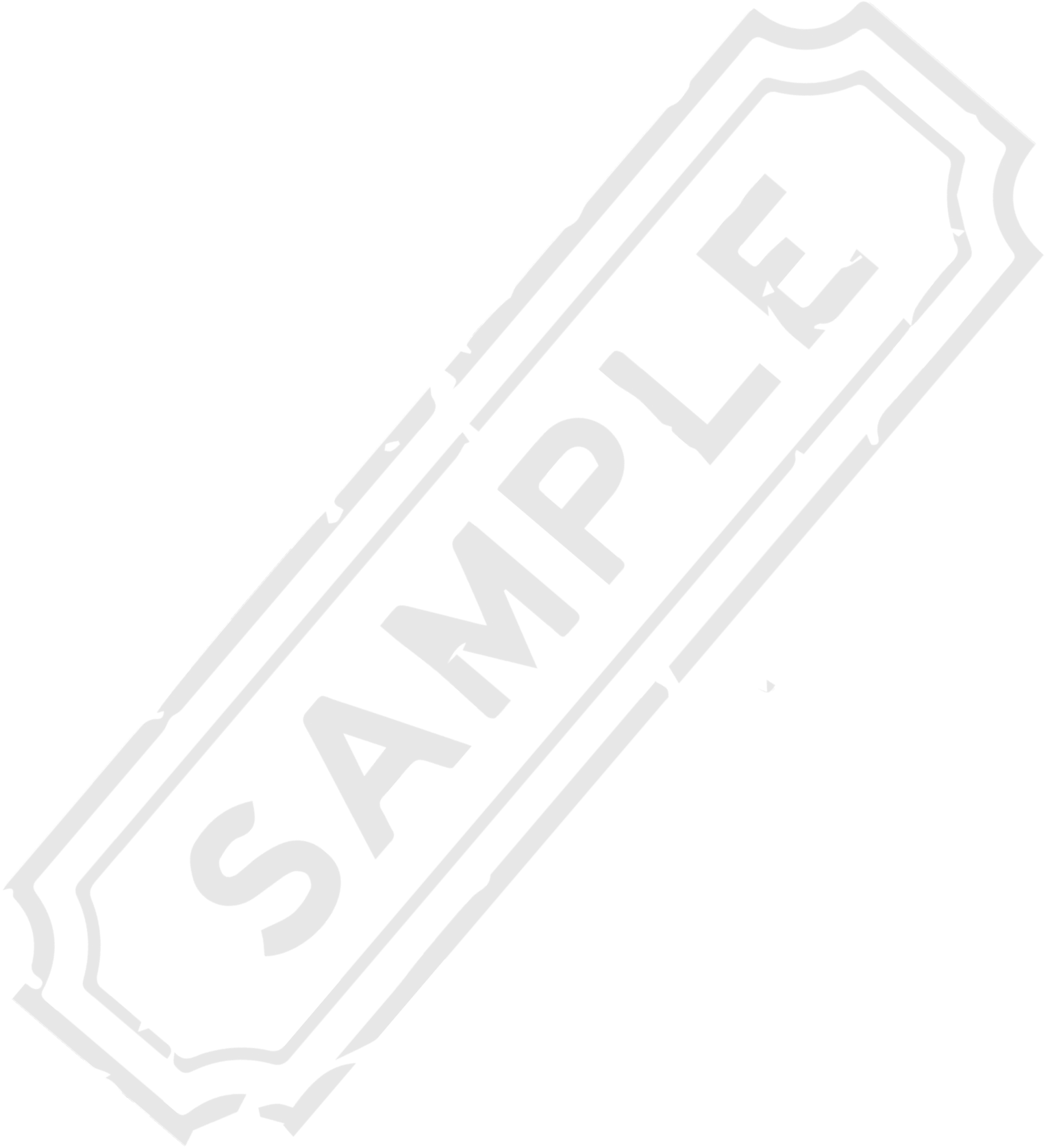
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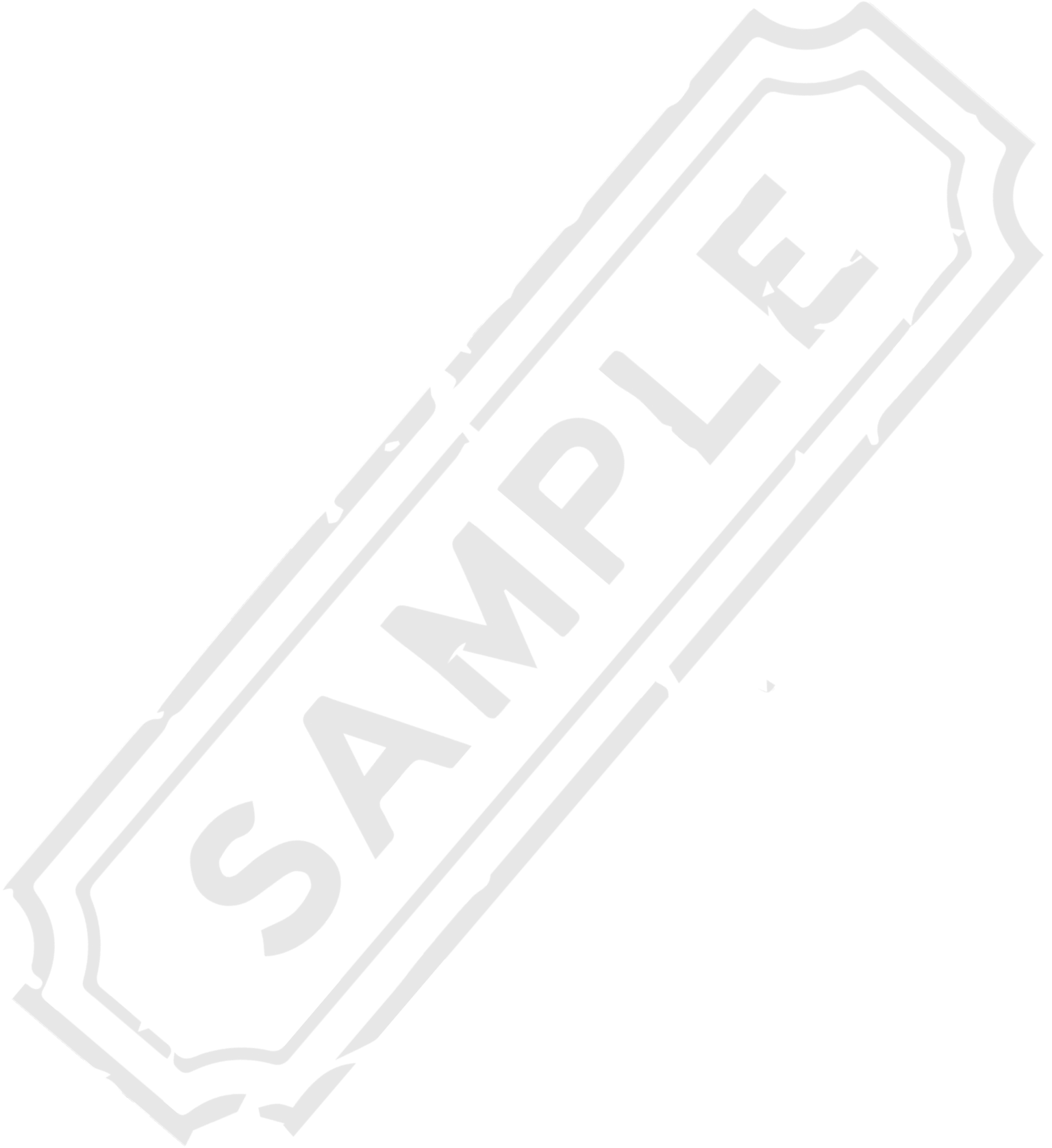
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mood and demeanor, shifting peer groups, and other signs that it might be time to check in about their safety and your expectations.

Make sure they know your conversation is an open-ended one, and that it's two-way street — "I'm going to be checking in with you about this sometimes, and if you have any questions or concerns you can always ask me, too." [Keeping the lines of communication open](#) will help you and your teenager feel engaged and safe during a potentially turbulent time.

Source: Child Mind Institute
<https://childmind.org/article/talk-teenager-substance-use-abuse/>
This article was last reviewed or updated on July 28, 2022.





Name _____

PRE-TEST

Instructions: Circle or check your answers (T for True, F for False), and then complete the Fill-Out Questions.

Note: This Pre-Test and all subsequent worksheets may be printed and completed for students submitting a written copy, or may be completed and submitted electronically, per your teacher instructions.

Part I: Circle T (true) or F (false).

1. T F Stress can cause both physical and emotional problems.
2. T F Reframing self-talk from negative to positive may lower stress.
3. T F If your life feels too scheduled, rigid, and filled with one activity after another, all day every day, just work harder!
4. T F Everything you do satisfies one or more Basic Needs.
5. T F Basic Needs can be satisfied in healthy and unhealthy ways.
6. T F The lack of Well-Being is a major reason why people use drugs.
7. T F You can only get addicted to drugs – not to impulses or other behaviors .
8. T F Needing to take more of a drug to get high is one sign of addiction.
9. T F You should always protect people from the consequences of their addictive behavior.
10. T F Less than one fourth of 14- to-15-year-olds report ever having a alcohol.
11. T F 60% of all teen deaths from car accidents involve alcohol.
12. T F Less than 10 percent of all alcohol consumed by young people is consumed through binge drinking.
13. T F In the last ten years, tobacco use among U.S. teens has decreased.
14. T F Nicotine gum does NOT help people quit smoking.
15. T F E-cigarettes contain carcinogens and toxic chemicals that are harmful to the user.

True North Drug Abuse Prevention Education Project

Part II: Fill-In

31 . How committed are you to identifying and reducing your sources of stress? (Circle or check your response)

Not committed Not sure Somewhat committed Very Committed

32 . What might you say to a friend who tells you they are feeling stressed out?

33 . You realize that several of your Basic Needs are not being met. Should you...

Ignore it Brainstorm some ways to meet the need(s) Get drunk or loaded

34 . Name one way you could help someone else satisfy one of their Basic Needs.

35 . How committed are you to using social media (Facebook, TikTok, etc.) in a safe and healthy way? (Circle or check your response)

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36 . What would you say to a person who tries to get you to drink alcohol or take drugs?

37 . Name one resource you could access if you or someone you know has a drug problem.

38 . Name one thing you are good at:

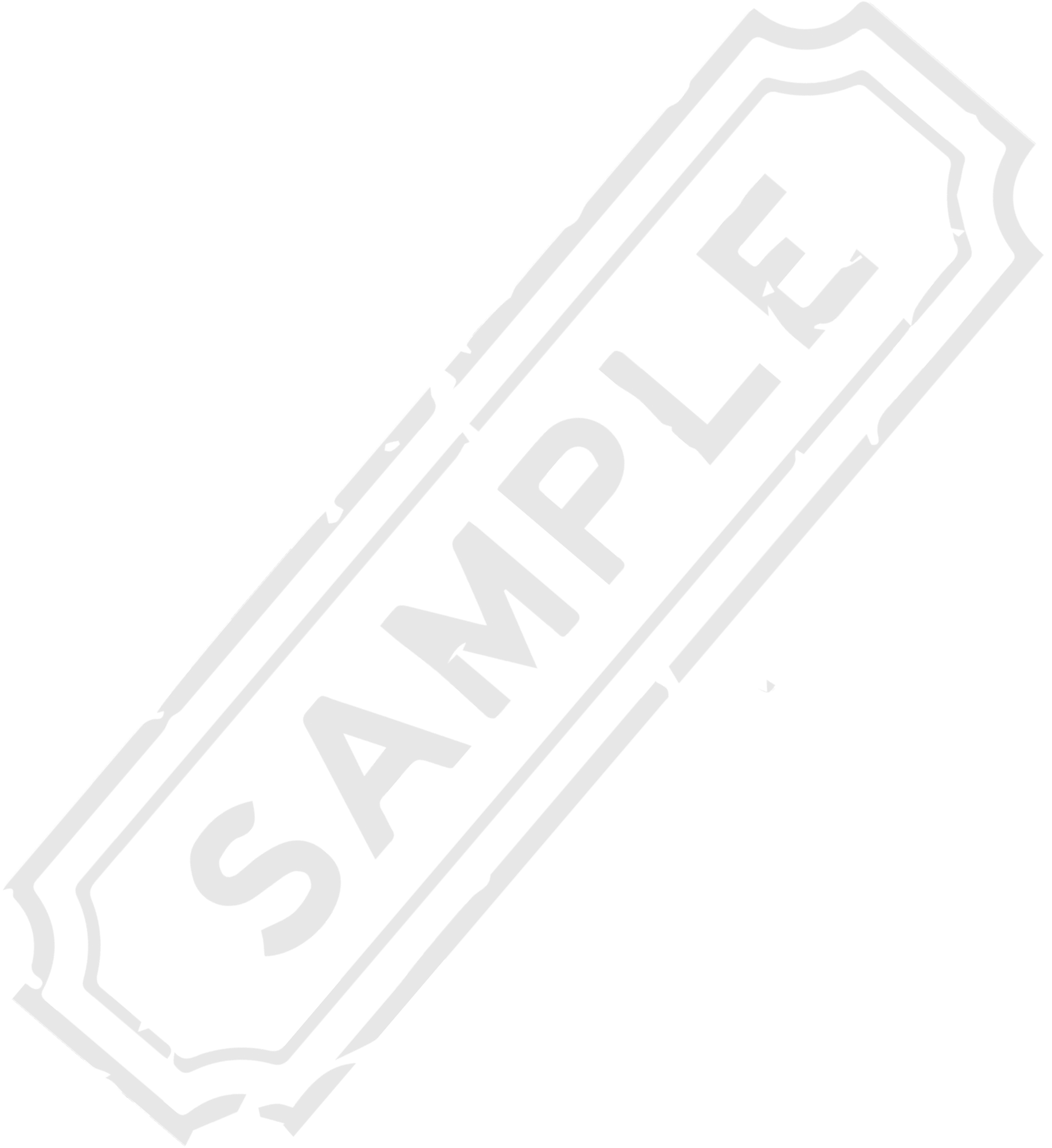
39 . Name one of your life goals:

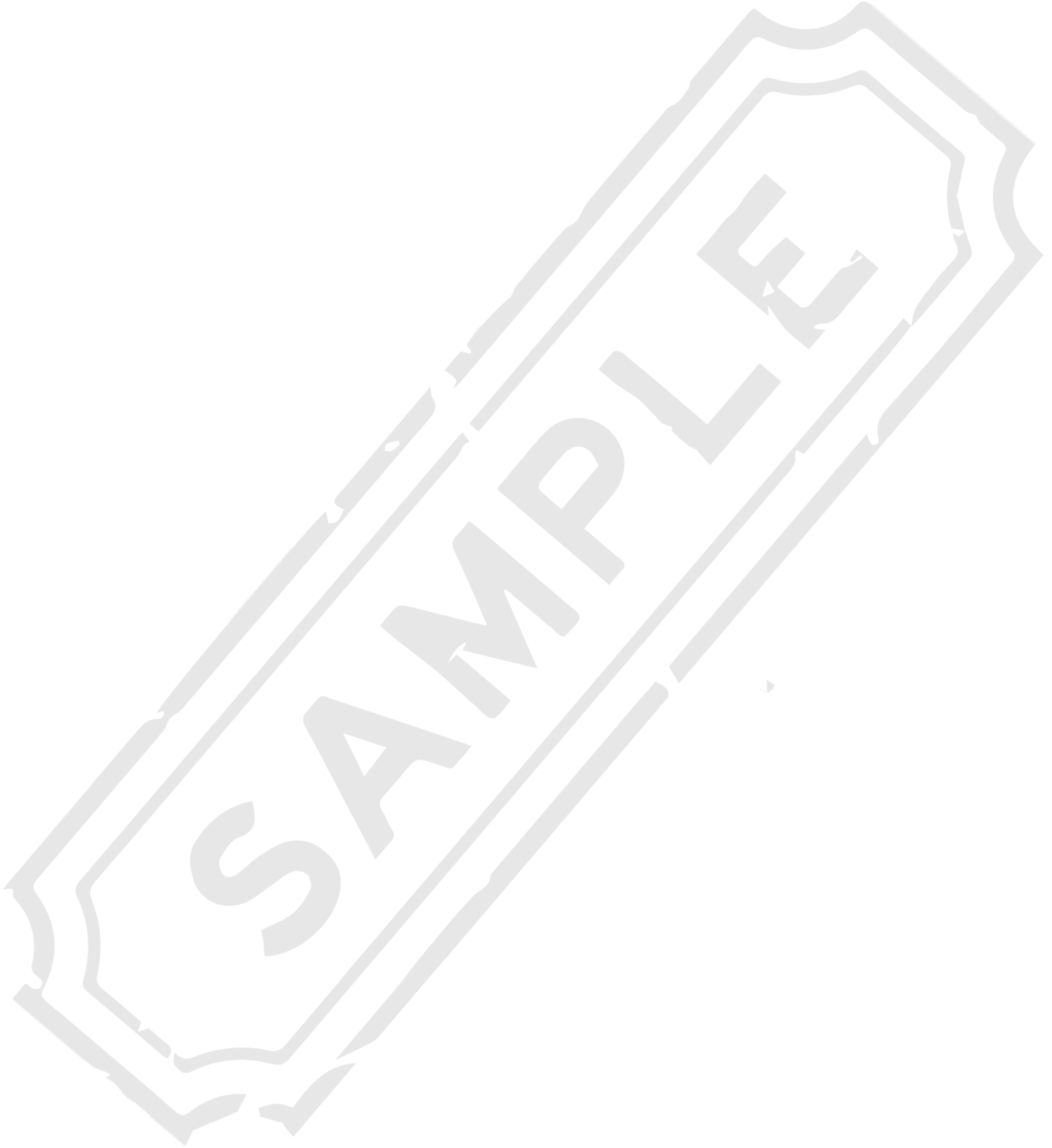
40 . How committed are you to avoiding the use of alcohol, tobacco, or other drugs? (Circle or check your response)

Not committed Not sure Somewhat committed Very Committed

Student Signature

Signature of Parent or Trusted Adult





Name _____

Lesson #2 Worksheet: Basic Needs

I. DIRECTIONS: Write down how you are currently meeting each Basic Need, and also add suggestions for how you could improve what you are doing.

BASIC NEED	HOW ARE YOU MEETING THIS NEED ?	SUGGESTIONS FOR IMPROVEMENT
<p>Affection Liking or loving others and having others like or love you.</p>		
<p>Respect Having admiration for yourself or others based on personal qualities, abilities, and achievements.</p>		
<p>Skill Being able to do something well.</p>		
<p>Enlightenment Having knowledge and an understanding of yourself and the world around you.</p>		
<p>Wealth Having enough of whatever you consider valuable.</p>		
<p>Power Having a growing sense of control over your life and the events around you.</p>		
<p>Justice Includes being treated fairly, and treating others fairly.</p>		
<p>Well-Being Includes feeling good, and being okay with your life physically, mentally, socially, or spiritually.</p>		

II. List several ways you could satisfy your need for well-being without using alcohol, tobacco, or other drugs.

III. On the backside of this worksheet, list some ways you could help other people meet one of their Basic Needs.

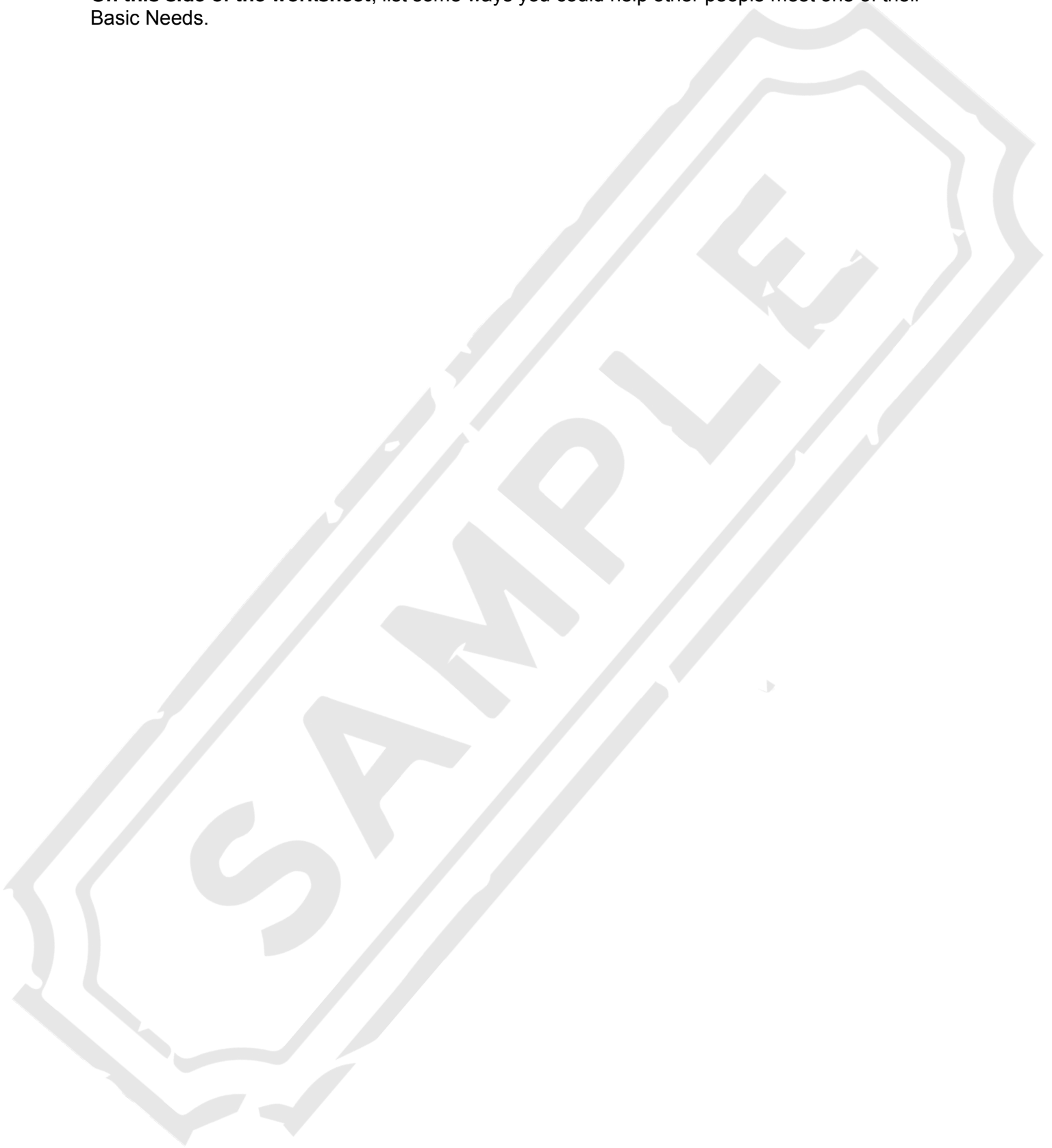
IV. HOME ASSIGNMENT: Share this worksheet with your parent(s) or trusted adult, and discuss ways they could help you meet your Basic Needs.

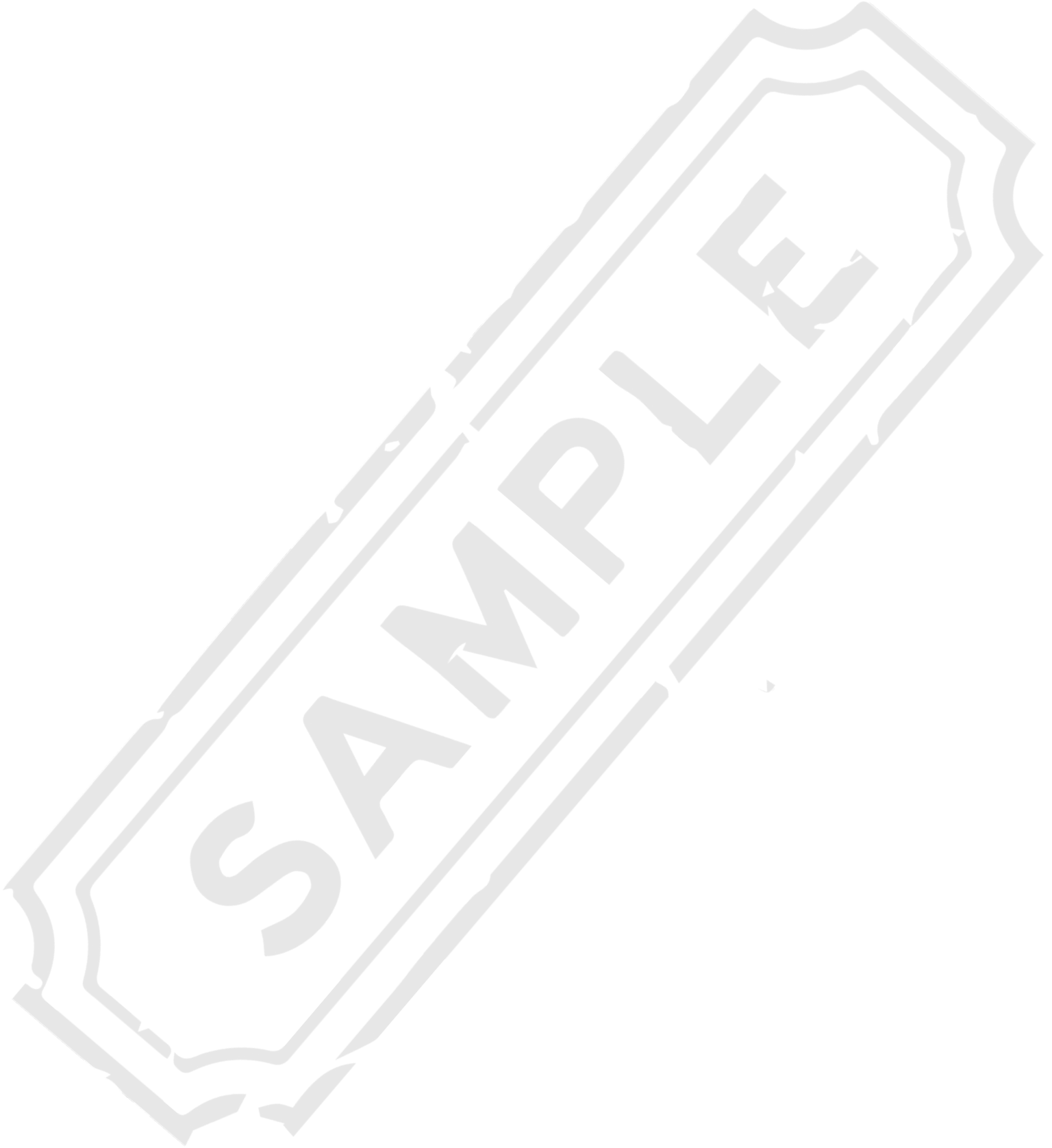
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SIDE 2

On this side of the worksheet, list some ways you could help other people meet one of their Basic Needs.





Name _____

Lesson #7 Worksheet: Prescription and OTC Drugs

I. What Do You Remember? (Circle or check T for True or F for False)

1. T F Inhalants (like paint and glue vapors) have been linked to sudden death and chronic damage to the heart, lungs, kidneys, liver, and brain.
2. T F It is safe to use another person's prescription drug because it was prescribed by a doctor.
3. T F National surveys indicate continuing decreases in teens using prescription and over-the-counter (OTC) drugs.

II. What Basic Needs might be satisfied by abusing prescription or OTC drugs? (Circle all that apply)

Affection	Respect	Skill	Enlightenment
Wealth	Well-Being	Power	Justice

Name several things you could do instead of abusing prescription or OTC drugs to satisfy these Basic Needs:

III. What Should You Do? (Circle or check your response)

You discover that your favorite family member is hooked on prescription pain-killers. You feel like you ought to...

Say nothing Join them Discourage them Tell your parents Seek help

IV. How committed are you to NOT abusing prescription or OTC drugs? (Circle your response)

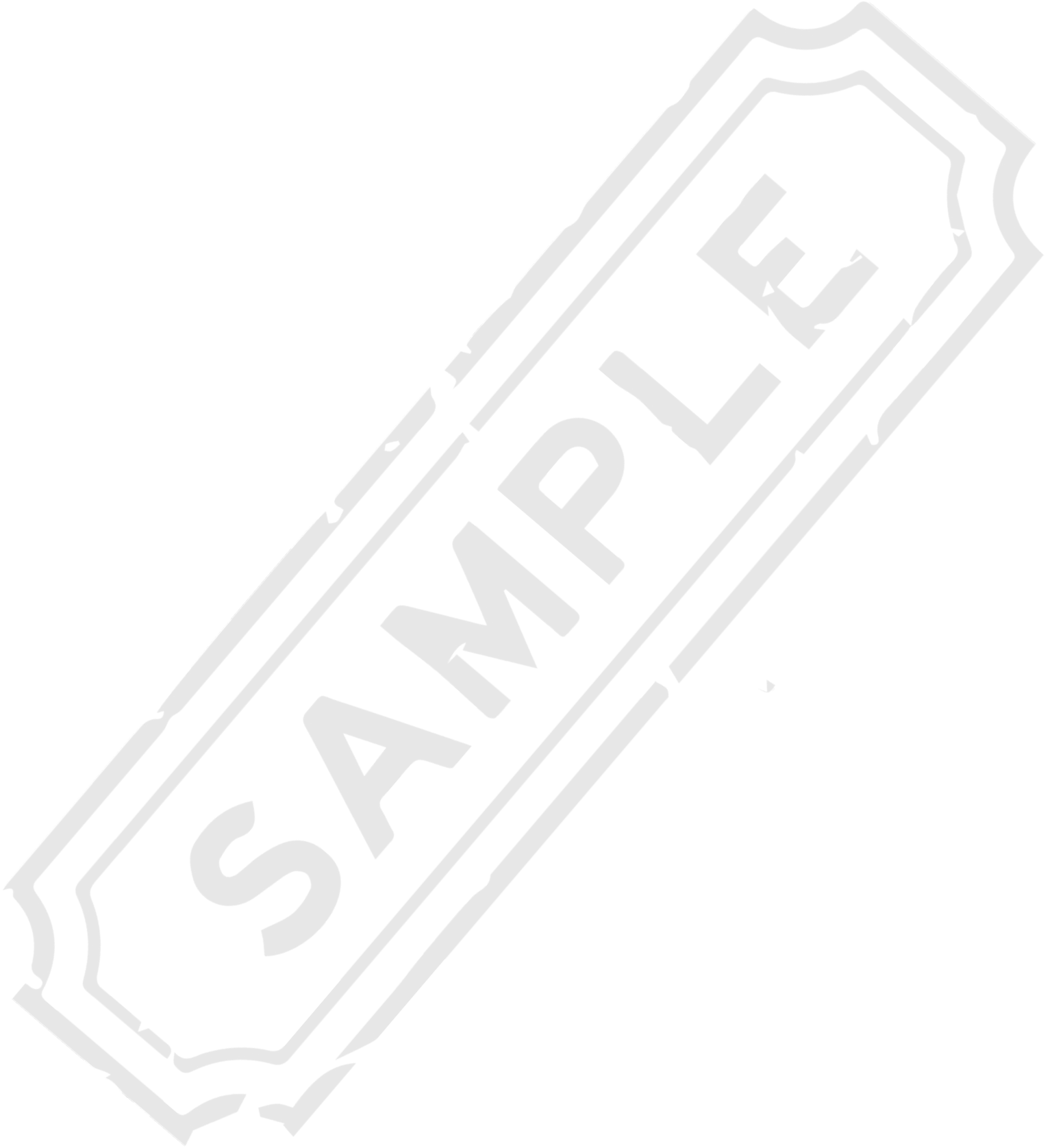
Not committed Not sure Somewhat committed Very Committed

V. What might you say to someone who offers to share their prescription medications with you?

VI. HOME ASSIGNMENT: Ask a parent or trusted adult if they know someone who is a heavy marijuana smoker, and what they think about it.

Student Signature

Signature of Parent or Trusted Adult



Name _____

Lesson #8 Worksheet: Psychoactive Drugs

I. What Do You Remember? (Circle T for True or F for False)

1. T F National surveys show that the use of psychoactive drugs by teens decreased dramatically between 2001 and 2019.
2. T F Hallucinogens have no long-term effect on the body or the brain.
3. T F All psychoactive drugs can cause hallucinations.

II. What Basic Needs might be satisfied by using psychoactive drugs? (Circle all that apply)

Affection	Respect	Skill	Enlightenment
Wealth	Well-Being	Power	Justice

Name several things you could do instead of using psychoactive drugs to satisfy these Basic Needs:

III. What Should You Do? (Circle or check your response)

You are at a party where hallucinogenic drugs are being handed out. You feel like you ought to...

Say nothing Join them Discourage them Leave the party Tell someone

IV. How committed are you to NOT using psychoactive drugs? (Circle your response)

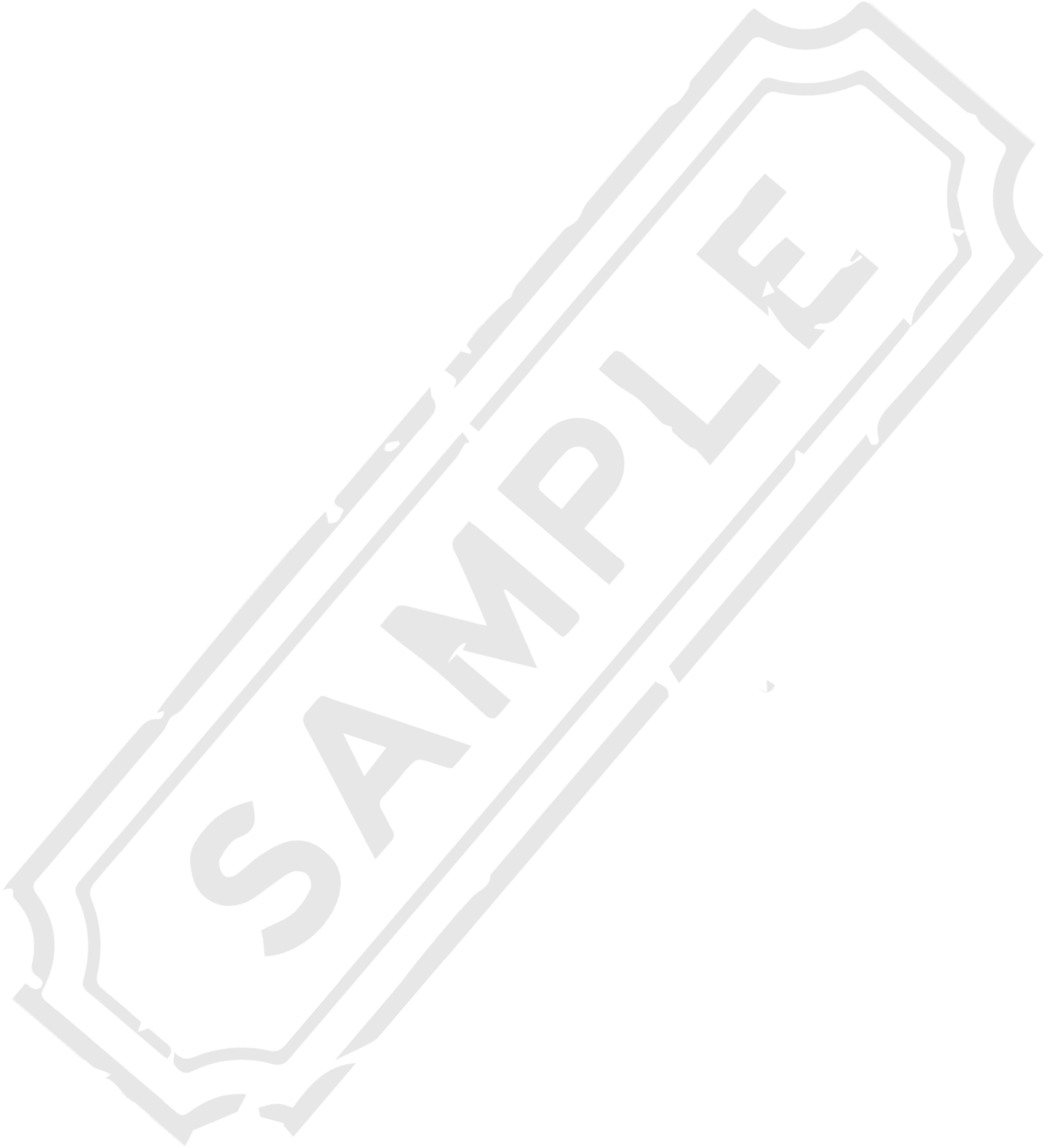
Not committed Not sure Somewhat committed Very Committed

V. What might you say to someone who offers you a hallucinogenic or dissociative drug?

VI. HOME ASSIGNMENT: Ask a parent or trusted adult if they know someone who has used a hallucinogen or PCP, and what they think about it.

Student Signature

Signature of Parent or Trusted Adult



Name _____

Lesson #9 Worksheet: Illegal and Illicit Drugs

I. What Do You Remember? (Circle T for True or F for False)

1. T F National surveys show that less than 3% of all teenagers have used an **illicit drug** in the last month.
2. T F Fentanyl is a major contributor to fatal and near-fatal overdoses in the U.S.
3. T F In addition to calling 911, Narcan Nasal Spray can be administered to reverse the effects of an opioid overdose.

II. What Basic Needs might be satisfied by using illegal drugs? (Circle or check all that apply)

Affection	Respect	Skill	Enlightenment
Wealth	Well-Being	Power	Justice

Name several things you could do instead of using illegal drugs to satisfy these Basic Needs:

III. What Should You Do? (Circle or check your response)

You are at a park where an illegal drug is being given to younger kids. You feel like you ought to...

Walk away Ask for some Discourage the kids Tell an adult

IV. How committed are you to NOT using legal drugs? (Circle or check your response)

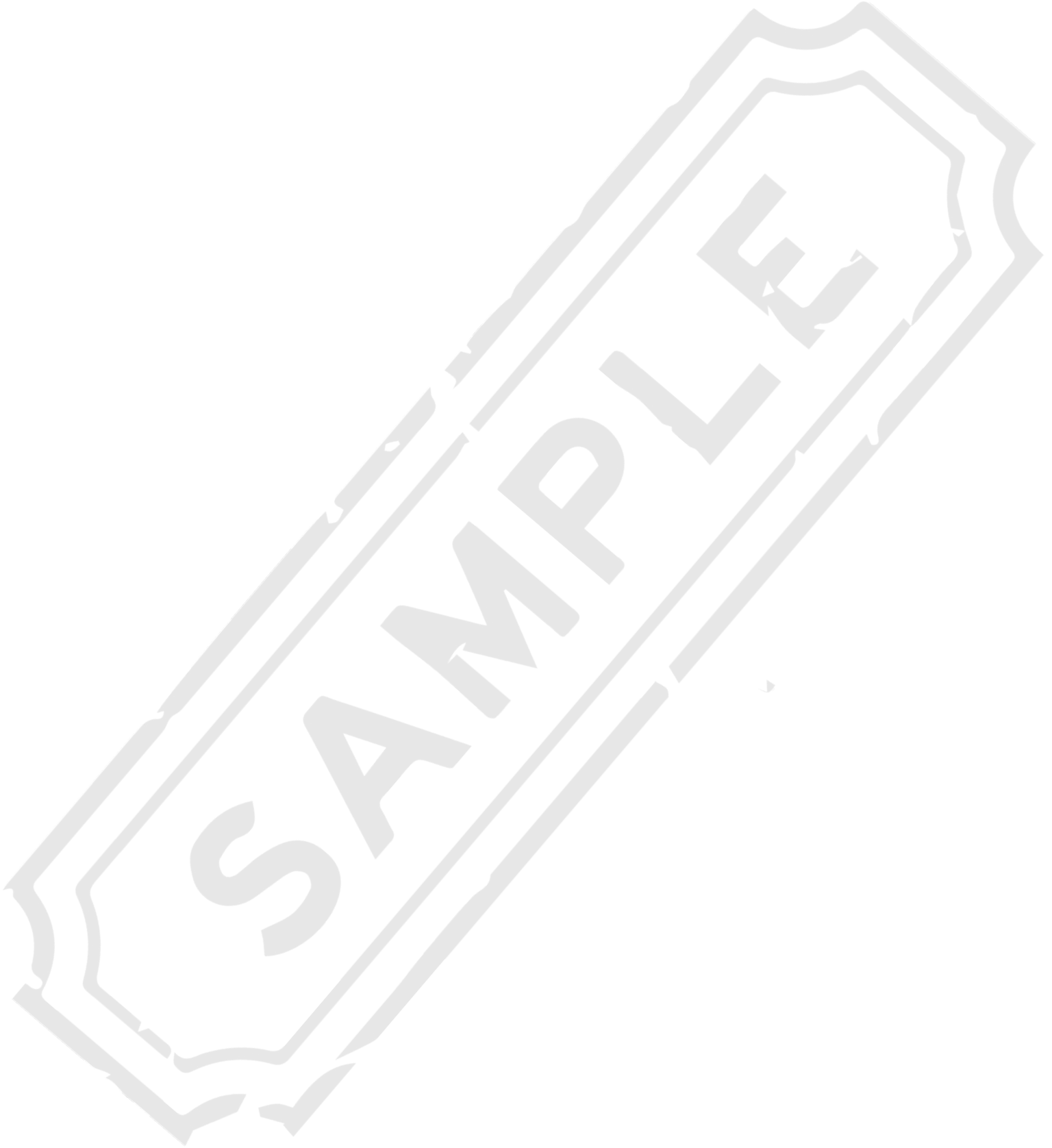
Not committed Not sure Somewhat committed Very Committed

IV. What might you say to someone who offers you an illegal drug?

V. HOME ASSIGNMENT: Ask a parent or trusted adult what they would want you to do, if you discovered a drug pusher in the neighborhood.

Student Signature

Signature of Parent or Trusted Adult



Name _____

Lesson #10 Worksheet: Advertising and Social Media

I. What Do You Remember? (Circle T for True or F for False)

1. T F Advertisers want to sell you things because they care about your health and well-being.
2. T F It is safe to meet strangers online and to send nude photos online.
3. T F It is a good idea not to let social media interfere with your activities, sleep, meals or homework.

II. What Basic Needs might be met by using social media? (Circle or check all that apply)

Affection	Respect	Skill	Enlightenment
Wealth	Well-Being	Power	Justice

Name several things you should avoid when using social media.

III. What Should You Do? (Circle or check your responses)

Your sister is the victim of bullying on social media. You feel like you ought to...

Ignore it Argue with the bullies Tell her to stay offline Tell your parent(s)

IV. How committed are you to safely using social media? (Circle or check your response)

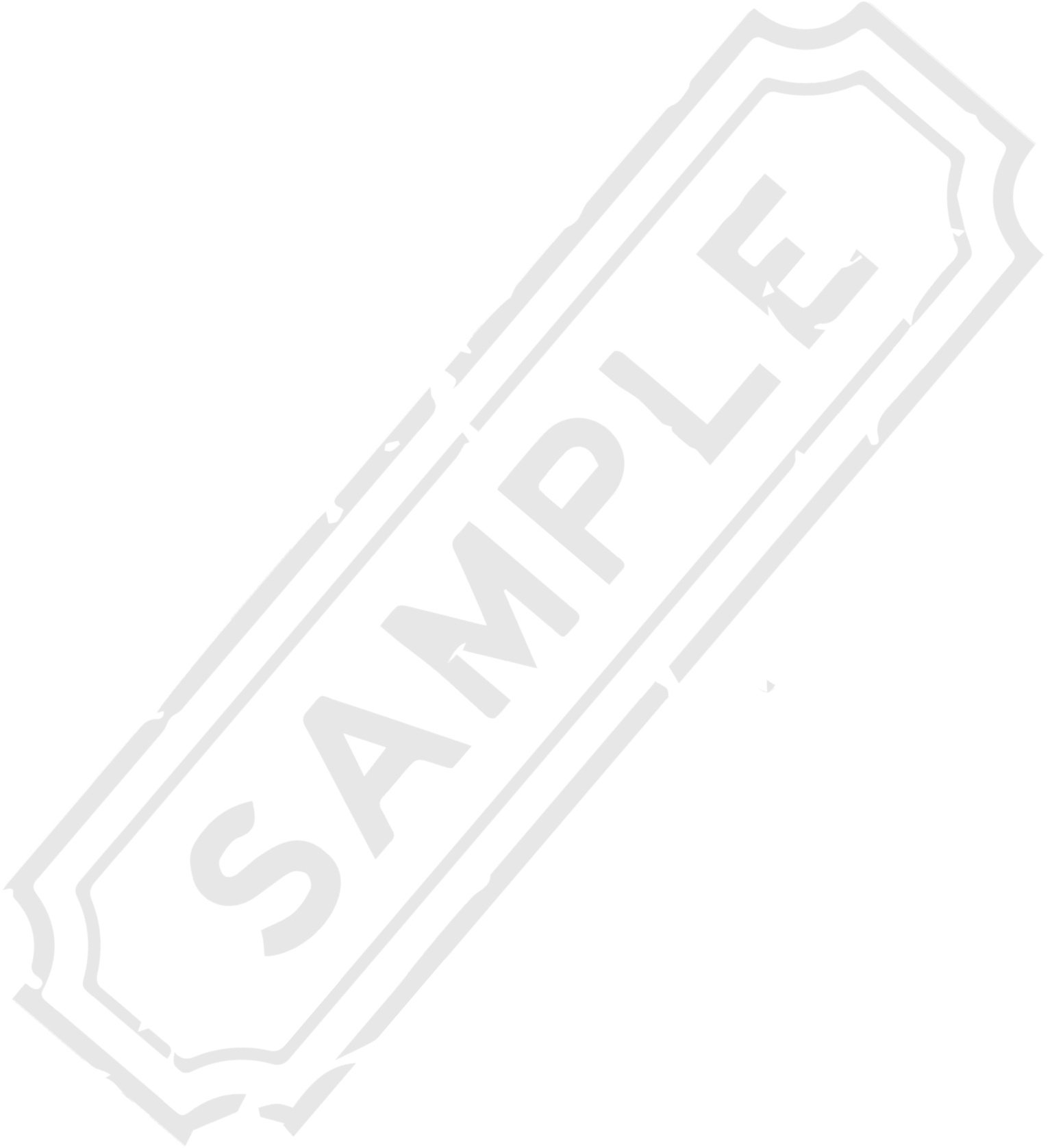
Not committed Not sure Somewhat committed Very Committed

V. What might you do if someone sends you unwanted photos?

VI. HOME ASSIGNMENT: Ask a parent or trusted adult what they would want you to do, if you were being bullied online.

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Name _____

Lesson #12 Worksheet: Decision-Making

Fill in the Steps in this Decision-Making worksheet.

SITUATION: You are aware that your close friend is constantly drinking alcohol. What should you do?

<p>YOUR ALTERNATIVES</p> <ol style="list-style-type: none"> 1. Say or do nothing about it. 2. Drink with them “responsibly” 3. Express your concerns to them when they are sober. 4. Identify some community resources for them. 5. Stop being their friend. 	<p>List the PROS (+) and CONS (-) of each of your alternatives.</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5.
<p>List RESOURCES you can go to for help and advice prior to making your decision.</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 	<p>YOUR FINAL DECISION</p> <p>After reviewing your list of alternatives, and... Based on your analysis of the pro’s and con’s of each alternative, and... After getting help and advice from knowledgeable resources...</p> <p>WHICH ALTERNATIVE SHOULD YOU CHOOSE?</p> <hr/>

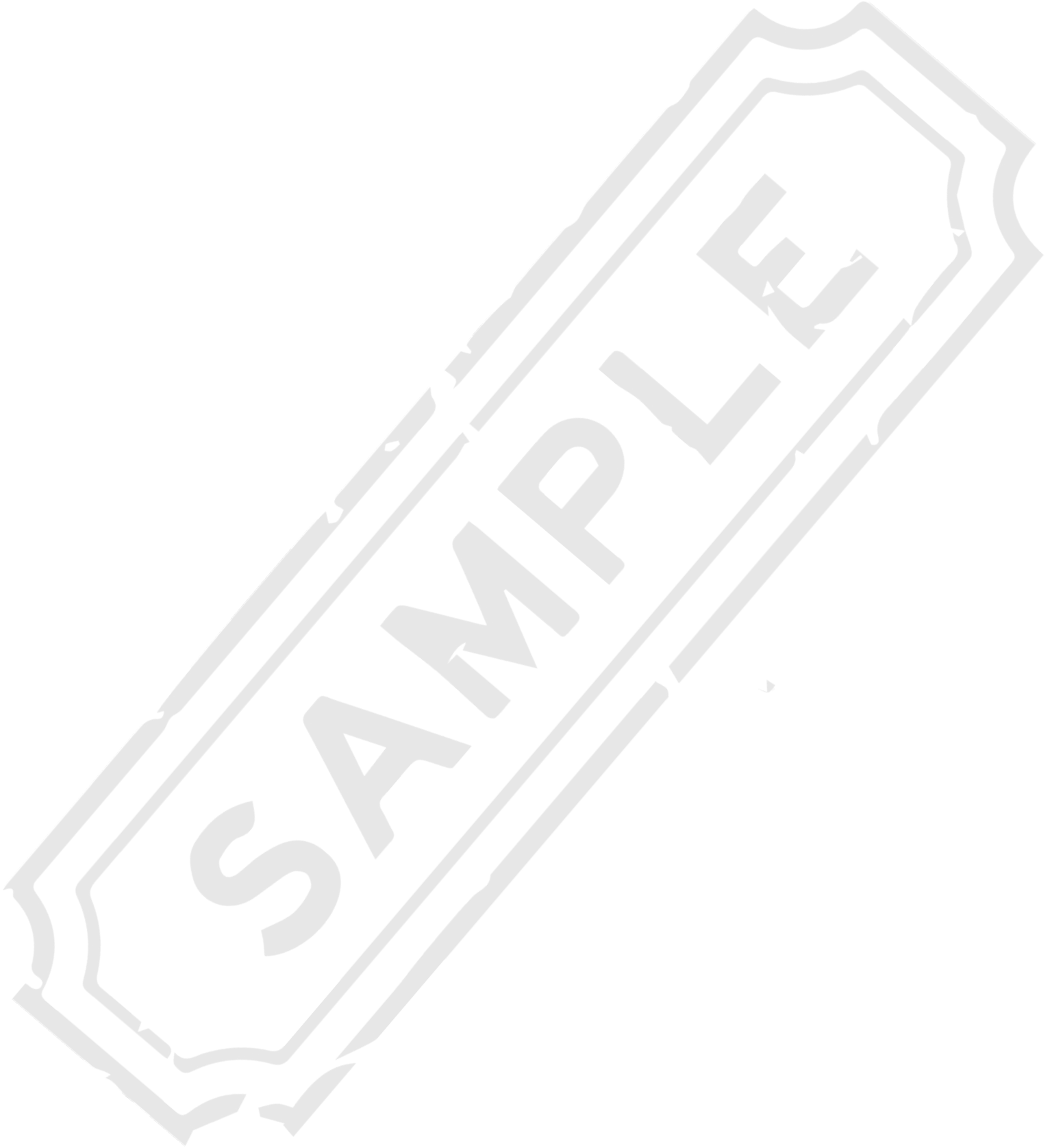
REMINDER!

Act on your decision, take responsibility for it, and re-examine your decision if needed.

HOME ASSIGNMENT: Ask a parent or trusted adult what they would want you to do, if you had a close friend who was constantly drinking or using drugs.

Student Signature

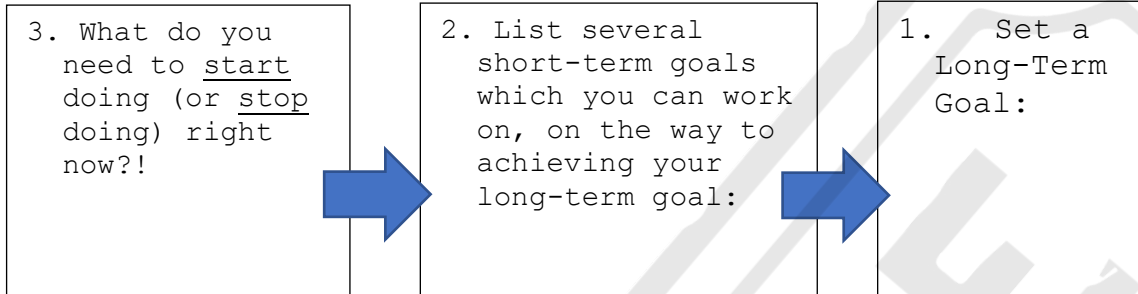
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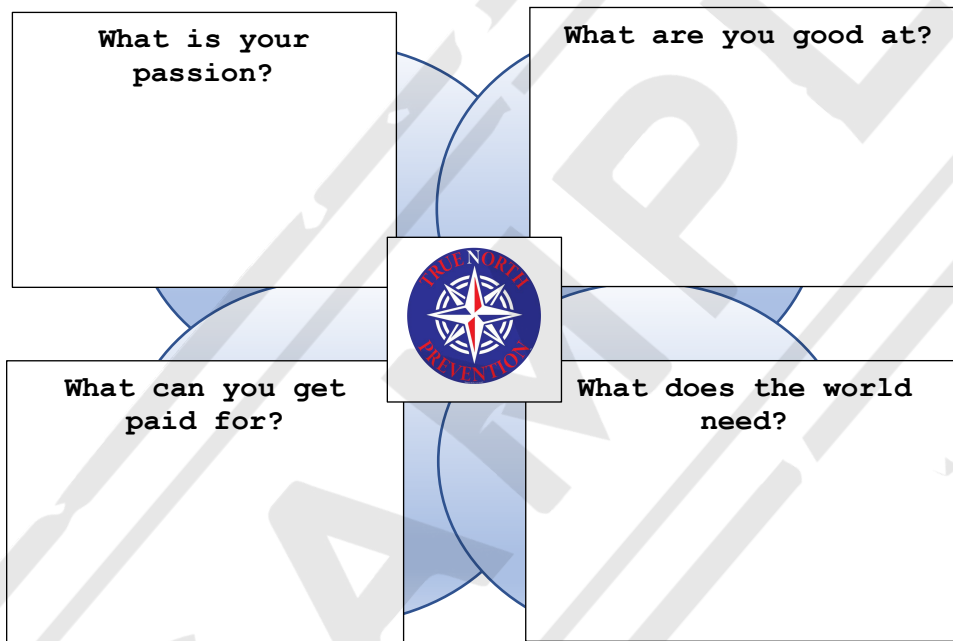
Name _____

Lesson #13 Worksheet: Goal-Setting

Part I. Setting Goals (HINT: Fill in the boxes from right to left!)



Part II. Identify your True North – Where your answers overlap is your True North, the fulfillment of all you stand for and want to be in your life!

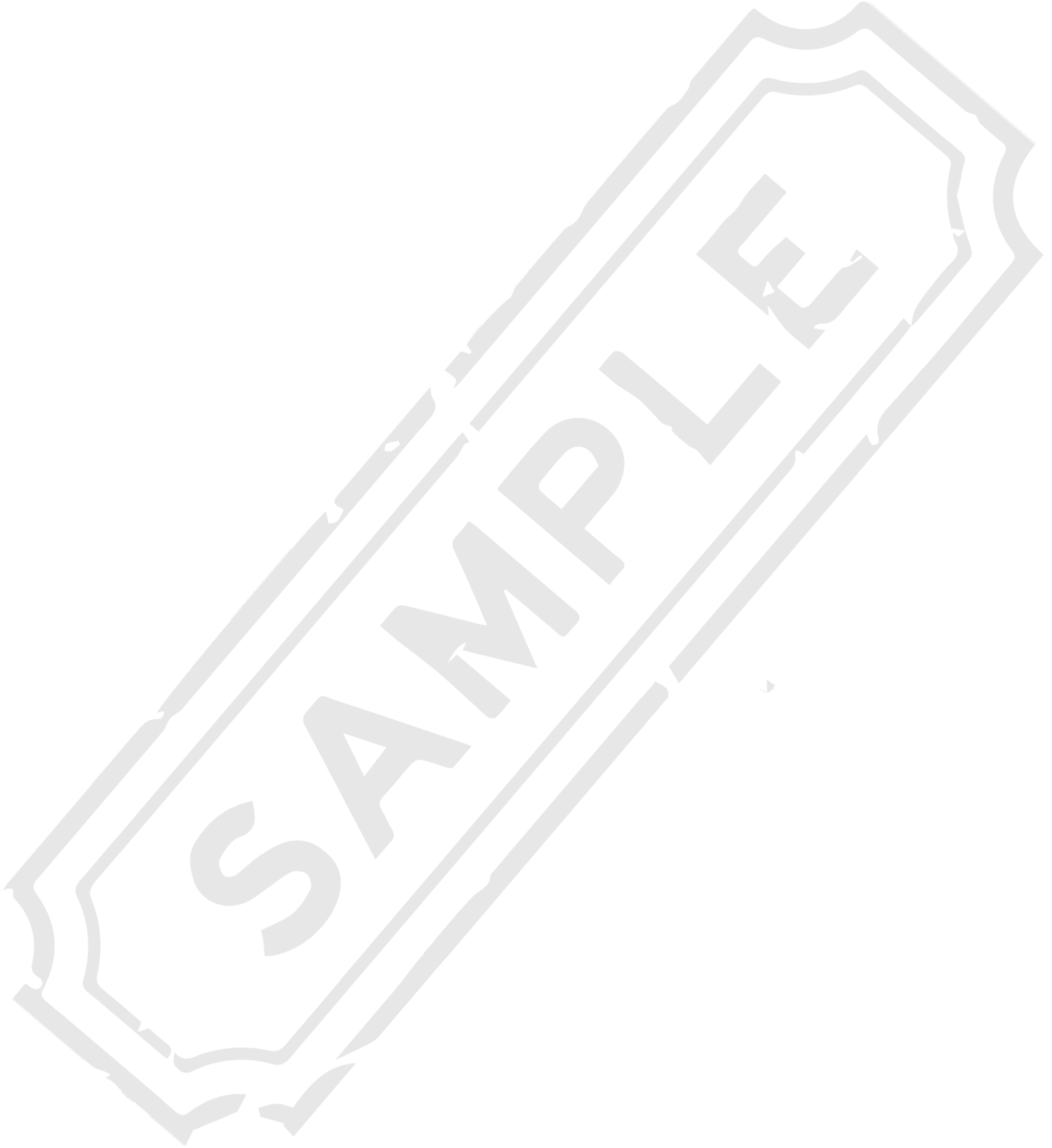


List some ideas about what your True North – your life path -- might be:

HOME ASSIGNMENT: Share your goal-setting worksheet with a parent or trusted adult, and discuss how they could help you achieve your goals.

Student Signature

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POST-TEST

Instructions: Circle or check your answers (T for True, F for False), and then complete the Fill-Out Questions.

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39. Name one of your life goals:

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