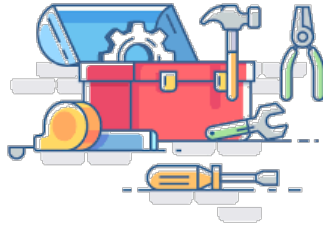


PREVENTION ACTIVITIES TOOLKIT

Hello Stamford Middle School Health Teachers



Welcome to the Prevention Activities Toolkit!

The toolkit contains a list of engaging activities to teach middle school students in grades 6-8 about the risks of substance use. The activities are designed to increase their knowledge and enhance their SEL skills.

All activities have been linked. So just click on the title to get to the activity.

The toolkit will be updated periodically, and you will be notified of the new additions.

If you have any questions about the activities in this toolkit, please contact:

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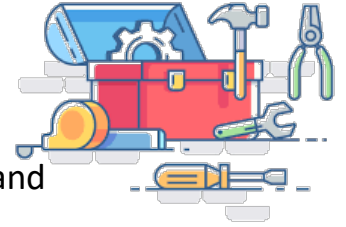
Thank you!

**Updated September 2025*

(Created August 2024)

Prevention Activities Toolkit

Purpose: To provide interactive activities to teach middle school students in grades 6-8 about the risks of substance use. The activities are designed to increase their knowledge and enhance their SEL skills.



**Suitable for grades 6-8 unless otherwise specified.*

Topic	Grade(s)	Activity
Vaping		Don't Blow It: Anti-Vaping Campaign Quiz and Answer Key
		Risk of vaping videos (Four videos of real teen experiences, ~3-4 mins each)
		Lesson Plan: Risks of Vaping Magazine
		E-cigarette Marketing activity Part 1
		Vaping poster (shows chemicals) *Compare with "Sucked in Cigarette" Poster
		Cost of Vaping worksheet
Tobacco		Smoking quiz (answer key)
		Sucked in Cigarette Poster (image) *Compare with vaping poster
		Spectrum of Addiction Activity (Goal is understanding addiction) Spectrum of Addiction Cards
		Zyn Ingredients
Cannabis	7&8	How Marijuana Affects Your Developing Brain Video (2m53s)
		Marijuana Activity Poster
		Marijuana Mix + Match (English)
		Marijuana Mix + Match (Spanish)
		Marijuana Mix + Match Answer Key
		Cannabis Jeopardy

Topic	Grade(s)	Activity
	New!	Johnny's Ambassadors Preventing Youth Marijuana Use Teacher PPT Slides Laura Stack Johnny's Ambassadors Middle School Sheets Worksheets – Marijuana Facts Your Brain is Your BFF! Top Ten Marijuana Myths Is Marijuana Medicine? Teen Brain Development Short & Long-term Effects The Endocannabinoid System The Potency
	New!	Johnny's Ambassadors THC Gameshow
	New!	Johnny's Ambassadors Teen THC Quiz
	New!	DEA: Animated Marijuana video
	New!	Cannabis and the Endocannabinoid System Video (3:11)
Alcohol		KidsHealth activities
		8 Ways Out - Ways to resist peer pressure
		Alcohol and Your Brain
		The "Agree-Disagree" Exercise
	New!	Alcohol and the Developing Brain: Informed Students Make Better, Healthier Decisions - Video
	New!	Alcohol and the Developing Brain interactive online module
	New	Ask, Listen, Learn Video - How Alcohol Affects Your Developing Brain
All Drugs		True/False Quiz
		Word scramble
		Jenga Instructions
Gambling	Grade 7&8	Gambling Survey Paper Toss
	Grade 7&8	Gambling Higher Risk/Lower Risk Cards
		Gambling Age in Connecticut

Topic	Grade(s)	Activity
The Brain	Grade 8	Neurotransmission scavenger hunt
	Grade 8	Cause-Effect mix and match
		Wait Until 21 (video explains teen brain reaction to ATOD. Approx 3'40")
	New!	What Gives You Your Dopamine – take home worksheet
	Grade 6	Healthy Brain Sleep Worksheet
		The Teen Brain: Under Construction
Skills – Decision Making Peer Pressure Refusal Skills Managing stress	Grade 7&8	Higher Risk/Lower Risk Cards – Substances High Risk/Lower Risk Talking Points
	Gr. 8 only	Driving Timeline
	Grade 6&7	Decision Making the Bag Game
	Grade 6	Peer Pressure Role Play Teachers Guide Role Play Scene 1 and 2
	Grade 7&8	Refusal Skill Activity
	Gr. 8 only	Stressed out? Learn how the body responds to stress and healthy ways to cope
		5 finger breathing
	New!	Word Searches <ul style="list-style-type: none"> - Coping Skills - Emotions and Feelings - Positive Affirmations - Meditation and Mindfulness
	New!	Peer Pressure Role Plays <ul style="list-style-type: none"> - Grade 6 & 7 - Grade 8
Other		Letter Scramble
		Icebreaker Connections
		Brain Teaser with Answer Key
		Head, Heart, Hand and Home Exercise Asset Inventory Classroom Tool Developmental Assets

Topic	Grade(s)	Activity
		Host a "Relieve the Stress Fest!" <ul style="list-style-type: none"> • Contact principal to arrange this • Host stress-relieving activities (meditation, yoga, sports, dance) • Advertise + have photographs of events • Have relaxing music • Get volunteers
Fact Sheets for teachers		Electronic Cigarettes E-Cigarette Use Among Youth and Young Adults Drug Facts: Tobacco Smokeless Tobacco Zyn Drug facts: Marijuana/Cannabis Marijuana's effect on the brain Edible Marijuana - Picture Examples Alcohol and the developing brain How nicotine affects the teen brain Tips for Teens: Steroids



Compliments of

For more information about activities or fact sheets listed in this table, please contact:

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