

Grade 7 | Journaling Activities

Too Good for Drugs

Lesson 1 **Set to Win** - *Setting Reachable Goals*

Journal Assignments

Write a paragraph about one of the following quotations:

“Don’t quit. The Wright Brothers dreamed of a machine that would fly through the air. Now one may see evidence, all over the world, that they dreamed soundly.” *Napoleon Hill*

“The future does not get better by hope. It gets better by plan. And to plan for the future, we need goals.” *Jim Rohn*

Lesson 2 **The Decision Is Yours** - *Making Responsible Decisions*

Journal Assignments

Write a paragraph about one of the following quotations:

“Not only do I stop to think about things, I stop to think about things extensively.” *Jerry Seinfeld*

“You can’t build a reputation on what you are going to do.” *Henry Ford*

“My basic principle is that you don’t make decisions because they are easy; you don’t make them because they are cheap; you don’t make them because they are popular; you make them because they’re right.” *Theodore Hesburgh*

Lesson 3 Understanding Me - Identifying and Managing Emotions

Journal Assignments

Write a paragraph about the following quotation:

"Life is 10% what happens to you and 90% how you react to it." Charles Swindoll

Lesson 4 Say It With Style - Effective Communication

Journal Assignments

Write a paragraph about one of the following quotations:

"The most important thing in communication is to hear what isn't being said." Peter Drucker

"It takes a great man to be a good listener." Calvin Coolidge

Lesson 5 The Right Connection - Bonding and Relationships

Journal Assignments

Write a paragraph about one of the following quotations:

"I don't need a friend who changes when I change and who nods when I nod; my shadow does that much better." Plutarch

"Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down." Oprah Winfrey

"Since there is nothing so well worth having as friends, never lose a chance to make them."
Francesco Guicciardini

Lesson 6 Addiction Notice - *Understanding Addiction*

Journal Assignments

Write a paragraph about one of the following quotations:

"The chains of habit are generally too small to be felt until they are too strong to be broken."

Samuel Johnson

"Habits are first cobwebs then cables." *Spanish Proverb*

Lesson 7 A Toxic Waste - *Effects of Nicotine Use*

Journal Assignments

Write a paragraph about one of the following quotations:

"Tobacco is the only industry that produces products to make huge profits and at the same time damage the health and kill their consumers." *World Health Organization Director-General*

Margaret Chan

"The true face of smoking is disease, death, and horror-not the glamour and sophistication the pushers in the tobacco industry try to portray." *David Byrne*

"Smoking kills. If you're killed, you've lost a very important part of your life." *Brooke Shields*

"If somebody tells you dipping or chewing tobacco is not harmful or possibly fatal, they ain't telling you the truth." *Garth Brooks*

Lesson 8 A.K. Hol - *Effects of Alcohol Use*

Journal Assignments

Write a paragraph about one of the following quotations:

"The chief reason for drinking is the desire to behave in a certain way, and to be able to blame it on alcohol." *Mignon McLaughlin*

"People who drink to drown their sorrow should be told sorrow knows how to swim." *Ann Landers*

"Not one man in a beer commercial has a beer belly." *Rita Rudner*

Lesson 9 The Real Deal - *Effects of THC and Marijuana Use*

Journal Assignments

Write a paragraph about the following quotation:

"Not feeling is no replacement for reality. Your problems today are still your problems tomorrow." *Larry Michael Dredla*

Lesson 10 A Drug is a Drug

Street, Prescription, and OTC Drugs & Course Review

Journal Assignments

Write a paragraph about one of the following quotations:

“Most alarming was the 212% rise of prescription drug abuse found among teenagers during those years. Some parents had become unwitting drug pushers by filling their bathroom cabinets with addictive prescription narcotics, depressants, and stimulants.” *Melody Peterson*

“I will lift mine eyes unto the pills. Almost everyone takes them, from the humble aspirin to the multi-colored, king-sized three deckers, which put you to sleep, wake you up, stimulate, and soothe you all in one. It is the age of pills.” *Malcolm Muggeridge*

“People who abuse drugs might not understand how these factors may affect them or that prescription drugs do more than cause a high, help them stay awake, help them relax, or relieve pain.” *NIDA for Teens*