

**It's
Lorenzo's
Birthday!**



Week 4 – Instructions

INCLUDED MATERIALS:

- 1 BINGO card for each child
- 1 Marker for each child
- 1 Courage Tattoo for each child

INSTRUCTIONS:

- Explain to youth that they will hear a story and that it is important for youth to sit quietly and listen.
- Explain that while they listen to the story if they hear a word that is on their bingo card, it should be marked using the marker. Words are highlighted and a master BINGO card is at the end.)
- To call BINGO it must be diagonally, across a row or vertically in a column
- *The first two youth who call BINGO will receive a water bottle filled with candy and are no longer eligible to play. All others who get BINGO get a Courage tattoo.*
- If a student claims they have BINGO and they are incorrect, they can continue until they do.
- After all youth get a Courage tattoo, the game is over.

Week 4 Story – A Birthday Adventure with Courage

Friends are so important to Courage. When he gets the opportunity to be with his friends, he almost never turns it down. Recently, Courage was invited to his friend Lorenzo's 13th birthday party. He was so excited that Lorenzo would now be a teenager! He decided to buy a gift he knew Lorenzo would love: a baseball cap from his favorite team, the Philadelphia Eagles.

Courage knows everything about Lorenzo, including that his family had been having a difficult time. Since his dad lost his job due to the COVID 19 pandemic a few months ago, Lorenzo has grown distant. That was another reason Courage was excited to be invited to the party. He had not seen Lorenzo in a while and wanted to catch up.

On his way to Lorenzo's house, Courage begins to reminisce about the good old days with his friends, cracking jokes and laughing so hard that their stomachs hurt.

When Courage arrives at Lorenzo's house on 123 Stay Healthy Lane, the two friends were excited to see one another. But as he entered Lorenzo's house, he smelled a strong odor, which he knew to be marijuana. He looked around and noticed DJ, Mike, Gabi and Michelle, their best friends from middle school, sitting in the living room.

Courage felt a bit worried when he realized that Lorenzo's parents weren't home, but he smiled as his friends all greeted him warmly.

"Hi Courage, how are you? It's been a while," said Miguel. But then he asked, "Do you want to smoke a joint with us?"

Not knowing what to say, Courage immediately responds, "Um, how about later?"

Courage starts to feel uneasy. If his friends asked him to smoke later, what would he say? He didn't want to smoke, but if he said no, his friends might think he's a wimp.

Then, he remembered a presentation they had at their school last year by Sonia, from the Council on Chemical Abuse, or COCA, who talked about the dangers of marijuana.

And in that instant Courage gets the courage! He asked his friends, "Isn't it illegal to smoke marijuana?"

“Oh Courage, don’t worry!” Lorenzo replied. “We’re in my house, and no one will see us.”

“Do you guys remember that marijuana presentation we had in school last year?” Courage asked.

“Oh yeah, I do,” answered Gabi.

“I kinda remember that too,” said Michelle. “Didn’t they say that marijuana affects how the brain grows?”

“You mean, brain development?” Courage asked.

“Yeah, that’s it!” said Miguel. “I remember learning that smoking marijuana can make it harder to remember new things at school.”

“You’re right!” said Lorenzo. “Sonia, the COCA lady even said that if you start smoking at our age, we can become...what’s that ‘A’ word? Oh yeah, I remember...addicted. It’s when you want to stop using and can’t.”

“Yeah, you’re right, that’s when the person knows they need help from a doctor in order to quit” Courage said. “I remember thinking, I never want to do drugs because I didn’t want to mess with my goals after high school.”

“You’re so right Courage!” responded DJ. “The COCA lady told us that marijuana effects your memory and motivation and can even cause depression and impairs your judgement.” Smoking marijuana would definitely ruin my chances of getting the football scholarship I’ve always dreamed of.”

“Oh wow!” Gabi said. “I want to study to be a doctor someday, but if I become addicted to marijuana, I won’t be able to take care of the patients.”

“Well,” Miguel said, “even though I’m not going to college, I still want to be carpenter just like my dad.”

“Yes,” Courage said. “Marijuana can ruin our dreams for the future, no matter what those dreams are. If I get caught smoking marijuana and the police are called, I can be criminally charged, and I certainly don’t want that on my record!”

“Hmm, that’s pretty scary stuff. I’m going to think twice about smoking marijuana now,” said Gabi.

“Me too,” said DJ. “My parents would feel let down too, but so would my football teammates. The COCA lady said kids who inhale marijuana smoke risk damaging their lungs. If that happens, they’ll have difficulty breathing and keeping up with the team. She also mentioned that some kids our age don’t think about the consequences of smoking marijuana because they’re so focused on having fun.”

“But it’s not always about having fun!” said Michelle. “Sometimes we’re pressured into doing something we don’t want to do too. And even though we know it’s wrong, we’re afraid of looking stupid in front of our friends and we give in.”

“Yeah,” said Gabi. “I guess that’s why the COCA lady said it was important to make healthy decisions. When we learn to say ‘no’ to drugs, we’re keeping our mind and body healthy.”

Courage added, “And talking about keeping your body healthy, we learned that Marijuana causes lung diseases like emphysema, bronchitis and even lung cancer. And that marijuana contains over 400 chemicals that are known to be toxic or poisonous.”

“Oh yeah, she talked a lot about one of the chemicals,” said Miguel.

“It’s something called, tet, tetrahid, um, cannon? Oh wait! I remember, its tetrahydrocannabinol, it’s THC for short.”

“Yes, she said THC is the chemical that’s naturally found in marijuana and causes the person to feel high”, Lorenzo replied. “it’s the reason why people smoke marijuana”.

“You guys remember a lot”, said Gabi. “But do you also remember that smoking marijuana can be really dangerous because it might be mixed with other drugs, without the person even knowing? If that happens, smoking marijuana can cause someone to overdose and maybe even die.”

Without hesitation, Lorenzo puts down the marijuana joint. “Hey guys, I have a better idea,” he said. “Why don’t we go for a swim in my pool instead. It’s nice and hot out, anyway”.

“A better idea? Wait! That’s called a Refusal skill, guys”, shouts Gabi. “Do you remember? The COCA lady taught us different ways to say ‘no’ to drugs. That’s pretty cool, Lorenzo. You actually used a skill, and you didn’t even realize it.”

“Well, I may not have realized that, but what I do realize is that I have the best friends. And this is the best birthday ever”, said Lorenzo.

“And this is turning out to be the best party ever!” shouted Courage as he and his friends headed outside.

Master BINGO calling card

Marijuana	THC	Impaired thinking	Positive friends	Addiction	Lungs	400 chemicals
Refusal skills	Healthy decisions	Peer pressure	Better idea	Goals		College
Lung Cancer	Toxic	Inhale smoke	Difficulty breathing	Drug free	Healthy body	Memory
Sports	Poor grades	Courage	Illegal	Free Space		