Prevention Program Overview

Program: **Marijuana Real Talk**

Program Objectives

Marijuana Real Talk: Engages students in discussions and activities on marijuana dangers, myths and consequences.

The program teaches students to:

- Understand the chemical breakdown of marijuana.
- Understand the complexities of the effects marijuana has on the brain.
- Understand effects of marijuana on central nervous system and heart.
- Identify negative peer pressure.
- Utilize critical thinking and refusal skills.

Program Summary

Sessions	One
Population	Appropriate for 7th-10th grade students
Education	**Effect of Marijuana** • Chemical makeup of marijuana • THC and CBD interaction with the body. • Effects of marijuana on the brain, central nervous system and heart **Consequences to Using Marijuana** • Addiction • School and home life • Critically thinking about choices regarding marijuana use. **Refusal Skills and Alternatives** • Discussion on positive and negative peer pressure. • Recognizing alternatives to using marijuana • Utilizing refusal skills
Activities	• Role play scenario activity. • Group discussions and resolutions
Prevention Skill	Program teaches decision making, refusal and critical thinking skills. Students are educated on the dangers of marijuana use and encouraged to make decisions while critically evaluating all consequences.

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