

DON'T METH WITH US SCRIPT

I am _____ and I am with the San Juan Rotary Club. Does anyone know what Rotary is? Rotary is people who form a club and they are leaders in the community and they are business owners and they get together and they try to make their community a better place to live. There are 1,200,000 plus Rotarians around the world in over 220 countries. All of them are interested in making their community and world a better place to live. So I came here today to ask you for your help in making our community a better place to live.

Start with goals, Examples of short-term and long-term goals.

Achieving goals=success, accomplishment, happiness.

Goals are reached by making good choices. Bad choices make it harder to reach your goals.

Short Term Goal example=getting a good grade on a test-good choice=study hard, bad choice=not study.

Long Term Goal example = what do you want to be when you grow up? – Police officer – What are good choices to help you become a police officer? What are bad choices that can keep you from becoming a police officer?

There's going to be painful or unhappy things in your life that you have no control over like accidents and illness and even homes break up. Staying focused on your goals can help you get through those difficult times. Having a trusted, safe adult to talk to can also help. Who are examples of adults that someone your age with a problem could talk to help them not feel alone and maybe help us make good choices?

(Consider using a flip chart to write down examples of who the students say they might talk to)

We all need people like that to support us. They can help us make good choices. You are so lucky to be here at this school in the 5th grade because you are already on your way to a great choice of graduating high school.

(INTRODUCE NEXT SPEAKER)

We want to talk to you about one bad choice in particular. This bad choice is trying methamphetamine, more commonly known as meth. Meth is a drug.

Before I talk about meth, it is important that I tell you that all people who use meth are NOT bad people. They just made a bad choice when they decided to try it for the

first time. Some of you may know someone who is using meth now, so a little later we will talk more about how sharing this with a trusted adult can help.

It is also important for you to know that not all drugs are bad. Some drugs, like those that your doctor gives you or a parent or nurse give you when you are sick, can help people feel better, when they are taken the right way, the way they are supposed to be taken. It is a good choice to take medicine the right way, but only when supervised by a parent, nurse, or doctor.

Taking drugs becomes a bad choice when someone takes them when they are not sick, when they are not taken as prescribed (like when they are supposed to take two pills but take a lot more), or when the drug is an illegal drug. Some illegal drugs that you may have heard about are cocaine, heroin, marijuana, and meth.

(INTRODUCE NEXT SPEAKER)

Like _____ was saying a little bit ago, we are in Rotary. It's an organization and our members want to see our community be the best that it can be. I want to share something with you that help Rotary members make good choices. It's called the 4-Way Test. I carry it around on a little card. Every once in a while I look at it when I am trying to make tough choices. The first question is, "Is it the Truth?" Now that is just as simple as "Is it right or wrong?" It needs to be true and right. We want to make sure we are always doing the right thing. The second question is, "Is it fair to all concerned?" Another way of saying that is, "Are we cheating anybody with this decision that we are making?" It's not fair to cheat anybody. We know the world is not always fair, but you can live your life and treat people with a certain amount of respect.

The third question is, "Will it build goodwill and better friendship?" Now we all know that if there is an argument or something going on, it is no fun. So we want to build goodwill and better friendship. The last question is, "Is it beneficial to all concerned?" That's what I am here to talk about - our choices. Making good choices can build you up. Making bad choices can take you down.

Later on, all of you will receive your own 4-Way Test card so that you can take it out and look at it if you are having a hard time making the right choice or decision. On the backside you can write what your answer will be when someone asks you to try meth or another illegal drug.

CHOICES

We want to talk with you for a few minutes about making good choices and bad choices. Making a good choice will give you a good feeling such as when you study hard for a test and then make a good grade as a result of your hard work. You did not have to take something for that good feeling, you just had to make a good choice. Good choice feelings are the ones that we should always try to have.

(Ask students for examples of making bad choices)

Do you think that making the decision to experiment with meth would be a bad choice? Do you think that person is going to feel bad about himself or herself? What about how their family and friends might feel, do you think they are going to feel bad, even if they are using meth themselves?

Methamphetamine is also called speed, crank or ice, and several other names. Whatever it is called, it is dangerous. Methamphetamine can cause the user's teeth to begin rotting. The reason that may happen is because using meth causes the mouth to stop making saliva. Saliva helps keep bacteria from attacking our teeth and gums. Without saliva, and also because some of the chemicals used in meth, the teeth and gums will become damaged.

Exposure to meth can make a person's skin feel kind of like there are little bugs crawling under it and so they begin picking at their skin and before long they have open sores. The chemicals in meth also attack the oils in the skin, which makes it become very dry and itchy.

Using meth can also damage internal organs, like the liver, lungs, heart, and brain, possible causing permanent damage and sometimes death.

Most people who try meth become addicted to it. Addicted means that the drug has control of the person – the person thinks about the drug constantly, they feel like they want to and need to use the drug all the time, and they often feel sick when they aren't using the drug. It is important to remember that a person with an addiction is NOT a bad person. They made bad choices that led them to become addicted, and now they and their family will need help to get better.

If you are afraid someone you know may be using meth or some other drug, there are trusted and caring adults you can talk to, like the ones we talked about earlier. (Remind them of who some of those people are.)

Someday, you may have a friend or family member who says, "Hey, let's go get high. Do you want to try some methamphetamine?" We want to prepare you to make a good choice.

(Walk the students through the 4-Way Test to help them decide if they want to try meth or not).

These shirts read, "We are the Future, Don't Meth With Us." That's a pretty good answer right there. Somebody says, "Hey, wan to try meth?" What are you going to say? "No, don't meth with me."

Well, here's the important thing. The younger kids at this school look up to you. These younger kids are always going to look up to you. They are going to use all of

you as an example. All of you should always try to set a good example for your peers and also for the younger kids.

Who in the room wants to be a leader in the community someday or maybe even the President of the United States? Does anyone want to be the President? That many president's in this room. Wow. I think this room is full of leaders. Full of folks that can be city leaders, business leaders and someday even be President o the United States. What do you guys think? Well, hat is why these t-shirts read, "We are the Future," because someday I am going to be depending on you to make good choices. What are good choices? What about staying in school? Making sure that we are good at school and focusing on our grades and making sure we do our homework?

Are those good choices? Because eventually, boys and girls, what it comes down to is if you are abusing drugs and not being school and not making the good choices, you won't be that leader that all of us are destined to be. Meth doesn't pick a certain type of person to become addicted to it. That is not the way this works. The way it works is, if you try meth, you are likely to use it again. Meth is the most addictive drug ever to be invented. All the ingredients used in making meth are common household cleaners and other poisonous chemicals. If you continue using meth, you likely will get those nasty meth teeth—how many of you have seen the billboards showing the young girl who will never have to worry about her lipstick again? You likely will get those meth sores on your body, you'll be addicted and you'll hurt your family that loves you, and you could even die from it if you don't get help.

Now, I need a volunteer. Are there a couple of folks that want to help out?

(Get Volunteer)

I need you to put on this PPE. How many of you know what PPE stands for? That's right, Personal Protection Equipment. A Mask – so you don't inhale anything, gloves and goggles so nothing dangerous touches you skin or get in your eyes. Now go ahead and reach in that box and pull something out. Okay, what do we have here?

Ask the student take out an ingredient and ask him to read what it say-repeat it so the class can be sure to hear what the danger label states. Describe what the ingredient is used for.

Ask student to take out another 2 or 3 items – you can ask another student to read the danger label and repeat so the other students can hear.

Boys and Girls, these are some of the dangerous chemicals that methamphetamine is made from. Now what we talked about is how the drug can damage teeth, how it can make you have sores that you want to scratch because you feel like you have bugs crawling on your skin, and about how you may become addicted by trying meth only 1 time and almost assuredly will become addicted if you go on to try it a second time. You can even die from using meth! Why would you want to put

something in your body (like meth) that contains ingredients such as Draino, bleach, acetone or battery acid? Products like these that very clearly state, "Poison, May be fatal or cause permanent damage if swallowed.

So, when we are talking about choices, we want to make good choices. Is it a good choice for us to put this stuff inside of our body? Is it good for our friends to put this stuff inside their body? Is it good for anyone to put this stuff inside his or her body? Absolutely not! So what I need is –I need you guys to help me with an answer. Because when somebody comes and asks you whether or not you want to try meth, we all have to make a good choice.

Our answer is going to be "We are the Future, Don't Meth with Us!" (Chant 2 times)

SHOW PICTURE OF METH TRASH AND ACTIONS

The final thing we want to discuss deals with what to do if you find any of these items. Say for instance that you are out playing, riding your bike or walking to school and you see trash like this on the side of the road, in the ditch or in a pile somewhere else. What should you do? Remember these three things:

Don't Touch!! – This stuff can hurt you.

Back Away – Get away from it immediately.

Tell An Adult – (Parent, Neighbor, someone you can trust)

(Introduce next speaker)

(Puts on t-shirt and sits in the middle of the children)

I want you guys to come in close and I want you to listen to me. You guys have role models, people that you look up to – friends and family and neighbors who may not have made the right choices in their life. One of the things that is always very difficult is that if you know somebody that hasn't made a good choice, whether it be a friend or family member. You are not alone and you do not have to keep this to yourself. Remember the safe people list from earlier? You have teachers, you have school counselors, your principal, you have resource officers that are hanging around the school that are here to help. They are here to support you be someone to listen to you. So if you need help or somebody that you know needs help, you are not alone and you can talk to these people. So, the three lessons today are **you are the leader**, the role model, people look up to you and **you need to make good choices**. And, if you know something or you are uncomfortable about something, you can always talk to somebody.

So, help me out...we are going to do it three times..."We are the future, don't meth with us!" On the third time, put you hand in the air.