

# DRUG FREE

## LEARNING OUTCOMES

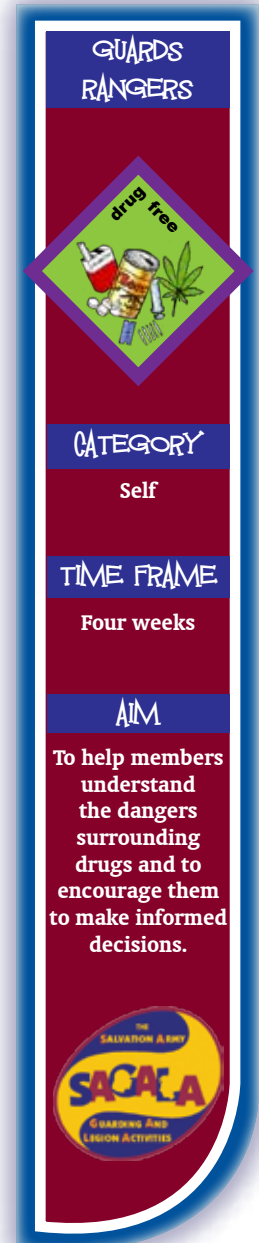
Having completed this badge members will be able to:

- identify different legal and illegal drugs;
- identify behaviour related to substance use and abuse;
- understand the effects of prolonged substance use and abuse;
- identify the different treatment methods for substance abuse;
- understand the consequences of choices regarding drug use;
- discover the Christian perspective towards drugs.



## BADGE REQUIREMENTS

1. Identify different types of substances and categorise them as illegal or legal.
2. Investigate the behaviour related to drug use, the effects of drugs and ways to avoid drug use.
3. Explore the many treatment options for drug abuse.
4. Demonstrate understanding of consequences of drug use.
5. Demonstrate understanding of the Christian perspective towards drug use.





# Teaching ideas

**What is a Drug?** A drug is any substance that alters a person's body and/or mind.



1. Identify different types of substances and categorise them as illegal or legal.

Legal drugs include alcohol, tobacco, caffeine and prescription drugs, like minor tranquillisers. However, there are restrictions on some legal drugs which can then make them illegal. For example it is illegal for under 18's to purchase alcohol and cigarettes. Legal medicinal drugs can also be used illegally – when obtained without a prescription, through the black market (or falsely declaring prescribed medications from one doctor to a second doctor or more doctors, i.e. multiple servicing).

The most widely used legal drugs cause the most damage to our health, family, industry and community. These include tobacco, alcohol and over the counter medications and prescription drugs.

Illegal drugs include heroin, cannabis and cocaine. Penalties for use or possession can include fines and /or imprisonment. Drugs can be categorised into four main categories: stimulants, depressants, hallucinogens and solvents.

## Stimulants

Stimulants increase the activity of the central nervous system. This will affect the body speeding up the neurological processes as a result the heart rate, blood pressure and body temperature will rise. Drugs in this category include:

- amphetamines (speed, ice, base, ecstasy);
- cocaine (coke, snow, crack);
- nicotine (tobacco).

## Depressants

Depressants suppress the activity of the central nervous system, meaning that reactions to stimuli are slowed, breathing and pulse rate slow and feelings of pain and hunger are diminished. Drugs in this category include:

- morphine (M);
- heroin (H, jack, smack);
- tranquillisers;
- codeine;
- cannabis;
- opium;
- sedatives,
- alcohol.

## Hallucinogens

Hallucinogens can alter the sense of perception, time and space. People under the influence of hallucinogens report seeing and hearing things that are not real. The effect of hallucinogens varies enormously from one person to another. Drugs in this category include:

- marijuana ( grass, weed, pot, dope, herb, leaf);
- lysergic acid diethylamide (LSD, acid);
- phencyclidine (PCP, angel dust).

# Teaching Ideas



## Solvents

Another group of drugs that are commonly used among young people, due to their accessibility and affordability include:

- aerosol products;
- glue;
- adhesives;
- lighter fuel (fluids and gas);
- paint thinner;
- dry cleaning agents.

Some drugs may fall into more than one category.

When discussing the different types of drugs don't forget to include over the counter drugs (pain killers, cough medicines). Even though these drugs are legal and widely used by many people, the misuse of these drugs can be harmful. It is also important to remember that it is the drugs that are more readily available and accepted by society that can cause the most harm.

- **Group Activity:** Using a white board see how many different types of drugs members can think of.
- Using **Leaders' Resource 1**, display the pictures of drugs around the room. Distribute **Handout 1** for members to move about the room and classify the drugs into legal /illegal and safe/harmful.



## 2. Investigate the behaviour related to drug use, the effects of drugs and ways to avoid drug use.

While the effects of drug use can be stated generally, it is impossible to predict exactly how a drug will affect any one person. Any given amount of a drug might have a slight effect on one person but a much greater effect on another.

Drugs can affect people physically, psychologically or both.

Effects can depend on:

- how the drug is taken;
- how much is taken;
- the physical characteristics of the user;
- whether the person is used to taking the drug;
- whether the person is taking more than one type of drug;
- the mood of the person;
- the environment they are in.

Drugs not only effect young people physically and psychologically but also affect a young person's lifestyle including:

- socially;
- economically;
- emotionally;
- legally.

Provide scenarios for groups to discuss. Have members role play how to respond using various tactics for example:

- flat out 'no' – 'No thank you I don't drink';
- make it into a joke – 'I'm allergic to smoke', 'Want to see me vomit?';
- change the subject – 'Hey lets go for a ride on the bikes';
- pretend you didn't hear, make an excuse – 'What are you talking about?' 'I have a huge test tomorrow and I don't want to be all fuzzy for it';



# Teaching ideas

- blame it on the parents;
- move away or leave - 'Hey man is that the time- I've got to go.'

Use **Leader's Resource 3** to help discuss situations and possible solutions.

- In small groups discuss the above; lead the discussion with examples, or pose questions, or give out fact sheets from health professionals or websites; encourage the young people to discover and share their own ideas.
- Using the list of legal and illegal drugs, **Leader's Resource 1 and 2** have each pair choose one drug that they wish to research. Have each pair complete the questions on **Handout 2**.
- Use **Leader's Resource 2** match the drug description to the pictures. Note: not all pictures have descriptions.
- Using resource information match slang terms with correct names or research street names via the internet.

The internet is a good source of information but make sure that the information is Australian, current and factual. Sites that include accurate information include:

Reach Out (<http://au.reachout.com/>);

Australian Drug Foundation (<http://www.adf.org.au/>);

Youth NSW (<http://www.youth.nsw.gov.au/>);

Drug Arm ([www.drugarm.com.au](http://www.drugarm.com.au))

**Note:** Above the Influence (<http://www.abovetheinfluence.com>) and In the Know Zone (<http://www.intheknowzone.com/>) provide information and ideas although they are not Australian sites and any statistics or data do not apply to Australia. These sites are both interactive and you may be able to access other sites during SAGALA to promote discussion.



## 3. Explore the many treatment options for drug abuse.

In Australia there are many options for help depending on the individual need and particular problem. As each person is affected differently each person will respond differently to treatment.

It is very important for young people to be aware of the many options available. Options include:

- medical supervision;
- maintenance programs;
- counselling;
- rehabilitation;
- use of blocking drugs;
- therapeutic communities.

It is also important for young people to know where to go for information about drugs and treatment options. These include:

- local doctor;
- drug treatment centres and clinics;
- hospitals;
- social services;
- counselling centres;
- detoxification centres;
- The Salvation Army and other religious organisations.

Have pairs research the many options available to help people with a drug problem and design a poster displaying how it works and what it involves and where to find it.

# Teaching ideas

Alcoholics Anonymous developed a twelve step program to address the problems that underlie drug use. Use **Leader's Resource 3** to discuss these twelve steps and help members understand that drug use is more than a physical dependency.

You may have access to a 'alcohol and other drug' specialist worker who may be able to talk with members about rehabilitation and its long term process.



## 4. Demonstrate an understanding of the consequences of choosing to use drugs

When a young person decides to take that first step into trying drugs it is often rare for them to think about what might happen. With the help of caring adults, young people can be challenged and educated on the consequences of drug use before any drugs are taken.

There are not only physical consequences but emotional, psychological, economical and legal consequences. these consequences could also be extremely long term and inter-generational (babies born to adults, sterility, parents economic and social hardship).

Consequences are something that occurs with any action, be it positive or negative, and can be far reaching and affect many people.

As a group discuss the possible consequences of drug use. Use the headings: Physical, Emotional, Psychological, Economical, Legal. Have members make a list of what the consequences could be. Discuss personal responsibility (in relation to each person being responsible for their own actions).

To help guide them here are a few examples:

### Physical

- Accidents
- Permanent damage
- Illness/sickness/death
- Injuries

### Emotional

- Family breakdown/Broken relationships
- Depression/Anxiety

### Psychological

- Mental health
- Self esteem
- Self concept
- Self worth

### Economical

- Loss of employment
- Lack of funds

### Legal

- Fines
- Convictions
- Charges
- Court appearances
- Criminal record
- Custodial sentences
- Suspended licence





# Teaching ideas

When discussing legal consequences each State government will have varying penalties, contact your local community legal centre for more information.



## 5. Demonstrate understanding of the Christian perspective towards drug use.

The Bible states that your body is a temple for God who dwells in you (1 Corinthians 6:9) and it is not your own. Jesus Christ paid the highest price imaginable so that we may live (1 Corinthians 6:20) Therefore you have to look after your body and it could be said that filling your body with drugs is not looking after it.

The Bible also warns against pursuing pleasure more than pursuing God. (2 Timothy 3:4).

The Bible does teach total abstinence from alcohol. Both the main Hebrew word for wine and the Greek word for wine can mean either fermented grape juice or intoxicating wine. The English word wine originally had two meanings also - unfermented juice or alcoholic drink. In the Bible, verses to show God approves of wine are speaking about unfermented juice. Verses that expose the evils of wine are speaking about intoxicating wine.

The Bible says alcoholic drink is evil. It is not just the amount one drinks that makes drinking a sin. God condemns the drink itself. (Proverbs 20:1) God does not lead us into evil; He delivers us from it. He does not teach us to practice evil in moderation. Jesus did not make, use, approve, commend, or tell us to use intoxicating wine or any other substance

God made man to have fellowship with Him. Drugs go directly to the brain, the communication centre of the body. They interfere with God's purpose for mankind.

There is more Scripture condemning the use of alcoholic beverages than will be found on the subjects of lying, adultery, swearing, cheating, hypocrisy, pride, or even blasphemy. Use Bible verses to assist the group discover the Christian perspective. Have members look up a selection of Bible verses on **Leader's Resource 4** and discuss them.

You may have young people in your group who are not familiar with the teachings of The Salvation Army or who are not yet Christians, as well as young people from many different backgrounds. It is important to keep this in mind. It could be possible that some of the young people have family members or friends that are involved in drugs/alcohol and/or tobacco use.

There are some discussions on the internet that may equip you better to discuss the Christian perspective with members:

<http://www.gotquestions.org/sin-drugs.html>

<http://www.jesusisthelight.net/ALCOHOL.htm>

[http://www.answerbag.com/q\\_view/161659](http://www.answerbag.com/q_view/161659)

<http://www.leaderu.com/orgs/probe/docs/teendrug.html>

[http://www.gospelway.com/morality/drug\\_abuse.php](http://www.gospelway.com/morality/drug_abuse.php)

<http://www.spreadinglight.com/contemporary/drugs.html>

<http://www.godandscience.org/doctrine/marijuana.html#tH7DZugOs9uQ;>

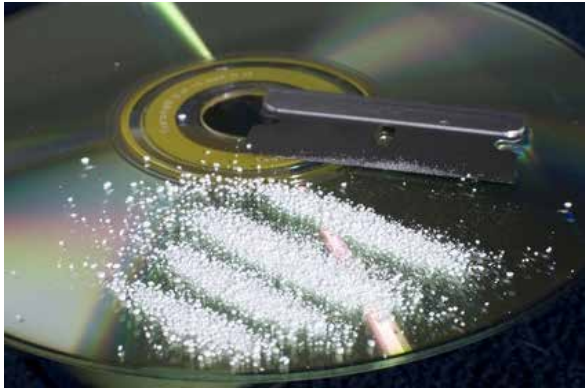
<http://www.godandscience.org/doctrine/marijuana.html#mrAv1eAOGbP0;>

[http://www.godandscience.org/doctrine/medical\\_marijuana\\_review.html#IMETnzdqkqTW](http://www.godandscience.org/doctrine/medical_marijuana_review.html#IMETnzdqkqTW)



# Leader's Resource 1

Cocaine



Coffee



Lysergic acid diethylamide (LSD)



Nicotine



Cigarettes



Alcohol



Alto



over the Counter Medications



# Leader's Resource 1 (cont'd)

## Prescription sedatives



## Methamphetamine - Ice



## Prescription Medications



## Marihuana



## Cannabis



## Insulin



## Amphetamines



## 34 Methylenedioxy Methamphetamine (Ecstasy)





# Leader's Resource 2

<p><b>Drug Cards</b></p> <ul style="list-style-type: none"> <li>■ How administered</li> <li>■ Signs and symptoms of use</li> <li>■ Affects of use</li> <li>■ Consequences</li> <li>■ Other or Street Names</li> </ul>	<p><b>Coffee</b></p> <ul style="list-style-type: none"> <li>■ drunk</li> <li>■ restlessness, nauseous, muscle twitching, frequent urination, diarrhoea, bad breath</li> <li>■ breakdown of skeletal tissue, sleeplessness, depression, dependence, rapid heart rate, headache</li> <li>■ cardiovascular stress, hypertension</li> <li>■ brew, cuppa, cup of Joe, go juice, day starter, fix, warmer upper</li> </ul>
<p><b>Lysergic acid diethylamide (LSD)</b></p> <ul style="list-style-type: none"> <li>■ injected, ingested</li> <li>■ pupil dilation, anxiety, reduced appetite, wakefulness, tremors, altered perceptions</li> <li>■ hallucinations persisting perception disorder, psychosis, tolerance to other drugs</li> <li>■ mental health problems, extreme hallucinations</li> <li>■ acid, animals, battery acid, blotters, Sandoz</li> </ul>	<p><b>Nicotine</b></p> <ul style="list-style-type: none"> <li>■ smoked in cigarettes</li> <li>■ smell of tobacco, stained teeth and fingers stained skin, loss of skin tone</li> <li>■ cancers of the lung, throat, mouth and oesophagus, heart disease, lung disease</li> <li>■ mental health problems, relationship breakdown, unemployment, pregnancy complications (still birth, low birth weight) financial drain</li> <li>■ smokes, cancer stick, ciggie, durry, fag, coffin nail, rolley</li> </ul>
<p><b>Alcohol</b></p> <ul style="list-style-type: none"> <li>■ swallowed</li> <li>■ impaired muscle coordination and judgement, changed behaviour -loudness or out of character behaviour, promiscuity, aggression, smell, vomiting</li> <li>■ heart and liver damage, death from poisoning, car accidents, alcohol addiction</li> <li>■ mental health problems, unplanned pregnancy, cancer of the liver relationship breakdown, loss of job, homelessness</li> <li>■ booze, hooch, turps, grog, brew</li> </ul>	<p><b>Glue</b></p> <ul style="list-style-type: none"> <li>■ inhaled</li> <li>■ headache, nausea and vomiting, slurred speech, loss of motor coordination, wheezing characteristic "glue sniffer's rash", altered perceptions of time and space, hallucinations, and emotional disturbances</li> <li>■ hypoxia (lack of oxygen), pneumonia, cardiac failure or arrest, aspiration of vomit</li> <li>■ liver kidney damage, death via secondary issue, spiral of poverty, social alienation</li> <li>■ sniffing, snorting, bagging, huffing, biffing, doing gas</li> </ul>
<p><b>Over the Counter Medications</b></p> <ul style="list-style-type: none"> <li>■ swallowed</li> <li>■ when misused various effects according to medication may include irregular heart beat, hypertension, hypotension, headaches, cramps, vomiting, weight loss</li> <li>■ cardiovascular failure or seizures, addiction</li> <li>■ mental health problems, loss of income, dependence, dysmenorrhea</li> <li>■ pills, tablets, gym candy (steroids) skippy (Ritalin)</li> </ul>	<p><b>Methamphetamine (Ice)</b></p> <ul style="list-style-type: none"> <li>■ swallowed, injected, inhaled, suppositorial</li> <li>■ grinding teeth, dry mouth, teeth loss, dilated pupils, tremors, mood swings, emotional responses, aggression, insomnia, poor hygiene, abscesses</li> <li>■ irregular heart rate, body temperature, blood pressure, loss of appetite, bronchial dilation, and hyperglycemia</li> <li>■ mental health problems, relationship breakdown, loss of income, unemployment psychosis, paranoia, relationship breakdown, secondary health issues HIV</li> <li>■ ice, meth, crystal, crank, fire, glass, nazi dope</li> </ul>

# Leader's Resource 2 (contd)

<b>Prescription Medications</b> <ul style="list-style-type: none"> <li>■ usually swallowed, or injected</li> <li>■ treats diagnosed medical condition,</li> <li>■ decreases symptoms of disease or ailment, rectifies short term condition,</li> <li>■ positive effects when used according to doctors instructions, may be misused</li> <li>■ script, meds, tablets, tabs, pills, pops</li> </ul>	<b>Marihuana</b> <ul style="list-style-type: none"> <li>■ swallowed in solid form, smoked</li> <li>■ burnt odour, neglect of appearance, loss of interest and motivation, possible weight loss</li> <li>■ impaired memory and perception, interference with brain development, possible damage to lungs, heart, reproductive and immune systems, psychological dependence, small birth weight and developmental delay in babies,</li> <li>■ mental health problems, relationship breakdown, loss of income, unemployment</li> <li>■ pot, grass, weed, dope, hooch, reefer, green, sinsemilla</li> </ul>
<b>Cannabis / Hashish</b> <ul style="list-style-type: none"> <li>■ inhaled smoked, eaten</li> <li>■ euphoria, state of relaxation, paranoia, hunger,</li> <li>■ increased heart rate, erratic blood pressure, exacerbation of schizophrenia, poor concentration, ulcers</li> <li>■ cancer, emphysema, bronchitis, mental health problems, foetal abnormalities</li> <li>■ canny banny, hash, keifer, ganja, bots</li> </ul>	<b>Amphetamines</b> <ul style="list-style-type: none"> <li>■ swallowed, injected</li> <li>■ sweating, thirst, hallucinations, cramps, nausea,</li> <li>■ high blood pressure, heart rate and temperature, dehydration</li> <li>■ mental health problems, psychosis, relationship breakdown, psychological dependence, loss of income</li> <li>■ speed, billy, base, wakeups, whizz, uppers</li> </ul>
<b>3,4-Methylenedioxymethamphetamine (Ecstasy)</b> <ul style="list-style-type: none"> <li>■ tablets -swallowed</li> <li>■ increased confidence, paranoia, hangover</li> <li>■ high blood pressure, heart rate and temperature, thirst, dehydration, dry mouth,</li> <li>■ mental health problems, relationship breakdown, loss of income, unemployment</li> <li>■ E, XTC, eccies, love drug, X, MDMA</li> </ul>	<b>Heroin</b> <ul style="list-style-type: none"> <li>■ injected into veins, in recent years inhaled</li> <li>■ needle marks, intense high, loss of concentration, flushed skin, loss of pain sensations, poor skin integrity</li> <li>■ depression, pruritus, addiction, constipation, collapsed veins, loss of appetite, foetal dependence, decreased liver and lung function, contraction of blood borne diseases,</li> <li>■ unemployment, relationship breakdown, loss of income, addiction, death,</li> <li>■ H, big H, street tar, horse, Dr feelgood, witch hazel, birdie powder, hong-yen, aunt hazel,</li> </ul>
<b>Cocaine</b> <ul style="list-style-type: none"> <li>■ inhaled or injected</li> <li>■ restlessness, short term high, depression</li> <li>■ psychological dependence, sleeplessness, anxiety, nasal and lung damage, death</li> <li>■ mental health problems, relationship breakdown, loss of income, unemployment</li> <li>■ coke, snow, toot, crack, white lady</li> </ul>	

# Leader's Resource 3

Use the scenarios to promote discussion. Ask members what they would do in that situation. Have members role play each situation. Let members suggest their own responses as well as those on this resource. Use other scenarios that you can think of or have members make up their own to role play.

<b>Medicine Cupboard</b> A friend is at your house and wants you to steal some cough medicine from your cupboard. "Your parents will never notice," she says.	"I can't stand the taste of cough syrup. It's disgusting."
	"My parents will notice. They told me that they keep an eye on everything in that cupboard."
	"Nope. Taking a lot of that will just make you throw up."
<b>Drunk Driver</b> You're at a party, but the friend who was supposed to give you a ride home is drunk or drugged. She insists that she's fine and tells you to get in. You know that getting in the car with her would put your life at risk – and hers -- but you don't want to make a big scene.	"Since I'm sober, just let me drive."
	"You're too drunk right now. Let's walk for a while and talk – we can figure out how to get home later."
	"Let me see if someone else is here who hasn't been drinking and could give us a ride."
<b>Free Period</b> During a free period, a guy (or girl) you like suggests that you go off behind school to get high. You really like this person and don't want to embarrass yourself, but you also don't want to get high.	"I've got a test next period, and I need to keep my head clear."
	"I really don't like smoking pot – it just makes me really anxious."
	"I'm starving – let's go to the shop and get some chips instead."
<b>Weekend Party</b> A kid at school is having a massive party this Saturday since his parents won't be home. A friend really wants you to go with him. You don't want to go.:	"Sorry, I'm doing this thing with my family this weekend, and there's no way I can get out of it."
	"Let's go to the movies instead."
	"All these parties are the same – everyone gets so wasted. They're just boring"
<b>Pot Head</b> You've been friends with Kyle since year three, but lately Kyle has been hanging out with the "stoner" group. Kyle offers you 'pot' every time you go to his house. You have said no each time but he's just offered again.	"Pot is for loser mate. I'm not a loser."
	"No thanks – I value my lungs!"
	"Hey Kyle you really should stop smoking that stuff. You would have so much more energy for footie if you did."

# Leader's Resource 3 (cont'd)

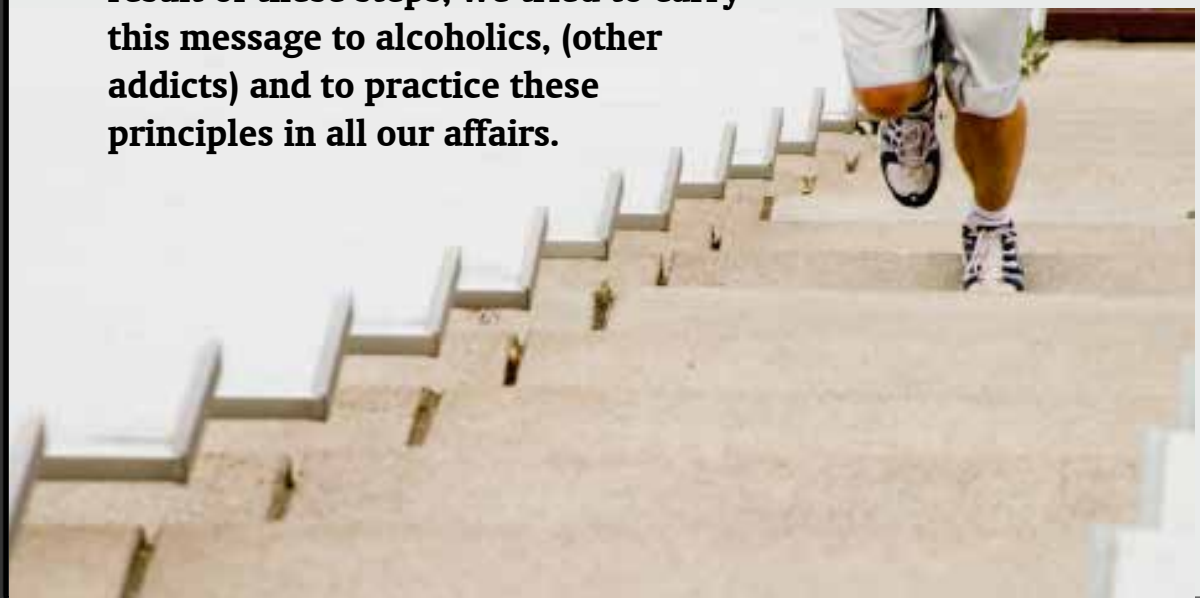
<b>Lunch Sniffers</b> At lunch the guys say they have aerosol cans and are going down to the oval to sniff. They all get up expecting you to go too. You don't want to seem like a nerd.	"I have a test next period so I don't think I'll go with you this time."
	"Hey guys you know how dangerous that is? I saw a program on TV about it. The stuff inside the spray actually kills the brain. It was freaky seeing the kids who are now like zombies."
	"Sorry guys I'm on detention. I have to see Mr Campbell" Even if you're not you can go and just drop a hint that some guys are down the bottom of the oval.
<b>Joint Party</b> People are passing a joint at a party. You can see it coming your way and you're starting to panic.	"I get asthma so I can't smoke - All the more for you guys."
	"My dad is picking me up. He has a nose like a blood hound. He'll smell it for sure."
	"I'm really not into this. Sorry its not my scene. I'm going to split. See you all later."
<b>Smoking Family</b> Your friend's parents both smoke and your friend has now started. They don't seem to be stopping her. She offers you a cigarette.	"Sorry I've got a cold"
	"Look I know you're parents smoke but I don't want to. There are so many long term problems and its too hard a habit to stop."
	"My dad would ground me for life if I ever smoked."



# Leader's Resource 4

These are the original *Twelve Steps* as published by Alcoholics Anonymous. Other versions have amended the words alcohol to read 'our addiction' and alcoholics to 'other addicts'.

- 1. We admit we are powerless over alcohol (our addiction) – that our lives had become unmanageable.**
- 2. Came to believe that a power greater than ourselves could restore us to sanity.**
- 3. Made a decision to turn our will and our lives over to the care of God as we understood Him.**
- 4. Made a searching and fearless moral inventory of ourselves.**
- 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**
- 6. We are entirely ready to have God remove all these defects of character.**
- 7. Humbly asked Him to remove our shortcomings.**
- 8. Made a list of all persons we had harmed, and became willing to make amends to them all.**
- 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.**
- 10. Continued to take personal inventory and when we were wrong promptly admitted it.**
- 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.**
- 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, (other addicts) and to practice these principles in all our affairs.**



# Leader's Resource 5

- 1) Genesis 9:20 - 26  
*Noah became drunk; the result was immorality and family trouble.*
- 2) Genesis 19:30 - 38  
*Lot was so drunk he did not know what he was doing; this led to immorality.*
- 3) Leviticus 10:9 - 11  
*God commanded priests not to drink so that they could tell the difference between the holy and the unholy.*
- 4) Numbers 6:3  
*The Nazarites were told to eat or drink nothing from the grape vine.*
- 5) Deuteronomy 21:20  
*A drunken son was stubborn and rebellious.*
- 6) Deuteronomy 29:5 - 6  
*God gave no grape juice to Israel nor did they have intoxicating drink in the wilderness.*
- 7) Judges 13:4, 7, 14  
*Samson was to be a Nazarite for life. His mother was told not to drink wine or strong drink.*
- 8) 1 Samuel 1:14 - 15  
*Hannah was accused of being drunk but replied she was not a worthless woman..*
- 9) 1 Samuel 25:32 - 38  
*Nabal died after a drunken spree.*
- 10) 2 Samuel 11:13  
*By getting Uriah drunk, David hoped to cover his sin.*
- 11) 2 Samuel 13:28 - 29  
*Amnon was killed when he got drunk.*
- 12) 1 Kings 16:8 - 10  
*The King Elah was getting drunk when he was assassinated.*
- 13) 1 Kings 20:12 - 21  
*Ben-Hadad and 32 other kings were drinking when they were attacked and defeated by the Israelites.*
- 14) Esther 1:5 - 12  
*The king had given orders that everyone could have as much drink as they wanted. The king was intoxicated when he commanded the queen to come.*
- 15) Psalm 75:8  
*The Lord's anger is pictured as mixed wine poured out and drunk by the wicked.*
- 16) Proverbs 20:1  
*Drinking too much makes you loud and foolish. It's stupid to get drunk.*
- 17) Proverbs 23:20  
*Don't associate with people who drink too much wine and stuff themselves with food.*
- 18) Proverbs 23:21  
*Drunkards and gluttons will be reduced to poverty.*
- 19) Proverbs 23:29 - 30  
*Drunkenness causes trouble, self pity, blood shot eyes, bruises.*
- 20) Proverbs 23:31  
*God instructs not to be tempted by intoxicating drinks.*
- 21) Proverbs 23:32  
*Alcohol makes you feel like you have been bitten by a poisonous snake.*
- 22) Proverbs 23:33  
*Alcohol causes the drinker to have weird visions, strange thoughts, produces wilfulness, and not speak clearly.*
- 23) Proverbs 23:34  
*Alcohol makes the drinker feel like they are swinging and being tossed around, .*

# Leader's Resource 5 (contd)

- 24) Proverbs 23:35  
*Alcohol makes the drinker unable to remember.*
- 25) Proverb 31:4 - 5  
*Kings, Princes, and others who rule and judge must not drink alcohol. Alcohol prevents good judgment.*
- 26) Proverbs 31:6 - 7  
*Alcohol could be given to those about to die or those in pain. -Better anaesthetics are available today.*
- 27) Ecclesiastes 2:3  
*The king tried everything, including drinking, to see if it satisfied but it didn't. (Ecclesiastes 2:18)*
- 28) Ecclesiastes 10:17  
*A country is fortunate when its leaders do not drink.*
- 29) Isaiah 5:11-12  
*You are doomed! You get up early to start drinking and you spend long evenings getting drunk.*
- 30) Isaiah 5:22  
*You are doomed! Heroes of the wine bottle! Brave and fearless when it comes to mixing drinks!*
- 31) Isaiah 19:14  
*Drunken men stagger on their vomit.*
- 32) Isaiah 22:12 - 13  
*The Israelites choose to drink; their future looks hopeless to them.*
- 33) Isaiah 24:9  
*Drinkers cannot escape the consequences when God judges.*
- 34) Isaiah 28:1-4  
*You are open to attack you have drunken leaders.*
- 35) Isaiah 28:7  
*Priests and prophets stagger, stumble in confusion, are too drunk to understand.*
- 36) Isaiah 28:8  
*Drinkers' tables are covered with vomit and not a clean spot is left.*
- 37) Isaiah 56:9 - 12  
*Drinkers seek their own advantage and expect tomorrow to be just like today.*
- 38) Jeremiah 35:2 - 14  
*The Rechabites were blessed because they never drank alcohol.*
- 39) Ezekiel 44:21  
*Again God instructed the priests not to drink wine.*
- 40) Daniel 1:5 - 17  
*Daniel decided not to drink the King's wine and was blessed for it along with his abstaining friends.*
- 41) Daniel 5:1  
*Belshazzar, ruler of Babylon; led his people in drinking.*
- 42) Daniel 5:2 - 3  
*The king, along with his nobles, wives, and concubines, drank from the goblets which had been taken from God's temple.*
- 43) Daniel 5:4  
*Drinking wine was combined with praising false gods.*
- 44) Daniel 5:23  
*God sent word to Belshazzar that he would be punished.*
- 45) Hosea 4:11  
*Wine robs people of their senses.*
- 46) Hosea 7:5  
*People purposely make kings and rulers drunk and plot to assassinate them.*
- 47) Joel 1:5  
*Drunkards will cry when there is no wine left.*

# Leader's Resource 5 (contd)

- 48) Joel 3:3  
*Wine caused people to sell the children.*
- 49) Amos 2:8  
*Unrighteous acts of Israel included drinking wine which had been taken for the payment of fines.*
- 50) Amos 2:12  
*People of Israel forced Nazarites to drink wine.*
- 51) Micah 2:11  
*Israelites are eager to follow false teachers who prophesy plenty of intoxicating drinks.*
- 52) Nahum 1:10  
*The drunkards of Nineveh will be destroyed by God.*
- 53) Habakkuk 2:15  
*Doom and disgrace will be given to those that give drink to his neighbour.*
- 54) Habakkuk 2:16  
*Shame of sin leads to drinking.*
- 55) Matthew 24:48 - 51  
*A drinking servant is unprepared for his Lord's return.*
- 56) Luke 1:15  
*John the Baptist did not drink wine or strong drink.*
- 57) Luke 21:34  
*You will be caught if you spend time drinking.*
- 58) Romans 13:13  
*Conduct yourself properly.*
- 59) Romans 14:21  
*Do not do anything that you don't judge as being right*
- 60) 1 Corinthians 5:11  
*Do not associate with someone who is immoral, greedy, a slanderer, drunkard or thief.*
- 61) 1 Corinthians 6:10  
*Drunkards will not possess God's kingdom.*
- 62) Galatians 5:21  
*Acts of the sinful nature, such as drunkenness, will stop a person from inheriting the kingdom of God.*
- 63) Ephesians 5:18  
*Wine will ruin you; instead be filled with the Spirit.*
- 64) 1 Thessalonians 5:6 - 7  
*Christians are to belong to the day - we should be awake and sober.*
- 65) 1 Timothy 3:2 - 3  
*A church leader must be without fault; be sober, self controlled and orderly.*
- 66) 1 Timothy 3:8  
*Church helpers must also have a good character and be sincere; they must not drink too much wine.*
- 67) 1 Timothy 3:11  
*Their wives must also be of good character...they must be sober.*
- 68) Titus 1:7 - 8  
*For since a church leader is in charge of God's ...he must not be a drunkard.*
- 69) Titus 2:2 - 3  
*Instruct the older men and women to be sober, sensible and self controlled.*
- 70) 1 Peter 4:3 - 4  
*The past life of drunkenness has no place in the Christian's life*



# Leader's Resource 6

A number of health benefits are now being linked with drinking alcohol at low risk levels. Most important of these is the protection that alcohol can provide against heart disease in people from middle age onwards:

Maximum benefit in helping to prevent heart disease comes from a regular pattern of drinking relatively small amounts of alcohol:

- Less than 1 standard drink a day for women aged from about 45-40 years and over, and
- 1 to 2 standard drinks per day for men aged from about 40-50 years and over.
- However, people who choose not to drink can get similar benefits from strategies such as regular exercise, giving up smoking, and a healthy diet.

It is also important to note that:

- A similar benefit has not been found for younger age groups.
- More variable drinking patterns, especially involving large amounts of alcohol, may actually increase the risk of illness and death from heart disease.

## Regarding Other Illnesses

- There is strong evidence that low risk drinking may similarly provide some protection against ischaemic stroke, and that consumption of alcohol may provide some protection against gallstones.
- While more research is needed, there is some early evidence that low risk drinking may provide some protection against Type 2 diabetes.

## Heart Disease And The Protective Effects Of Alcohol

There is now strong evidence about the benefits of alcohol in providing partial protection against heart disease and heart attack. It is important to note that:

- This protection applies specifically to ischaemic heart disease: that is, heart disease that is due to insufficient blood supply to the heart muscle, because the arteries that supply that muscle have become narrowed or blocked by fatty deposits on their walls, causing angina and heart attack.
- Both the pattern and the level of drinking need to be taken into account. Essentially, the evidence suggests that the protective effect comes from a regular pattern of drinking, preferably with meals (to help reduce the high levels of blood lipids or fats found after eating), of a low to moderate amount of alcohol (of less than 1 standard drink per day for women and 1 to 2 per day for men). However, not only are there no additional benefits from drinking larger amounts, but heavy drinking (both binge and long-term) can markedly increase the risk of heart attack.



# Leader's Resource 6 (contd)

- The protection applies only to people in age groups where heart disease is an important cause of death. In Australia, this begins to occur at 40-45 years in men and 45-50 years in women, and the risk increases with age. There is currently no evidence of a protective effect in younger people, who are more likely to experience the acute risks linked with alcohol consumption – mainly through violence and accidental injury.
- All, or almost all, of the protective effect appears to be due to the alcohol itself, not from any other components in the drink. If specific drinks, such as red wine, do provide any additional benefit, this effect is small.
- There are many good health, family and social reasons why people choose not to drink. These include personal, cultural and religious considerations.  
People who choose not to drink alcohol should not be urged to drink to gain any potential health benefit, and should be supported in their decision not to drink.
- To gain protection against heart disease, nondrinkers can use other strategies, such as stopping cigarette smoking, increasing exercise, improving diet, or taking small quantities of aspirin. A combination of these approaches achieves better results than any one on its own.

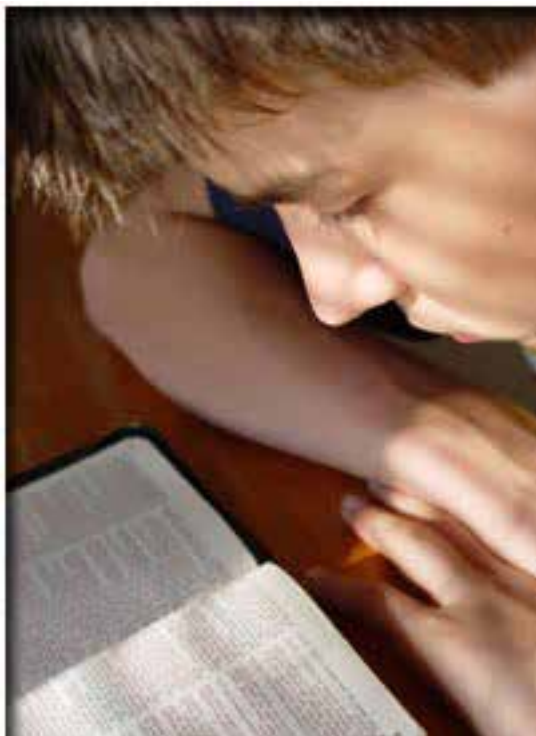
## Strokes And The Effects Of Alcohol

There is considerable evidence that:

- Low-level alcohol consumption may offer some protection against stroke, by reducing the risk of ischaemic stroke (which is due to the sudden blockage of a blood vessel in the brain, and accounts for about 80% of strokes), but not against haemorrhagic stroke (which is due to the rupture of a blood vessel in the brain).
- Heavy drinking is a risk factor for both types of stroke and for increased blood pressure (which is a risk factor for both types of stroke).



# Leader's Resource 7



## 1 Timothy 5:23

Stop drinking only water, and use a little wine because of your stomach and your frequent illnesses.

## Titus 2:1 - 6

You must teach what is in accord with sound doctrine. Teach the older men to be temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance.

Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. Then they can train the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God. Similarly, encourage the young men to be self-controlled.

## Proverbs 20:1

It isn't smart to get drunk! Drinking makes a fool of you and leads to fights.

## Proverbs 23:29 - 33

Who is always in trouble? Who argues and fights? Who has cuts and bruises? Whose eyes are red? Everyone who stays up late, having just one more drink. Don't even look at that colourful stuff bubbling up in the glass! It goes down so easily, but later it bites like a poisonous snake. You will see weird things, and your mind will play tricks on you.

## Ecclesiastes 9:7 - 8

Be happy and enjoy eating and drinking! God decided long ago that this is what you should do. Dress up, comb your hair, and look your best.

## Ephesians 5:15 - 18

Act like people with good sense and not like fools. These are evil times, so make every minute count. Don't be stupid. Instead, find out what the Lord wants you to do. Don't destroy yourself by getting drunk, but let the Spirit fill you life.

## THE DAILY NEWS

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### UNDERAGE DRINKING



#### Alcohol Before The Age Of 18 OK, Half Of Australian Parents say

By Sue Dunlevy  
December 1, 2009  
The Daily Telegraph

HALF of all parents think teenagers should be allowed to drink alcohol before they turn 18. the concept has its greatest support among wealthy Australians, a survey conducted by health fund MBF showed.

The survey comes as police and politicians urged teenagers not to drink during schoolies week. New research also shows one teenager a week dies as a result of alcohol abuse and that early exposure to alcohol can change a teenager's brain so they tolerate much more alcohol than people who start drinking later in life.

The MBF Healthwatch survey found 49.8 percent of adults believed people aged 15-17 should be allowed to consume alcohol at home under supervision. The idea had greatest support among those earning more than \$100,000 - 63 percent thought underage drinking was acceptable.

MBF chief medical officer Dr Christine Bennett said the statistics were both surprising and of concern given alcohol can have long-term implications for young adult brains not yet fully developed. "Some parents may think this is harmless, some may see this approach as a way to teach their teenage children about socially responsible drinking. But we want

parents to understand early exposure may be doing damage," she said.

Dr Bennett, who chaired the Rudd Government's Health and Hospital Reform Commission, said evidence suggested that the earlier the age that alcohol was introduced, the greater the risk of long-term alcohol-related health problems.

"Binge drinking in young people is on the rise. Too much alcohol impairs young people's judgment, which can lead to violence, injury and build a pattern of use that leads to lifetime dependence," she said. "It's shocking to think one teenager a week dies of alcohol abuse. We teach children about the harmful effects of smoking, unsafe sex and taking illicit drugs but we also need to teach them about the damage that alcohol can do."

Brain and Mind Research Institute executive director Professor Ian Hickie said the survey highlighted the gap between medical evidence and parental actions.

"Parents need to understand that early exposure to alcohol can disturb key brain functions," he said. Adults in Western Australia were the biggest supporters of underage drinking, with

59 percent stating teenage drinking was acceptable under supervision. Only 4 percent of adults in NSW and the ACT approved of teenage drinking.

#### Teen Caught Drink Driving Three Times

April 11, 2010

The Age

An unlicensed teenage driver has been caught drink driving three times in four hours in the state's central west, police say.

Police stopped a white car in Macquarie Street, Dubbo, just after 11.30 pm (AEST) on Saturday and a breath test of the 19 year-old driver returned a reading of 0.185. He was charged for high-range drink driving and being an unlicensed driver, was warned not to drive. Police arrest the teenager after he was pulled over two more times within four hours. He is due to appear in Dubbo Local Court on Sunday.





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### UNDERAGE DRINKING



#### Younger Brains 'Tricked' By Alcohol

By Catharine Munro

April 29, 2009

Sydney Morning Herald

A study has revealed interesting findings about teen drinking.

Teenagers who drink heavily can associate bad experiences such as vomiting and car accidents with pleasure, according to a US expert on alcohol abuse. Aaron White, a health administrator with the National Institute on Alcohol Abuse and Alcoholism, said neurological processes, that were originally designed to ensure human survival, were put off course by alcohol. Dr White, a physiologist, was speaking yesterday at a conference organised by Drinkwise, a research group funded by the Australian Government and the liquor industry.

Alcohol, along with other drugs, induced the release of the neuro-transmitter dopamine. The younger the consumer of alcohol, the more likely the habit of drinking would become entrenched, he said.

Experiences while drinking, such as vomiting and car accidents, can be associated with the pleasurable feeling that dopamine induced. "The brain is tricked into thinking those things are positive because it felt good ... Pleasure increases the odds that this rewarded behaviour will be repeated."

Dr White said a review of research at the University of California, San Diego, had found heavy alcohol use among adolescents led to a decrease in the size of the frontal lobes, the part of the brain associated with planning, inhibition and emotion regulation.

Statistics showed that in the US, President Ronald Reagan's decision in 1984 to raise the legal drinking age to 21 had reduced the number of alcohol-related fatalities.

However, Dr White said such a measure would not necessarily work in Australia. "It's an experiment that has to be done but in America, we got lucky," he said.

In Australia, bad behaviour was also becoming part of the scenery for adolescents, Griffith University criminology lecturer Gillian McIlwain, told the conference. She is halfway through a nationwide study aimed at reducing alcohol-related harm.

"It's OK for people to be seen vomiting, it's OK to be seen fighting. In fact they are becoming desensitised to it." New research by Monash University had also found that the key driver to drinking for adolescents were friends, followed by easy access to alcohol and cheap drinks.

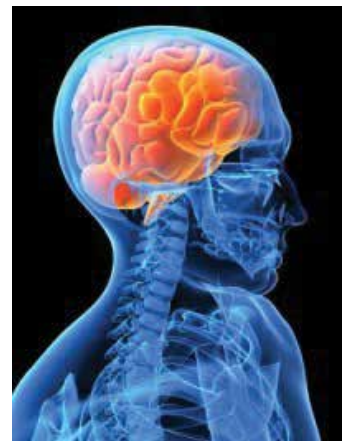
In a paper on why people aged 14 to 24 drink, sociologist Jo Lindsay said adolescents believed that health warnings against drinking more than two serves of alcohol a day did not apply to them.

The study, which involved

in-depth interviews with young people, found that the biggest deterrent for under-age drinking was parental influence. Drink-driving laws were also considered important. However, laws against under-age drinking "were seen as largely ineffective". "Young people drink for pleasure and to enhance their social life," Ms Lindsay told the conference.

Contrary to social stereotypes, adolescents did exercise control over their consumption because of demands enforced by study, their parents and holding a job.

"Young people have many responsibilities in their lives, including study and work," she said. "[They] are not naive about the role of alcohol in their life. They are actually trying to manage it and its place in their life and find a way to young adulthood."



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### UNDERAGE DRINKING



#### No Safe Level Of Alcohol For Teens

Nick Miller

April 13, 2009

TEENAGERS who drink even small amounts of alcohol have a significantly higher risk of developing alcohol abuse or risky sexual behaviour as a young adult, research has found.

The study casts doubt on national guidelines that suggest there is a "low risk" level of drinking for under-18s.

It provides evidence for a move away from the "harm minimisation" approach to teen drinking and could even fuel a campaign to raise the legal drinking age, experts say.

The team at the Murdoch Children's Research Institute in Melbourne say their study, which tracked 1520 young people's drinking habits over more than 10 years from the mid-teens, shows no "safe" or "sensible" level of drinking for adolescents.

Official guidelines from the National Health and Medical Research Council define a "low risk" level of drinking for adults as fewer than three standard drinks a day.

The researchers found that even at this level, teenagers increased their chances of alcohol abuse, social or legal problems, or alcohol-related high-risk sexual behaviours 10 years later.

"The issue of when teens start drinking is very important," said the lead researcher, Elya Moore, an epidemiologist. "Those who abstained from any alcohol in adolescence experienced fewer [bad] alcohol-related outcomes than those who drank at the 'recommended' level."

"We found no evidence of a level that may have been safe. I think that's the most remarkable finding."

The study was published last week in the Australian and New Zealand Journal of Public Health. It found that by young adulthood, 27 per cent of men and 13 per cent of women met at least one of the criteria for alcohol abuse and risky sexual behaviour connected with alcohol use.

The research showed a clear linear trend - the more boys drank in their teen years, the more likely they were to develop alcohol-related problems as young adults. For girls the trend was less clear. Dr Moore said this could have been a failure of the research method, rather than evidence that girls were more able than boys to drink at safe levels without long-term effects.

Australia's official guidelines, announced in February, say the safest option is to drink no alcohol below the age of 18.

For people aged 15 to 17 they say "the safest option is to delay ... drinking for as long as possible", and "if drinking does occur it should be at a low-risk level and in a safe environment".

But the study found that the chance of developing alcohol-related disorders among the "low risk" drinkers was closer to that of "risky" drinkers than to that of non-drinkers.

George Patton, director of adolescent health research at the Royal Children's Hospital Melbourne said he was surprised by the results. He had expected that those with no evidence of excessive drinking as teens would "do well as adults".

"But we found, particularly for males, that those who start drinking early had very high rates of alcohol abuse and dependence, even if they had started [by] drinking sensibly," he said.

He said the study was limited because it could not eliminate other factors such as personality and social background. But it would add to the debate about teen drinking policies.

The chairman of the Alcohol Education and Rehabilitation Foundation, Scott Wilson, said the study suggested that alcohol guidelines should be made clearer - "zero alcohol, full stop" for under-18s.

"The attitude has to change where we think it's not such a big deal for a couple of young boys to have a six-pack of beer," he said.

"You see that attitude when you go to a footy club, say after a [junior league] final when the Coke is quickly replaced by beers. It's that acceptance that has to be changed."

## THE DAILY NEWS

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### UNDERAGE DRINKING



#### Wild Ride Ends In Car Through Coast Home

Jack Campbell

November 18th, 2009

AN 18-year-old P-plater has been charged with drunk driving after he failed to stop for a random breath test before cartwheeling his car through a cement brick wall and into the front yard of a house at Salerno Street, Isle of Capri.

Police said the driver had driven south on Ferry Road where he ran a red light, before continuing south for 4km along Bundall Road about 4.30am. With two passengers on board, the driver of the black Holden Commodore allegedly lost control of the car at the intersection with Salerno Street where he hit a metal guard rail.

It is believed the car then cartwheeled from nose to tail for 50m, crossing on to the wrong side of the road and into the front yard of the house.

Residents Max Bell and Trudy Sheehy were sleeping at the time when the car came flying into their front yard.

Mr Bell said he thought there had been a 'thunder-clap' above the house.

"My initial reaction was that it looked like a ram-raid. I thought someone had come to nick the boat in the front yard."

"He (the driver) had gone through the front wall, totally missing the gate ... and there were no skid marks so he must have been airborne."

The driver allegedly fled from the scene, running

through the backyard of the house, before being caught by police at a nearby Bundall address.

Mr Bell said his partner Trudy had seen the driver run through their backyard from their bedroom window.

"She (Trudy) was saying to me that someone was in the house and I thought the dog should be able to deal with that," he said.

"She was shaken up and crying and I just couldn't believe what was going on."

The impact of the collision sent one wheel flying over the house roof before landing in Mr Bell's swimming pool while cement bricks and speakers from inside the car landed on the roof.

The back-seat passenger was taken to Gold Coast Hospital with suspected leg injuries while the front-seat passenger, who also fled after the crash, was caught by police and taken to the Gold Coast Hospital as a precaution with no suspected injuries.

The driver was charged with drink driving and dangerous operation of a motor vehicle.

#### Child Hurt In Drink-Driving Incident

June 8 2010

The Age

A woman has been charged with drink-driving after a crash which injured a three-year-old boy in the state's central west. Police say the 30-year-old woman attempted a U-turn at the junction of Lambert and Peel Streets at Bathurst when her vehicle collided with a utility travelling in the opposite direction about 4 pm (AEST) on Monday.

The woman's car spun and collided with a third car waiting at the junction.

A 44-year-old passenger was trapped in the wreckage while a three-year-old boy suffered a cut to his forehead. It is unclear if the boy's mother was travelling in the car.

When police arrived the driver was given a breath test, which returned positive.

Police say the woman was in breach of a previous order preventing her from drinking alcohol.

She was charged with high range drink-driving and refused bail to appear before Bathurst local Court on Tuesday.

The female passenger was taken to Bathurst Hospital for observation and the child will undergo surgery for the cut.

# Handout 1

Legal	Illegal
Safe	Harmful

# Handout 2

## Drugs and their effects

Name of Drug \_\_\_\_\_

Street Name \_\_\_\_\_

Where does it come from? \_\_\_\_\_

What does it look like? \_\_\_\_\_

How is the drug taken? \_\_\_\_\_

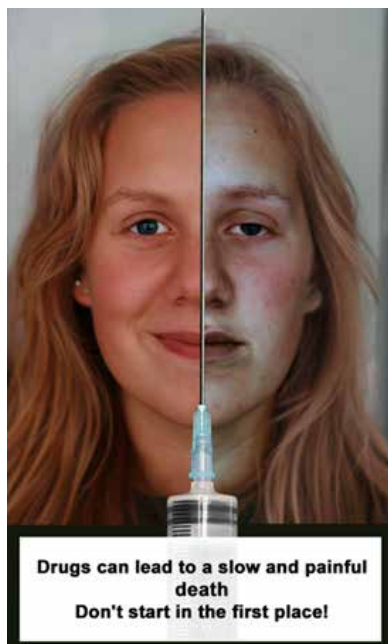
Immediate effects of the drug \_\_\_\_\_

Long term effects \_\_\_\_\_

\_\_\_\_\_

What areas of a person's life may be affected by the use of this drug?

\_\_\_\_\_







# Devotional Ideas



- Title:** My temple  
**Bible:** 1 Corinthians 6:19 - 20  
**Thought:** Respect your own body  
**Supplies:** Bible, puppets with strings

Display puppets to members. Have them manipulate the puppets and make them walk and dance, or perform a short play.

For us, being inexperienced, we may find it a little difficult to control the strings of the puppets but there are people who are very good at it. Explain to members the saying 'Who's pulling your strings' and 'puppet master'.

In our society, unfortunately, we have people and things that may determine our behaviour, rather than making a choice according to our own moral code. We develop our moral code as we grow up, and determine what we believe is the right thing and what may be the wrong way to behave.

God would like us to choose the behaviour that would honour him. To do this we would also be honouring our body; the form or vessel that He has given us for our time on earth. We know and understand that there are things that harm our body and we have the power to reject those things that might harm us. If we decide to let other things determine our behaviour we are not in control. This is when we become the puppet, being manipulated by other things. Having our strings pulled to determine our actions by something or someone else.

Have members read 1 Corinthians 6:19.



# Devotional ideas



2. **Title:** It wriggled and jiggled inside  
**Bible:** 1 Timothy 6:3 - 5  
**Thought:** Don't replace one thing with the next to get rid of a problem  
**Supplies:** Bible, story or script: *'There Was An Woman Old Who Swallowed A Fly'*

Read or have members perform the story *'There Was An Old Woman Who Swallowed A Fly'*.

The old woman accidentally swallowed a fly but instead of drinking water and letting the fly pass, she decided to get rid of it by swallowing something else. Each time she had to swallow something bigger to rid herself of her previous problem.

Sometimes this is also how we behave. Of course we do not swallow a horse but we take more drastic steps to cover something up. Sometimes in life we might go for the bigger thrill without thinking of the consequences. Do you think the Old Woman thought about her consequences? We could say that swallowing a horse is definitely the wrong thing to do -its too big for a start to swallow! We can see immediately that it is not the right thing to do but this story illustrates how we move to the bigger things without even thinking.

This can be true for situations where we may have 'stretched the truth' – lied, and to keep that lie in tact we have to lie more. Some people who may fall into taking drugs find themselves stealing because they develop a habit and without thinking they may hurt someone or harm their belongings. (You may wish to discuss the spiral of crime or the development of habits with older member.) Some people take a mixture of drugs and alcohols because when taking one, they then may need to counteract its effect and therefore take another drug, such as alcohol and speed – 'morning after' remedies.

And how do we avoid swallowing that Horse? We think about our actions and the reactions in all we do and say. Read Bible passage.





# Devotional ideas



3. **Title:** Mosquito net  
**Bible:** Ephesians 2:10; Matthew 5:14 - 16  
**Thought:** Getting caught by peer pressure  
**Supplies:** Bible, masking tape or rope

Mark off a square 2 metres x 2 metres in the centre of your room.

Explain the concept of mosquito nets and how they are used in tropical areas to keep mosquitoes off you when you sleep. Some members will be the 'nets' that catch other members that are the 'mosquitoes'. The net is marked by the square of masking tape in the middle of the room. Have about one quarter of your members act as the net. The others have to run through the net without being tagged. Once tagged, the mosquitoes can become part of the net or obstacles that the others have to run around. Modify the size of the net area according to the numbers but keep the playing area narrow enough to prevent 'mosquitoes' from being able to run too far around the edges. The mosquitoes must run from side to side through the 'netted area'.

You may care to play the game a couple of times but after the last round have members sit down and listen to the Bible passages.

Jesus tells us to do good things and 'shine' so that others will see Jesus in our lives. It easy to be caught up in the wrong things that others might do. In our life we need to position ourselves so that we do not get caught up by our peers and what they think is right before we examine the ethics and morals ourselves. We need to think about the Bible perspective on what our friends might want us to do. See if you can get your friends caught in a net of love by doing kind and loving things for them. They may then be able to pass this on and do kind things for others.

# Devotion 4



- 4. Title:** The power of one  
**Bible:** Romans 12:2  
**Thought:** Surviving the pressure  
**Supplies:** Bible, old bed sheet – with a hole cut in the middle, small ball for each member, labels

Label or number the balls and allocate one ball/number to each member. Gather members around the sheet and have them place their ball onto the sheet. Holding the edges gently start to shake the sheet up and down allowing the balls to fall through the centre hole one at a time until only one ball remains.

The 'shaking' of the sheet represents peer pressure that we may feel in our life. The last ball remaining is the person who 'survived' the peer pressure. Play a few times allowing more members to survive peer pressure. Have others congratulate and cheer the survivor.

Read the Bible passage and discuss with members how they can avoid peer pressure and set themselves apart from bad influences. Ask members did it make a difference when people were cheering them/their ball. Ask members to think of their peer group: What example are they giving to their peers and what example are their peers setting for them.





# Devotional ideas



5. **Title:** Filled with the Spirit  
**Bible:** Ephesians 5:15 - 18  
**Thought:** Everything in moderation  
**Supplies:** **Leader's Resources 6 - 8** and/or current articles on similar topics.

Distribute Leader's Resources to individuals or pairs to read, or a selection of these resources. You can change these for more current articles, however be sure to include **Leader's Resource 6 and 7** as they provide balance to the other articles.

Ask for a brief summary of the a article/s then invite members to discuss the issue of drinking alcohol, for example at what age should people start drinking? What are the benefits and disadvantages of drinking? What does the Bible say about alcohol? Why does SAGALA discourage under-age drinking?

Be sure to reference the Guard/Ranger Law.

Conclude by encouraging members to think seriously about drinking alcohol, taking into consideration the draw backs and consequences.