

# A Letter to Myself

**Directions:** Write a letter to yourself that uses self-talk about being drug free. In your letter:

- Describe 1 negative internal influence (something from inside yourself) and explain how this might pressure you to experiment with or use tobacco, alcohol or other drugs.
- Describe at least 3 people, things or situations that might be negative external influences and explain how each one might pressure you to experiment with or use tobacco, alcohol or other drugs.
- Write what you could say to yourself (your self-talk) to counter the negative internal influence and at least 1 of the negative external influences.

*Dear* \_\_\_\_\_,

This internal influence might pressure me to use drugs:

\_\_\_\_\_

These external influences might pressure me to use drugs:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Here's what I can say to myself to counter these negative influences:

Internal: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

External: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Sincerely,*

\_\_\_\_\_

## Self-Check

- I explained how 1 internal influence might pressure me to use drugs.
- I explained how at least 3 people, things and situations (external influences) might pressure me to use drugs.
- I wrote specific self-talk I could use to counter the internal and at least 1 external negative influence.

# What My Friends Think

**Directions:** Use these 3 questions to interview 3 of your friends or peers on the topic of tobacco, alcohol and other drugs. You'll fill in the box at the bottom later, in class.

**1** Why do you think teens our age might use tobacco, alcohol or other drugs?

Person 1: \_\_\_\_\_

Person 2: \_\_\_\_\_

Person 3: \_\_\_\_\_

**2** Why do you think teens our age would choose not to use tobacco, alcohol or other drugs?

Person 1: \_\_\_\_\_

Person 2: \_\_\_\_\_

Person 3: \_\_\_\_\_

**3** What are some good things about being tobacco, alcohol and drug free?

Person 1: \_\_\_\_\_

Person 2: \_\_\_\_\_

Person 3: \_\_\_\_\_

## My Benefits from Staying Drug Free

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### Self-Check

- I interviewed 3 different peers.
- I recorded 3 specific answers for each question.
- I described my 3 personal benefits from staying drug free.