

NEW

HEALTH READY CAFÉ

ALCOHOL, NICOTINE, CANNABIS, AND
OTHER DRUGS (ANCOB)

APPETIZERS

20 POINTS EACH

ARTICLE 1: DEALING WITH PRESSURE

1. Listen and/or read the article:

<https://kidshealth.org/en/kids/peer-pressure.html?WT.ac=k-ra>

2. What is a peer? (1 point)

3. What is peer pressure? (1 point)

4. List three ways a peer can influence you in a positive way. (3 points)

5. List three ways a peer can influence you in a negative way.. (3 points)

6. What are four reasons someone might give in to peer pressure? (4 points)

7. Share five pieces of advice you would give someone on how to walk away from peer pressure. (5 points)

8. If someone is dealing with peer pressure and it feels too hard to handle alone, what should they do? (1 point)

9. Give two examples of times when peer pressure might actually be a good thing. (2 points)

Information provided by Nemours Children's Health through its award-winning Nemours KidsHealth website. For more on this topic, visit KidsHealth.org.

ARTICLE 2: VAPING: WHAT YOU NEED TO KNOW

1. Listen and/or read the article: <https://kidshealth.org/en/teens/e-cigarettes.html?WT.ac=ctg>
2. What is vaping? (1 point)
3. List three health effects of vaping. (3 points)
4. What are three health effects of using e-cigarettes? (3 points)
5. How can e-cigarettes become addictive? (1 point)
6. List eight reasons someone should never start vaping or should try to quit. (8 points)
7. What are four ways someone could get help to quit vaping? (4 points)



ARTICLE 3: SECONDHAND SMOKE

1. Listen and/or read the article: <https://kidshealth.org/en/teens/secondhand-smoke.html>
2. What is secondhand smoke? Be sure to name both types. (2 points)
3. List four short-term health problems that can happen from breathing in secondhand smoke. (4 points)
4. What are three long-term health risks caused by secondhand smoke? (3 points)
5. Why is it unhealthy to smoke indoors, even if the cigarette has already been put out? (2 points)
6. What should someone do after smoking before they hold or hug children? (1 point)
7. According to the article, why is secondhand marijuana smoke and vape mist also harmful? (2 points)
8. What are two things a nonsmoker can do to protect themselves from secondhand smoke? (2 points)
9. The article gives reasons someone might want to quit smoking or vaping. Name two of those reasons. (2 points)
10. What are two resources someone could use to get help with quitting smoking or vaping? (2 points)

Information provided by Nemours Children's Health through its award-winning Nemours KidsHealth website. For more on this topic, visit KidsHealth.org.

HEALTH READY CAFÉ

ALCOHOL, NICOTINE, CANNABIS, AND
OTHER DRUGS (ANCOD)

ENTREÉS

75 POINTS EACH

Guaranteed to whet your appetite for learning! Check the scoring rubric for details on how your work will be evaluated.

“WHO SHAPES MY CHOICES?”

Create a pamphlet that explores how family, friends, media, and social trends can influence a young person’s decisions about substance use.

“RISK OR RISE” BOARD GAME

Create a board game where players face real-life health choices. Some spaces lead to risky behaviors (and setbacks), while others represent health-enhancing actions (and progress).

PUBLIC SERVICE ANNOUNCEMENT (PSA)

Write and record a short video PSA targeting other middle schoolers about one of the following:

- The risks of vaping
- How to say no to peer pressure
- How substance use can affect your health and friendships

WHY I CHOOSE TO BE SUBSTANCE-FREE

Design an infographic showing facts about the dangers of nicotine, vaping, alcohol, or cannabis along with 3+ benefits of living substance-free.



MENU



NEW

HEALTH READY CAFÉ

ALCOHOL, NICOTINE, CANNABIS, AND
OTHER DRUGS (ANCOB)

DESSERTS

75 POINTS EACH

A sweet dish of critical thinking! Check the scoring rubric for details on how your work will be evaluated.

ADVICE COLUMN “ASK ME ANYTHING”

Write a fictional advice column where peers ask questions like, “What if my friends vape?” or “How do I say no without losing my friends?” Respond using refusal skills and healthy decision-making strategies.

WHERE CAN I TURN FOR HELP?

Research and present local and school-based support resources for someone dealing with substance use. This can be done as a manual, brochure, or E-Book.

“DEAR FUTURE ME” LETTER



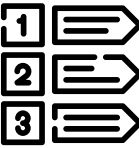





Write a letter to your future self about the choices you hope to make around alcohol, vaping, and other drugs. Explain how you plan to stay substance-free, who will support you, and how your decisions now can shape your health, friendships, and goals.

ADVICE TO A YOUNGER STUDENT

Write a letter or record a short video giving advice to a younger student about taking responsibility for their actions, especially when it comes to avoiding drugs, alcohol, and peer pressure. Include one smart choice and its positive outcome.

HEALTH MENU INGREDIENTS:

What every project needs to include for a complete and satisfying dish that earns full credit

PROJECT	ESSENTIAL INGREDIENTS	
 E-Book	<input type="checkbox"/> a short, catchy title <input type="checkbox"/> at Least 10 pages <input type="checkbox"/> at least 5 facts	<input type="checkbox"/> at least 3 hyperlinks to credible resources <input type="checkbox"/> at least 10 images or graphics <input type="checkbox"/> at least 5 supporting examples or details
 Slides Presentation	<input type="checkbox"/> a short, catchy title <input type="checkbox"/> at least 10 slides <input type="checkbox"/> at least 5 facts	<input type="checkbox"/> at least 3 hyperlinks to credible sources <input type="checkbox"/> at least 10 images or graphics <input type="checkbox"/> at least 5 supporting examples or details
 Infographic	<input type="checkbox"/> a short, catchy title <input type="checkbox"/> at least 3 images or graphics <input type="checkbox"/> at least 5 facts	<input type="checkbox"/> at least 5 supporting examples or details <input type="checkbox"/> at least 2 data charts, graphs, or icons <input type="checkbox"/> at least 3 hyperlinks to credible sources
 Blog	<input type="checkbox"/> a short, catchy title <input type="checkbox"/> at least 3 images or graphics <input type="checkbox"/> at least 5 facts	<input type="checkbox"/> at least 600 words <input type="checkbox"/> at least 3 hyperlinks to credible resources <input type="checkbox"/> a final message, conclusion, or call to action
 Podcast	<input type="checkbox"/> a short, catchy title <input type="checkbox"/> at least 3 minutes <input type="checkbox"/> at least 5 facts	<input type="checkbox"/> an introduction to the topic and why it matters <input type="checkbox"/> at least 5 supporting examples or details <input type="checkbox"/> a final message, conclusion, or call to action
 Web Page	<input type="checkbox"/> a short, catchy title <input type="checkbox"/> at least 5 images or graphics <input type="checkbox"/> at least 5 facts	<input type="checkbox"/> at least 5 supporting examples or details <input type="checkbox"/> at least 3 hyperlinks to credible resources <input type="checkbox"/> a final section summarizing the main points
 Newsletter or Magazine Column	<input type="checkbox"/> a short, catchy headline <input type="checkbox"/> at least 5 images or graphics <input type="checkbox"/> at least 5 facts	<input type="checkbox"/> at least 5 supporting examples or details <input type="checkbox"/> at least 3 hyperlinks to credible resources <input type="checkbox"/> a final message summarizing the main points
 Video Presentation	<input type="checkbox"/> a short, catchy title <input type="checkbox"/> at least 90 seconds <input type="checkbox"/> at least 5 facts	<input type="checkbox"/> at least 3 hyperlinks to credible sources <input type="checkbox"/> at least 5 supporting examples or details <input type="checkbox"/> a final message, conclusion, or call to action

- An **image** is any visual representation, including photos, drawings, and digital artwork.
- A **graphic** is a digitally designed visual, such as logos, icons, infographics, and charts, often incorporating text and structured design elements.



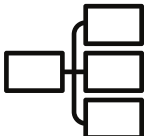



HEALTH MENU INGREDIENTS:

What every project needs to include for a complete and satisfying dish that earns full credit

PROJECT	ESSENTIAL INGREDIENTS	
 “Dear Future Me”	<input type="checkbox"/> a greeting and future date to open letter <input type="checkbox"/> at least 600 words <input type="checkbox"/> at least 5 pieces of advice	<input type="checkbox"/> a reflection of current health habits <input type="checkbox"/> at least 3 hyperlinks to credible resources <input type="checkbox"/> a final message, conclusion, or call to action
 Manual or Guide	<input type="checkbox"/> a short, catchy title <input type="checkbox"/> at least 10 pages <input type="checkbox"/> at least 10 facts or steps	<input type="checkbox"/> at least 3 hyperlinks to credible resources <input type="checkbox"/> at least 5 images or graphics <input type="checkbox"/> at least 5 supporting examples or details
 Toolkit	<input type="checkbox"/> a short, catchy title <input type="checkbox"/> at least 3 images or graphics <input type="checkbox"/> at least 10 items	<input type="checkbox"/> an explanation on why each item is included <input type="checkbox"/> an instruction sheet on how to use toolkit <input type="checkbox"/> at least 3 hyperlinks to credible resources
 Poster	<input type="checkbox"/> catchy title or slogan <input type="checkbox"/> at least 5 images or graphics <input type="checkbox"/> at least 5 facts or statistics	<input type="checkbox"/> at least 5 tips or strategies <input type="checkbox"/> at least 3 hyperlinks to credible resources <input type="checkbox"/> a call to action
 Pamphlet	<input type="checkbox"/> catchy title and cover design <input type="checkbox"/> at least 5 images or graphics <input type="checkbox"/> at least 5 facts or statistics	<input type="checkbox"/> at least 5 tips or strategies <input type="checkbox"/> at least 3 hyperlinks to credible resources <input type="checkbox"/> a call to action
 Game Board	<input type="checkbox"/> a short, catchy title <input type="checkbox"/> at least 5 game pieces (cards, dice, player pieces, etc...) <input type="checkbox"/> clear directions on how to play	<input type="checkbox"/> at least 10 health related questions, facts, or challenges <input type="checkbox"/> game board <input type="checkbox"/> game objective: how to win the game
 Journal	<input type="checkbox"/> title of journal <input type="checkbox"/> at least 5 daily entries (date, health topic) <input type="checkbox"/> at least 5 facts	<input type="checkbox"/> at least 5 supporting examples or details <input type="checkbox"/> at least 3 hyperlinks to credible resources <input type="checkbox"/> a personal reflection
 Role Play or Skit	<input type="checkbox"/> a short, catchy title <input type="checkbox"/> a clearly stated health topic or skill <input type="checkbox"/> a written script	<input type="checkbox"/> performed live or video recorded <input type="checkbox"/> include a specific health skill shown in action <input type="checkbox"/> conclude with a healthy and respectful outcome

- An **image** is any visual representation, including photos, drawings, and digital artwork.
- A **graphic** is a digitally designed visual, such as logos, icons, infographics, and charts, often incorporating text and structured design elements.

HEALTH MENU SCORING RUBRIC

CRITERIA	5 POINTS Excellent	4 POINTS Good	3 POINTS Satisfactory	2 POINTS Needs Improvement	1 POINT Minimal Effort
Content Accuracy & Quantity 	Facts are accurate and detailed, fully covering the topic.	Facts are accurate and well-detailed, covering most of the topic.	Facts are mostly accurate but cover only part of the topic.	Some facts are included, but they cover only a small part of the topic.	Few or no facts are included, and the topic is not covered.
Attractiveness 	Very neat, well-designed, and easy to read.	Looks nice and is mostly easy to read.	Some effort in design, but it could be neater.	Not very neat or attractive. Hard to read	Messy and difficult to look at.
Writing Organization 	Well-organized with clear paragraphs and logical flow.	Mostly organized with some small areas that could be clearer.	Somewhat organized but may be confusing in places.	Disorganized and hard to follow.	No clear structure; very confusing.
Graphics/Pictures 	High-quality images that match the topic well.	Good images, but could be a bit more relevant.	Images are used but may not fully support the content.	Few images, and they do not really match the topic.	No images, or they do not relate at all.
Writing Grammar 	No grammar or spelling mistakes.	Only a few small grammar or spelling mistakes.	A few noticeable grammar or spelling mistakes.	Several grammar or spelling mistakes that make it harder to understand	Many grammar or spelling mistakes that make it hard to read.
Sources 	Uses multiple, credible and reliable sources.	Uses good sources but could have one or two more.	Uses some sources but lacks strong or reliable ones.	Only one weak source, or sources are unclear.	No sources provided.

- An **image** is any visual representation, including photos, drawings, and digital artwork.
- A **graphic** is a digitally designed visual, such as logos, icons, infographics, and charts, often incorporating text and structured design elements.