

Workshop 7: Your Brain Exposed**Extended Project****Maintain Your Brain**

When drugs or alcohol reach your brain, it's no joke!

Project: Create an information pamphlet. Tell about the effects of drugs and alcohol on the brain.

Procedure**1. Generate questions.**

List some questions you want to answer. Here are some ideas to get you started:

- How does the brain react to drug and alcohol use?
- Are some drugs less dangerous than others?
- What are the short-term and long-term effects of drug use?
- How can drugs *change* your brain?

Write a few questions of your own.

2. Research ideas.

Use the Internet to research information about the effects of drugs and alcohol use on the brain. These Web sites have information that you can use:

- <http://www.nationalfamilies.org/brain/index.html>
- <http://teens.drugabuse.gov/facts/index.asp>
- <http://www.health.org/features/kidsarea/funstuf/brain/>

3. Take notes.

Write down answers to your questions and other interesting facts you find. Choose at least two different drugs, and write down their effects on the brain. Be sure to find out at least three facts about alcohol as well.

4. Plan a layout and write a rough draft.

Create a pamphlet by folding a piece of notebook paper in thirds. Add a title and short message to the cover. Inside, set up headings for each substance. List facts under each heading.

5. Present your work.

Write a final draft on a clean sheet of folded paper. Add pictures or illustrations, if you like. Share your pamphlet with others in your class or group.