

GANG RESISTANCE AND DRUG EDUCATION

GRADE

**SPONSORED BY THE CORAL SPRINGS
POLICE DEPARTMENT YOUTH LIAISON UNIT**



STUDENT NAME: _____

TEACHER NAME: _____

Dear Parents:

The City of Coral Springs is a wonderful place to live, work, and raise a family. However, like other cities, we see the effects of substance abuse and gang involvement. Substance abuse and gang membership are not unique to any one social, economic, or age group. As a community we must join together to address these problems and look for solutions. The Coral Springs Police Department provides awareness programs alerting our children to the dangers of drugs, alcohol abuse, and gang life. The Gang Resistance and Drug Education Program is one such method, and it is Broward County School Board approved.

Once a week over the course of seven lesson components, our officers will be educating your child on topics such as setting goals, respect, making good choices, conflict resolution, Internet safety, gang intervention, and drug awareness. Like any program created to help children, G.R.A.D.E. will only be effective if it receives your support. Most of the lessons have homework involved. At the end of each lesson, your child will bring home the workbook they have completed in class. We encourage you to review these lessons with them.

Upon successfully completing the program, a ceremony will be conducted at your child's school. Parents are invited and are encouraged to attend. Your child will receive a G.R.A.D.E. Certificate of Achievement personally signed by the principal, the school resource officer, and myself. In addition, your child will receive a G.R.A.D.E. shirt, which states, "I've made the G.R.A.D.E." This message indicates that they have pledged to be drug and gang free. We hope they wear it proudly.

Thank you for your support. Together, we can provide our children a community free from drugs and gang involvement.

Sincerely,



Tony Pustizzi
Chief of Police

G.R.A.D.E. RULES FOR STUDENTS:

- **If you would like to speak, raise your hand and wait to be called on.**
- **All students have received G.R.A.D.E. worksheets. These worksheets are to be brought to class each week and may be reviewed by your teacher or G.R.A.D.E. instructor at any time.**
- **All assignments must have your first and last names, as well as your teacher's name printed at the top of the page.**
- **You may use a separate piece of paper, including a computer to complete your essay writing assignment.**
- **Assignments must be completed in pencil, blue or black ink, or printed from a computer. No red ink.**
- **Homework assignments must be turned in when they are due.**

Additionally, always feel free to talk to me if you have a problem. If you need to contact me, let your teacher know or leave a message for me with someone in the front office and I will get in touch with you as soon as possible.

LESSON ONE INTRODUCTION TO G.R.A.D.E.

Goal: _____

Individuality: _____

Responsibility: _____

About Me and My Future:

Complete the following statements with your own responses. There are no right or wrong answers.

- *The one thing I know a lot about is...* _____
- *Something I do very well is...* _____
- *People I know like me because...* _____
- *When someone hurts my feelings I...* _____
- *The older I get the more I dislike...* _____
- *When I am 13 I will...* _____
- *After graduating from high school I will...* _____
- *When I am 25 I will...* _____

Personal Goal Exercise:

Now write down one personal goal. How do you plan to achieve it?

LESSON TWO: RESPECT

Compassion: _____

Morals: _____

Peer Pressure: _____

Pride: _____

Respect: _____

Self-Esteem: _____

Give a few examples of someone with High Self-esteem:

Give some examples of someone with Low Self-esteem:

Self-Respect: _____

Trust: _____

Values: _____

LESSON TWO: HOMEWORK

Quick Questions:

Why would someone with high self-esteem be less likely to use drugs?

Why would someone with low self-esteem be more likely to join a gang?

Matching Exercise:

Draw a line from the key terms listed below to the matching definition.

Morals	To believe in someone to be honest and reliable
Pride	A feeling of admiration or consideration for someone that makes you take that person seriously
Respect	How one feels about themselves
Peer Pressure	Being influenced to do something by someone who is your equal
Self-Esteem	Proper respect for oneself and one's own character
Trust	A proper sense of dignity and worth
Self-Respect	Standards of behavior having to do with right and wrong
Values	A standard, something regarded as worthy.
Compassion	Having a sympathetic attitude

LESSON THREE: CHOICES

Rule: _____

Examples of Rules: _____

Law: _____

Examples of Laws: _____

Misdemeanor: _____

Examples: _____

Felony: _____

Examples: _____

Consequences:

What forms of consequences are there for breaking the rules?

Examples: _____

What forms of consequences are there for breaking the law?

Examples: _____

LESSON THREE: HOMEWORK

Complete the following Multiple-Choice exercise:

- 1.) Can you be arrested for fighting at school or in a public place?
 - a. Yes, it is considered either disorderly conduct or battery
 - b. No, fighting in a public place is ok
- 2.) Is it a crime to sneak into an abandoned house?
 - a. Yes, it is private property
 - b. No, since no one lives there it is ok
- 3.) Is it a crime to cause damage to someone else's property?
 - a. No, it is not a crime
 - b. Yes, it is a crime if you meant to do it
- 4.) Jimmy decides to take a \$0.80 candy bar from the local grocery store without paying. Can he be arrested for stealing?
 - a. No. The candy bar has to cost at least \$5.00
 - b. Yes. If you take any item worth at least (\$0.01) without paying for it you can be arrested for stealing.
- 5.) Jenny decides to go into another student's backpack and take their \$1.00 bill so she can buy ice cream at lunch that day. Is Jenny stealing?
 - a. Yes
 - b. No
- 6.) Is it a crime to hit your mother or father?
 - a. Yes. It's domestic battery and you can be arrested.
 - b. No. You can hit anyone you want to.
- 7.) Is it a crime to bring a gun to school?
 - a. No. Students can bring guns to school for their personal safety.
 - b. Yes. Bringing a gun to school is a serious felony and you will be arrested and expelled from school.
- 8.) If another student at school asks you to hide their drugs in your bag and you are caught with them, can you be arrested?
 - a. Yes. Illegal possession of any drugs is a crime.
 - b. No. The drugs were not yours.
- 9.) Is it a crime to write graffiti on the walls of a business or school?
 - a. Yes. It's called Criminal Mischief and you can be arrested.
 - b. No. You cannot be arrested for spray painting graffiti.
- 10.) If you were walking down the sidewalk and see a gun laying in the grass you should:
 - a. Grab the gun and pull the trigger to make sure it works.
 - b. You should not touch it and tell an adult or police officer immediately.

LESSON FOUR: CONFLICT RESOLUTION

Conflicts: _____

Conflict Resolution: _____

Positive ways to solve disagreements:

Agree to Disagree: There are some situations in which people will never agree. You can choose to agree that you have different opinions on a certain issue, but you must have mutual respect for each other's opinions.

Choose a Leader: The leader is responsible for making the final decision.

Compromise: When each person involved gives up part of what he/she wants to settle an argument. (Remember! It's ok to compromise, as long as it does not interfere with your beliefs).

Mediation/Counseling: Sometimes we need an impartial person to assist us in working out our disagreements.

Talking Things Out: This gives you the ability to work out your own problems without having to ignore them, fight about them, or depend on an adult to solve them.

Voting: The majority wins. This only works if there are at least three people.

Walking Away: This is a good short-term solution. It can be used to avoid a physical confrontation. However, problems that are ignored usually do not go away.

Negative way to solve a disagreement:

Violence: _____

Violence does not solve our problems. If a verbal argument becomes so intense that it is about to become physical, WALK AWAY!

Bullying:

"Bullying" means systematically and chronically inflicting physical hurt or psychological distress on one or more students.

According to the School's Code of Conduct, you are bullying if you are

_____, _____, _____,
_____, _____,

or even destroying the property of other students.

Cyber-bullying: _____

“NEW PLANET CIVILIZATION”



Your team has been given the task of starting a new civilization on a recently discovered planet. Scientists have determined that this new planet has all the necessary natural resources to sustain life, but its' fragile eco-system will allow only one spaceship to land. A spaceship has been built that can only carry **6 people**. **As a team, you will have 5 minutes to choose 6 of the 10 people listed below to travel into space and start this new civilization.**

Try to make the best choices possible, using the conflict resolution skills discussed in class today. Place a check mark next to each of the 6 people your group selects. This is an exercise designed to help you practice your resolution skills. **There are no wrong answers.** Once all of the groups have completed the assignment, we will discuss each group's selection as a class.

- 1.) *Bookkeeper: 31 years old (A bookkeeper is a person in charge of keeping accounts for a business)*
- 2.) *The Bookkeepers wife who is 6 months pregnant*
- 3.) *Second-year medical student who does not get along with others*
- 4.) *Famous historian-author; 42 years old (This is a person who writes books about history)*
- 5.) *Hollywood actress/singer/dancer*
- 6.) *Biochemist, female; 31 years old (A Biochemist is a scientist that deals with the chemical process of plants and animals)*
- 7.) *Clergyman; 54 years old (A member of clergy is someone who is authorized to conduct religious services such as a priest or rabbi)*
- 8.) *Olympic Athlete (All Sports)*
- 9.) *College student majoring in Architecture (Architecture is the science of planning and putting up buildings)*
- 10.) *Police Officer with a gun (The gun and the officer cannot be separated)*

LESSON FOUR: HOMEWORK:

Multiple-Choice

Answer the questions using the Conflict Resolution terms from this lesson. A question can be answered correctly with more than one solution.

- 1.) You and your friends are arguing over which movie you will see together. How can this problem be resolved?
 - a. Choose a Leader
 - b. Agree to Disagree
 - c. Compromise
 - d. Voting
 - e. Violence

- 2.) While at school during recess your class must split into two teams to play a game of kickball. What method would work best to help avoid conflict?
 - a. Voting
 - b. Choosing Leader (or Captains)
 - c. Violence
 - d. Walking Away
 - e. None of the above

- 3.) You hear a rumor at school that another student wants to fight you, but you have no idea why. What could you do to avoid this conflict?
 - a. Violence
 - b. Mediation/Counseling
 - c. Talking Things Out
 - d. Choose a Leader
 - e. All of the above

- 4.) Your brother/sister and you are arguing over who's turn it is to use the computer. What could you do to avoid this conflict?
 - a. Violence
 - b. Mediation/Counseling
 - c. Compromise
 - d. Talking Things Out
 - e. Answers b., c., and d.

- 5.) You are assigned to work on a school project with one of your classmates. You do not agree with one part of the project that your classmate has added and cannot seem to get them to agree with you. What could you do to avoid this conflict?
 - a. Mediation/Counseling
 - b. Compromise
 - c. Violence
 - d. None of the above

LESSON FIVE: INTERNET SAFETY

Key Words:

Internet: A network of millions of computers from all over the world. The Internet allows computer users to trade information using telephone lines, fiber-optic cables, and satellite links. As a two-way communication tool that is largely un-monitored, the Internet can contain illegal or inappropriate material.

Social networking: Web-sites that act as virtual communities where people convene to chat, IM, post pictures, and blog.

Instant Messaging (IM): A service that allows people to send and receive messages instantly using a computer or handheld communication device. To send messages using Instant Messaging you often need to download an IM program and know the IM address of another person who uses the same program.

Blogging: Blog (short for web log); A web log is usually defined as a personal or noncommercial web site that uses a dated log format. It is a form of online diary.

Twittering: Short updates, often called "tweets" of 140 characters or fewer. These messages are posted to your profile or your blog, sent to your followers, and are searchable on Twitter search using the internet access from either your portable phone or computer.

Cyber-Stalking/Harassment:

What can I use the Internet for?

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Stay Safe Exercise:

Agree to clear ground rules with your parents before going online.

These include:

- _____ and _____ I may be online.
- With _____ I may communicate with online
- _____/_____ web sites I am permitted to visit.
- Agree to _____ content from unknown people or sources.

Keep your identity private.

- Never share personal information such as your _____, _____, _____, _____, or any other information that could help someone determine who you are and where they could find you.
- Never share personal information of friends or family.
- Never send a _____ or _____ of yourself without first checking with your parents.
- Do not create user names or e-mail that will describe who you are (i.e. liljenny13@aol.com).

Never respond to rude, offensive, illegal or any message that makes you feel uncomfortable.

- If you come across any information that makes you scared, uncomfortable, or confused, tell your parents or a trusted adult _____.
- If someone sends you a rude or threatening message, _____ respond. Show it to a parent or trusted adult who can help you decide the best course of action.
- Remember, if you respond, threaten, retaliate or delete the message YOU can be in trouble.

Never meet in person with anyone you have “met” online without first discussing it with your parents or guardian.

- It is important to understand that “bad people” use the computer to lure and trick people into meeting them. They lie about things like how old they are, whether they are a boy or girl, and where they live. They may even tell you things to make you believe that you can trust them. “Bad people” will send fake pictures and pretend to be interested in the things you are just to get information from you.

I will respect other people’s rights while online.

- The Internet is a large community. My behavior online affects other people. You need to treat others the way you wish to be treated.
- Only you are _____ for what you write to other people and what you download.

INTERNET SAFETY

HOMEWORK

Complete the following Quiz:

- 1.) I'm online and I meet someone my age in a chat room. I want to give him or her my home address or phone number so we can get together. I should...
 - a.) Give out the information since they said that they are my age and they seem nice.
 - b.) Never give out personal information because people frequently lie about who they are on the computer and my safety cannot be assured.
 - c.) Run away from the computer.
 - d.) None of the above

- 2.) I have a digital picture of myself, and someone I met online wants to see it. Is it OK to send it to that person?
 - a.) Yes, only if they send me a picture of them first.
 - b.) Yes, they seem really nice
 - c.) No, people online may use that picture in many ways to hurt or embarrass me.
 - d.) None of the above

- 3.) I'm visiting a site from a company or organization that I've heard of. They want my name and phone number so I can enter a contest. Is it OK to enter?
 - a.) No, if a legitimate company wants to collect information from children (even to just enter you in a contest) they must first receive your parent's permission first. This not only protects your safety, but your privacy too.
 - b.) Yes, as quickly as possible so you may win the contest.
 - c.) No, because I never win anything.
 - d.) None of the above

- 4.) In the middle of a chat session someone says something to you that's really mean. Should you first:
 - a.) Say something mean back.
 - b.) Ask them to apologize
 - c.) Don't respond and tell an adult
 - d.) All of the above

- 5.) My parents and I have established rules as to what I can do on the Internet when I am at home, but I am at a friend's house. Should I go by my parent's rules or do whatever my friend does?
 - a.) Go by my friend's rules and ignore my parent's rules.
 - b.) Follow my parent's guidelines.
 - c.) Follow my parent's guidelines and any extra rules my friend's parents have.
 - d.) All of the above

- 6.) I'm online and I get a message from my Internet service provider asking for my password. They say they need it to fix or update my account. Should I give it to them?
- a.) Of course...the company can probably get it anyway, and I don't want my account turned off.
 - b.) You should never give out your Internet password to anyone (even your best friends) other than your parents. Internet service providers will likely never ask you for a password because they know that some bad people pretend that they work for the Internet service providers to get your password.
 - c.) Why not? It's only my password...I can change it anyway.
 - d.) None of the above
- 7.) Cyber-bullying and cyber-harassment are not only against the law, but they...
- a.) ...are fun and just a form of joking around
 - b.) ...are not meant to hurt anyone.
 - c.) ...are a violation of the school Code of Conduct and can result in disciplinary action.
- 8.) If someone sends me inappropriate material, I should...
- a.) Respond nicely, explaining that the pictures or message wasn't appropriate.
 - b.) Ignore it and delete it. I don't want to get in trouble.
 - c.) Ignore the message and show it to my parents immediately.
 - d.) None of the above
- 9.) If I threaten someone online, by text message or in a chat room...
- a.) ...I have committed a crime, whether I meant it or not.
 - b.) ...it's ok because I was mad and wasn't going to do it anyway.
 - c.) ...it's ok because they were mean to me and threatened me first.
- 10.) Misuse/inappropriate use of the computer can lead to:
- a.) Loss of computer privileges
 - b.) Viruses that can damage my computer
 - c.) Arrest
 - d.) Lack of trust by my parents
 - e.) All of the above

LESSON SIX: GANG AWARENESS & INTERVENTION

What is a Criminal Street Gang?

A "Criminal Street Gang" is a formal or informal organization, association, or group that consists of three or more persons who have a common name or common identifying signs, colors, or symbols and have two or more members who, individually or collectively, engage in or have engaged in a pattern of criminal street gang activity.

Leader: _____

Follower: _____

Why do young people join gangs?

How does gang life affect you, your family, and others close to you?

Who gets hurt? Who may become the victim? Use your own examples.

Name the different activities you can do to avoid becoming involved in a gang

LESSON SIX: GANG AWARENESS & INTERVENTION

HOMEWORK

Using your notes, complete the following multiple-choice questions. Refer back to your notes for the correct answers.

- 1.) In the State of Florida, a “Criminal Street Gang” must consists of:
 - a. A group of 3 or more persons who have a common name
 - b. A group of 3 or more persons who have common identifying signs, colors, or symbols
 - c. Two of the groups members either by themselves or together commit a pattern of criminal street gang activities (example: graffiti)
 - d. A group of students who play sports together
 - e. Answers a, b, and c only

- 2.) According to the State of Florida, you can be categorized as a criminal street gang member if you:
 - a. Reside or visit a gang area and adopt their style of dress, use their hand signs, or their tattoos, and hang around known gang members
 - b. You are under 21 years old and your parents tell the police that you are a gang member
 - c. You are identified in pictures, video, or even web-site images involved in gang activities
 - d. You admit to gang membership
 - e. All of the above

- 3.) A leader is someone who follows the beliefs or teachings of another.
 - a. True
 - b. False

- 4.) A follower is someone who leads or directs.
 - a. True
 - b. False

- 5.) Gang members usually graduate from high school and go on to college.
 - a. True
 - b. False

- 6.) Gang members have no problem finding good jobs.
 - a. True
 - b. False

- 7.) Gang members usually suffer from low self-respect or low self-esteem.
 - a. True
 - b. False

- 8.) If you join a gang, who could become a victim?
- a. You
 - b. Your family members
 - c. Innocent people
 - d. Other gang members and their families
 - e. All of the above

- 9.) Why do young people join gangs?
- a. Recognition/Identity
 - b. Family members are in a gang
 - c. Protection
 - d. Intimidation
 - e. All of the above

- 10.) Gang members usually abuse drugs and alcohol.
- a. True
 - b. False

**LESSON SEVEN:
DRUG AWARENESS - (Part I: Gateway Drugs)**

Drug: _____

Addiction: _____

Withdrawal Symptoms:

_____, _____, _____,

_____, _____, _____

GATEWAY DRUGS:

Name the three drugs that are considered **GATEWAY DRUGS**?

Why are they called **GATEWAY DRUGS**?

ALCOHOL:

What are some of the health problems caused by Alcohol abuse?

_____, _____, _____,

_____, _____, _____

TOBACCO:

What are some of the health problems caused by Tobacco abuse?

_____, _____, _____,

_____, _____, _____

MARIJUANA:

Marijuana has the same negative health effects as what other Gateway Drug?

What are some of the other problems using marijuana may cause?

_____, _____, _____,

_____, _____.

POP QUIZ:

- 1.) What are the three Gateway Drugs?
 - a. Cocaine, Heroin, & Ecstasy
 - b. Methphetamines, Heroin, & Crack Cocaine
 - c. Alcohol, Tobacco, & Marijuana
 - d. Protein, Carbohydrates, & Fat
- 2.) Why are they called Gateway Drugs?
 - a. Because they are hard drugs
 - b. Because they cause memory loss
 - c. Because they often lead to the use of more dangerous drugs
 - d. Because they are not addictive
- 3.) Using tobacco may cause the following health problems:
 - a. Heart attack
 - b. Stroke
 - c. Emphysema
 - d. Addiction
 - e. All of the above
- 4.) Addiction is an uncontrollable impulse to commit an act, such as the use of legal or illegal drugs.
 - a. True
 - b. False
- 5.) Withdrawal symptoms include:
 - a. Restlessness
 - b. Muscle pain
 - c. Bone pain
 - d. Vomiting (throwing up)
 - e. All of the above

LESSON SEVEN: DRUG AWARENESS - (Part II: Hard Drugs)

Stimulants:

Mind altering chemicals that affect the central nervous system by increasing alertness and excitement.

Examples: Cocaine, Crack Cocaine, Caffeine, Diet Pills, Nicotine, Methamphetamines...etc.

Cocaine use can cause constricted blood vessels, increased body temperature, increased heart rate and blood pressure, paranoia, _____, _____, or _____.

Methamphetamines ingredients can include cold medicines, gasoline, paint thinner, mineral spirits, lithium batteries...etc. This drug also can cause your _____ to become rotten and fall out.

Prescription Drugs:

A specific drug, given to a specific person, by a doctor for medical use.

Examples: Insulin, Pain Killers...etc.

Prescription drugs can be from both the Stimulant or Depressant drug categories and can be _____ and _____ if misused.

Inhalants:

Substances or fumes from products such as glue or paint thinner that are sniffed or "huffed" to cause a high.

Examples: Dust Off, Spray Paint, Glue...etc.

Inhalants can cause _____. Users can die by suffocation, choking on their vomit, or having a heart attack because the heart beats irregularly and more rapidly.

Narcotics:

Drugs derived from the “poppy plant” that are used to relieve intense pain or suppress coughs.

Examples: Codeine, Morphine, Heroin...etc.

Street narcotics such as Heroin can cause a _____, liver and kidney disease, lead to HIV/AIDS from sharing needles, or contain toxic contaminants or additives that can clog the blood vessels leading to the lungs, liver, kidneys, or brain, causing permanent damage to vital organs.

Hallucinogens:

Substances that distort a person’s sense of reality.

Examples: LSD/Acid; PCP/Angel Dust; Ecstasy; Psilocybin/Magic Mushrooms...etc.

Users of hallucinogens such as PCP can become _____ and _____, acting in a bizarre or psychotic manner.

A _____ overdose can be fatal, as they may result in heart failure or extreme heat stroke.

Synthetic Amphetamines:

Sold as “Bath Salts,” this substance is being mislabeled to appear as a legal product. Unknown mixtures of this substance can produce foaming at the mouth, breathing rapidly, extremely rapid heart rate, combative, hallucinating, anxious and paranoid, and muscle pain.

Synthetic Marijuana:

Also known as synthetic cannabinoids, these products can cause headaches, agitation, vomiting, dangerous hallucinations, seizures, and increased heart rate.

G.R.A.D.E. FINAL ESSAY:

Each student will write at least a one page essay entitled, **“What I have learned in G.R.A.D.E.”**. The one page essay should contain information about the various health and safety topics discussed in this program.

G.R.A.D.E. PLEDGE

In successfully completing the curriculum in the G.R.A.D.E. Program,

I pledge never to use illegal drugs.

I pledge never to join a gang.

I pledge never to bring anything to school that would endanger myself or any other person.

I pledge to be responsible for my own actions.

I pledge to respect myself by having good morals and values and to respect others.

Student's Signature

Date

Dear Parents,

Your child is currently involved in a Broward County School Board-approved program called G.R.A.D.E. (Gang Resistance and Drug Education). It is a 7-lesson program created by both the Coral Springs Police Department and your local teachers. This program is designed to educate your child on such issues as setting goals, respect, making good choices, conflict resolution, Internet safety, gang intervention, and drug awareness.

In order for your child to successfully complete this program, he/she will be required to complete all homework assignments, follow all the rules set forth in the student code of conduct book, and not be involved in any criminal activity in or out of school.

At the completion of the program there will be a graduation ceremony for all students finishing the program, to which you will be invited to attend.

Please sign below acknowledging receipt of this letter.

Parent or Guardian

Date

Student's Name (Please Print)

Teacher's Name (Please Print)