

With a Little Help from My Friends

Casey Abrams - A Little Help From My Friends (American Idol) Original Version

Only the song; 1:52 minutes:

<http://www.youtube.com/watch?v=dv4fqmQpvgA&feature=related>

Pre-interview included below

<http://www.youtube.com/watch?v=PUhGtqFwZRw&feature=related>

You are each role-playing a high school student. The person you are role-playing might be yourself as you were, yourself as you would have liked to have been, or a person you recall from high school. Be prepared, in some scenarios you may have to take on the role of a person of the opposite gender.

Read the scenarios as a group. Talk about the positives and negatives of each proposed response. As a group, pick what you believe to be the best response. Create a better response if you desire.

When all groups are finished, your group will share the choice (and the reason for the choice) with the rest of the class.

HINT: Items 1-5 model straightforward honesty . . . honesty is always the best policy . . . but some situations are likely to make you feel insecure about saying what you really think about drug and alcohol use.

For Items 6-10, pick the strategy that not only keeps you from using the drug offered, but gives you other important benefits. For example, can you avoid extra peer pressure, keep from upsetting anybody, or protect your friends as well as yourself? Most of these avoidance strategies would work, but some would have better results than others.

1. You've been friends with your next door neighbor since third grade, but in the last couple of years, he has been hanging out with the "stoner" crowd at school. He offers you pot every time you go over to his house. You have said no each time.

This is offer #4. What do you do?

- a. Try it just once to get him off your back. You've been friends for years, and you don't want to lose that.**
- b. Tell him he's a loser. Pot is for idiots.**
- c. Say, "No, thanks," one more time. Maybe he'll finally get the picture.**
- d. Say no first. Then tell him he should quit smoking. He'll have so much more energy when he doesn't smoke pot.**
- e. _____**

2. Your best friend used to have a cute figure, but lately she has really started to get skinny. She tells you she's been taking prescription amphetamines to lose weight. She has plenty for you if you want some. What do you say?

- a. Sure, you want to lose a few pounds. You can stop before you get too skinny.**
- b. Tell her how awful she looks. Amphetamines cause acne and dark circles under the eyes from lack of sleep.**
- c. Politely turn her down. You can exercise more to look good for summer.**
- d. Tell her you're worried about her. You know that taking prescription medications against a doctor's advice can be deadly. Help her find support for quitting her drug habit before it ruins her health – or worse.**
- e. _____**

- 3. You're at a dance with some friends. A really popular guy offers to sell you some Ecstasy for \$20. What do you do?**
- a. Dig deep. \$20 is a bargain if you get to hang with Prince Charming. Ecstasy can't be all that bad for you, can it?**
 - b. Tell him you're going to call the police. Walk to the phone as fast as you can.**
 - c. Tell him you only have \$10 in your pocket. Ask Cutie Pie to dance with you instead.**
 - d. Tell him you don't do drugs. No one is that cute, and Ecstasy is totally dangerous.**
 - e. _____**

- 4. You're double-dating with your buddy, his girlfriend, and her very pretty cousin. One of the girls brought a bottle from her parents' liquor cabinet. They all add some to their sodas. What do you do?**
- a. Bottoms up! You don't have to be home for four more hours and it's only booze.**
 - b. Pour out their drinks and their bottle and insist on going home.**
 - c. Tell them your stomach is a little upset. They'll understand.**
 - d. Offer to be the designated sober driver. If you can't prevent them from breaking the law by drinking underage, at least you can prevent them from driving under the influence. The next day tell him you thought the whole scene was uncool.**
 - e. _____**

- 5. At lunch, someone at your classroom table flashes a can of some aerosol cleaner. He says sniffing it makes him totally high. He says no one will be able to tell what you've been doing and it's harmless. Three or four people get up to go find a hidden place to sniff. What do you do?**
- a. Go ahead and give it a try. After all, this guy said it was harmless.**
 - b. Get up immediately and say you're going to tell the principal.**
 - c. Say that you have a test in your next class or that you have a headache.**
 - d. Discourage your friends from going. Tell them you read on the internet that sniffing aerosols will cause brain damage, and that people can die on the first try. As soon as you can, make an anonymous tip to the administration that students are doing this on campus.**
 - e. _____**
- 6. People start passing a joint at a party. It's coming your way, and you're panicking. What are you going to do when it's your turn?**
- a. Say you have asthma.**
 - b. Tell them your parents are picking you up, so you can't be stoned when they arrive.**
 - c. Go to the kitchen or bathroom with some ordinary excuse. Stay away for a while. They'll forget about offering you pot.**
 - d. Tell them you're tired or sick and you're going home early.**
 - e. _____**

7. Your best friend's parents both smoke cigarettes. You think smoking is disgusting, but your friend and her parents are like your second family anyway. Your friend starts smoking, and her parents don't even try to stop her. What do you do when she offers you cigarettes?

- a. Say you have a head cold.**
- b. Tell her your parents would ground you for life if they caught you smoking.**
- c. Tell her you tried a cigarette once before and it made you feel nauseated.**
- d. Tell her you wish she would quit smoking. You care about her and smoking is horrible for her health.**
- e. _____**

8. A group of friends is going to the movies. Someone in the group offers you all LSD doses. Someone else offers to lend you the money when you say you don't have enough.

- a. Say you'll just skip it this time, because you hate to borrow money.**
- b. Let them buy it for you, and then throw it away.**
- c. Tell them you know a "trip" lasts up to twelve hours, you have to be home by 11:00 tonight, and your parents will still be awake.**
- d. Say that hallucinogens aren't your thing, that you don't like the feeling.**
- e. _____**

- 9. Your date tells you that her brother has some sniffable heroin. She says that since you don't have to inject it, you can't get HIV/AIDS from using it. Plus, her brother told her it isn't addictive if you sniff it. Her brother will give it to her for free.**
- a. Tell her you're in the mood to be active, and you know that heroin makes users sluggish.**
 - b. Say you're in a hurry to get going on your date, and if you take the time out to go to her brother's house, you'll be late.**
 - c. Say that you are on a sports team that does drug testing, or that your parents give you random drug tests.**
 - d. Tell her how dangerous any type of heroin is. It is addictive no matter whether it's sniffed, injected, or smoked. Say that you hope she's not using, because she's so great just the way she is.**
 - e. _____**

- 10. You hear that some other guys at a party have some GHB they're going to slip into girls' drinks so that they can have sex with the girls while they're unconscious. The guy who tells you suggests that you could "get in on the action" if you wanted to. He says that no one is going to get hurt, because the guys are planning to use condoms.**
- a. Laugh it off. Say you don't need to use drugs to get girls.**
 - b. Tell him you know your girlfriend would find out somehow, and she'd break up with you in a heartbeat.**
 - c. Tell him the truth: Drugging someone so you can have sex with them is rape, and that the victim always gets hurt.**
 - d. Tell him the truth, and then go warn the girls. You've read about how much rape of any kind damages the victim emotionally.**
 - e. _____**