

# Lesson 5

## LESSON 5

**At the conclusion of this lesson, your students should be able to identify the main parts of the body that are affected by using marijuana.**

**Materials Needed:** Chalkboard  
Copy of Activity Sheet A-3 for every student

**Step I** Say to the class:

*Today we are going to discuss another drug that can be harmful to you. This drug affects your **brain**, your **heart**, and your **lungs** like tobacco. This drug is called marijuana.*

**Step II** Write on the chalkboard: **Marijuana**

Tell the students:

*Raise your hand if you've ever heard of marijuana.*

Then say:

*Marijuana is a plant like tobacco, which is used in cigarettes. The leaves of the marijuana plant are dried and used when people smoke them.*

*Marijuana harms three important parts of the body. When a person smokes marijuana, the brain is affected in such a way that the person can't pay attention as well as he or she should. When a person can't pay attention, sometimes it can be **unsafe** to be with her or him. Can you think of some things that would be unsafe for anyone who couldn't pay attention to do?*

Students' suggestions should include: **driving a car, riding a bicycle, swimming, using a knife.**

Say to the students:

*The smoke from marijuana hurts the heart and lungs the same way that smoking cigarettes does. The smoke goes into the lungs, and when it comes out, it leaves tar on the lungs. This makes it hard for the clean air to come into the lungs. Marijuana cigarettes leave more tar than other cigarettes.*

*Marijuana hurts the heart because the smoke enters the bloodstream and makes the heart work hard to pump the blood.*

*Now, who can tell me the three main parts of the body that are harmed by smoking marijuana?*

*(Brain, lungs, and heart)*

**Step III** Distribute a copy of Activity Sheet A-3, “The Body,” to every student.

Say to the students:

*Color the three parts of the body that are hurt by marijuana. When you finish, draw something in each hand that this person could have fun doing safely without using marijuana.*

