

The Beat

February 4, 2006

by Rebecca Haynes Mott

PreTeen Teacher
© 2007 HeartShaper®
Curriculum. All rights reserved.

Permission is granted to reproduce this page for ministry purposes only—not for resale.



Know any kids in rehab? If you know much about the music and TV scene, chances are you can name a few. It's easy to see how dumb choices land popular, beautiful fallen stars in such places, but mostly normal kids end up there too. Thinking that experimenting with alcohol and drugs makes them cool, more and more young people are wrecking their lives.

Recent research shows that messing around with substances at a young age is especially dangerous. Simply smoking cigarettes "primes" the brain for later addiction. Research also demonstrates that smoking and alcoholism result in diminished thinking ability. In other words the more you use, the more you lose. No kids play around with drugs thinking they will develop a problem, but obviously many do. Almost all addicts start using as teenagers and preteens.



THINK ABOUT IT

- Why do you think so many stars end up with drug problems?
- Knowing the dangers, why do so many kids try drugs?

I Choose . . .

Substance abuse steals time, energy, and ability from all who use. What dreams do you have for your life? Brainstorm and share a list of things you'd like to do. Talk about which you'd rather do—fight an addiction or live your dreams.



Is it easy or difficult for you to make godly choices? Why?