

**INITIAL  
STEPS**

**THE BIG  
HOW**

**THE BIG  
WHAT**

**THE BIG  
WHY**

**CLOSING  
STEPS**



# **MAP Intensive Home Study**

## ***Marijuana Awareness Program***

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## INITIAL STEPS

- Objectives
- Learning Matrix

MAP  
Objectives

MAP  
Awareness  
Program  
Learning  
Matrix

# MAP Objectives



M

## 01. MARIJUANA

- A. What is the truth about marijuana use?
- B. Is marijuana a gateway drug for some?

A

## 02. ALCOHOL

- A. What is the truth about alcohol use?
- B. Is underage drinking dangerous?

C

## 03. CONSEQUENCES - LAWS

- A. What are the legal consequences of marijuana and alcohol use?
- B. Know the marijuana laws in your state?

D

## 04. DECISION MAKING

- A. Is decision making a skill?
- B. What is your decision making style?
- C. What are values?
- D. How do values influence our lives?

C

## 05. CIVICS & THE SOCIAL CONTRACT

- A. What are civics?
- B. What are our responsibilities to the community at large?

# MAP Awareness Program Learning Matrix

Learning Goals	Learning Objectives	Activities
<b>SUBSTANCE ABUSE</b> Defining and understanding how abusing substances is a part of who I am as a person.	1. Recognizing things that are important to one's life. 2. Understanding how abusing substances shapes my values and behavior.	1. Identifying my core values. 2. Identifying how abusing substances impacts my core values. 3. Identifying how abusing substances effects how I act.
<b>CONSEQUENCES</b> Defining and understanding how abusing substances impacts what it means for me to be "responsible".	1. Recognizing the relationship between abusing substances and responsibility. 2. Understanding how abusing substances is a reflection of my character.	1. Identifying the legal consequences of abusing substances 2. Identifying how and ways abusing substances makes life difficult.
<b>RELATIONSHIPS AND DECISION MAKING</b> Defining and understanding my relationship with the substances I abuse, and the choices I make.	1. Recognizing how abusing substances influences my relationships. 2. Understanding how abusing substances influences my decision-making.	1. Identifying my core relationships. 2. Identifying steps in decision-making. 3. Identifying decision-making styles.
<b>CIVIC RESPONSIBILITY</b> Defining and understanding what it means to be a community citizen.	1. Recognizing the relationship between my personal responsibility and being a responsible member of a community. 2. Understanding my role in the social contract.	1. Identifying what I value in my community. 2. Identifying where civic responsibility comes from. 3. Identifying what I am responsible for in my community.



## THE BIG WHAT

- Marijuana Positives
- Marijuana Negatives
- The Truth About Alcohol
- Underage Drinking
- Georgia Minor in Possession of Alcohol Laws (if applicable)
- Values

MARIJUANA  
POSITIVES

MARIJUANA  
NEGATIVES

THE TRUTH  
ABOUT  
ALCOHOL

UNDERAGE  
DRINKING

GA MINOR IN  
POSSESSION  
OF ALCOHOL  
LAWS

Values

# MARIJUANA POSITIVES

Watch "The Truth  
About Marijuana"  
Video



## Some Truths

- **Components of the marijuana plant may have medicinal properties.**
- **Marijuana is legal in some states.**
- **Marijuana is used to reduce pain in cancer patients.**
- **Marijuana can reduce anxiety.**



# MARIJUANA NEGATIVES

- THC damages the immune system.
- THC levels are 10 times more than 40 years ago.
- Marijuana smoke contains 50% to 70% more cancer-causing substances than tobacco smoke.
- Marijuana causes respiratory problems in smokers.
- Intoxication means "to poison by taking a toxic substance."
- Any substance that intoxicates causes changes in the body and mind.

## Some Other Truths



- Slows down the frontal lobe development in teenagers.
- Marijuana is one of the most abused drugs in the world.
- THC causes short and long term memory loss.
  - MRIs of chronic users look identical to MRO of dementia patients.
- Lowered reaction time.
- Impaired thinking and ability to learn and perform complex tasks

**Marijuana does increase the chances of using other drugs**

Watch "The Truth  
About Alcohol"  
Video

# THE TRUTH ABOUT ALCOHOL

## Consequences

### Short Term

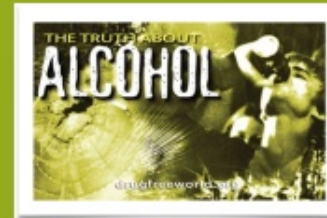
- An intoxicated person has a harder time making good decisions
- A person is less aware that his/her behavior may be inappropriate or risky
- A person is less likely to recognize potential danger
- Has negative effects on information processing and learning

### Long Term

- Permanent damage to the brain
- Malnutrition
- High blood pressure, stroke, and other heart-related diseases
- Liver disease
- Increased family problems, broken relationships

Alcohol  
&  
YOU

CHOICES

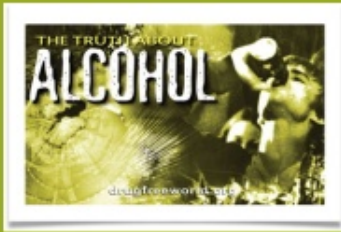


Abstinence

Social Use

Dependence





# UNDERAGE DRINKING (if applicable)

**School problems - higher absence and poor or failing grades.**

**Physical and sexual assault**

**Legal Problems**

**Physical problems - hangovers or illnesses**

**Unwanted, unplanned, and unprotected sexual activity.**

**Abuse of other drugs**

**Disruption of normal growth and sexual development**

**Social Problems**

**Higher risk for suicide and homicide**  
• 1269 murders each year

**Alcohol related accidents**  
• 1580 deaths from car accidents each year!

**Memory problems**

**Death from alcohol poisoning**

- Drinking is more harmful to teens than adults because their brains are still developing. Drinking during this critical growth period can lead to lifelong damage in brain function, particularly as it relates to memory, motor skills (ability to move), and coordination.
- According to research, young people who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21.

# GA MINOR IN POSSESSION OF ALCOHOL LAWS

## (if applicable)

### Drinking and Possessing Alcohol & Using Fake ID to Obtain Alcohol

The law prohibits minors from purchasing, attempting to purchase, or knowingly possessing alcoholic beverages. It is also unlawful for minors to use a fake id for the purpose of obtaining alcohol illegally. Violating this law will result in the following penalties:

#### First Offense

A fine of up to \$300  
Sentenced up to six months in jail  
Driver's license suspension for six months

#### Second or Subsequent Offense

A fine of up to \$1,000  
Sentenced up to one year in jail  
Driver's license suspension for one year

This law does not apply to minors possessing alcohol for medicinal purposes, religious ceremonies, or when the parent or guardian allows the underage person to consume alcohol in the home.

**Official Code of Georgia Annotated 3-3-23**

### Zero Tolerance For Minors

Any person under the age of 21 will be charged with driving under the influence (DUI) if their blood alcohol concentration (BAC) is .02% or higher. The penalties include:

#### First Conviction

Jail term of 10 days to 1 year  
Fine ranging from \$300 to \$1,000  
Driver's license suspended for 6 months  
20 hours of community service for minors under 21  
License reinstatement fee of \$210

#### Second Conviction

Jail term of 90 days to 1 year  
Fine ranging from \$600 to \$1,000  
Driver's license suspended for 12 months  
30 days of community service  
License reinstatement fee of \$201  
Completion of an alcohol treatment program  
Installation of an ignition interlock device in vehicle

**Official Code of Georgia Annotated 40-6-391**



# Values

WHAT  
ARE  
VALUES

WHAT  
ARE YOUR  
VALUES

WHAT IS  
RESPONSIBILITY

RESPONSIBILITY  
GUIDELINES

# WHAT ARE VALUES



Values give your life sharper focus



Values serve as filters for life choices



Values give us purpose & direction



Most have 5-7 core values



Values are like trees - they keep us grounded

**val·ue (valyoo) - a person's principles or standards of behavior; one's judgment of what is important in life.**



# WHAT ARE YOUR VALUES



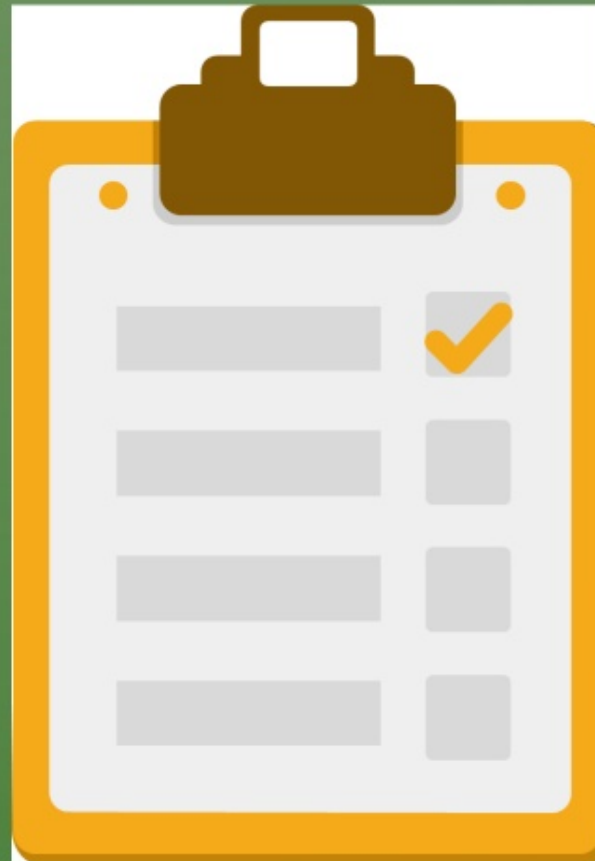
***WHAT ARE  
YOUR  
VALUES?***



# VALUES LIST

Authenticity  
 Achievement  
 Adventure  
 Authority  
 Autonomy  
 Balance  
 Beauty  
 Boldness  
 Compassion  
 Challenge  
 Citizenship  
 Community  
 Competency  
 Contribution  
 Creativity  
 Curiosity

Determination  
 Fairness  
 Faith  
 Fame  
 Family  
 Friendships  
 Fun  
 Growth  
 Happiness  
 Honesty  
 Humor  
 Influence  
 Justice  
 Kindness  
 Knowledge  
 Leadership



Learning  
 Love  
 Loyalty  
 Meaningful Work  
 Openness  
 Optimism  
 Peace  
 Pleasure  
 Poise  
 Popularity  
 Recognition  
 Religion  
 Reputation  
 Respect  
 Responsibility  
 Security

Self-Respect  
 Service  
 Spirituality  
 Stability  
 Success  
 Status  
 Trustworthiness  
 Wealth  
 Wisdom

***CIRCLE  
 YOUR TOP 10  
 AND STAR  
 THE 2 MOST  
 IMPORTANT  
 TO YOU!***

# WHAT IS RESPONSIBILITY

## Areas of Our Lives

Being responsible means telling ourselves and others the truth about what is best for us and acting on it, even when it is hard to do. It is not always easy. It means we respond to people, situations, and events with behaviors that match our values in all areas of our lives.



### Self

How do you take care of yourself?



### Family & Friends

How do you manage caring for your relationships?



### Work

Do you show up on time and give it your all?



### Daily Life

How do you tend to your home and belongings?



### Money

Do you budget and make good choices with spending?



### Society

Do you follow laws and the social contract?

## RESPONSE



## ABILITY

Acting on your values

Respecting others even when it is hard

Taking positive risks

# RESPONSIBILITY GUIDELINES

Fake It Till  
You Make  
It!

Be Honest

Past Does  
Not Equal  
Present

## Responsibility Guidelines

Be Straight  
With  
Yourself

Stick It Out

Have Self-  
Discipline

### FULFILLING RESPONSIBILITIES



We often find it hard to make changes in our lives. We may vow to follow through on our responsibilities. Then the next thing you know, we've ignored or forgotten it again. Old habits die hard!



Sometimes we have trouble knowing we have a problem because of the values and behaviors of our family or others we spend time with. Being responsible requires us to live according to OUR values then being willing to notice and admit when we are not.

***Control Yourself! Influence Others!***



# THE BIG HOW

- Decision Making
- Decision Making Styles
- Decision Making Steps

**DECISION  
MAKING**

**DECISION  
MAKING  
STYLES**

**DECISION  
MAKING  
STEPS**

# 3 DECISION MAKING

Decision-making is the act of choosing between two or more courses of action.

Having no  
information or not  
enough



Too many people  
with too many  
opinions



Barriers to Good  
Decision Making



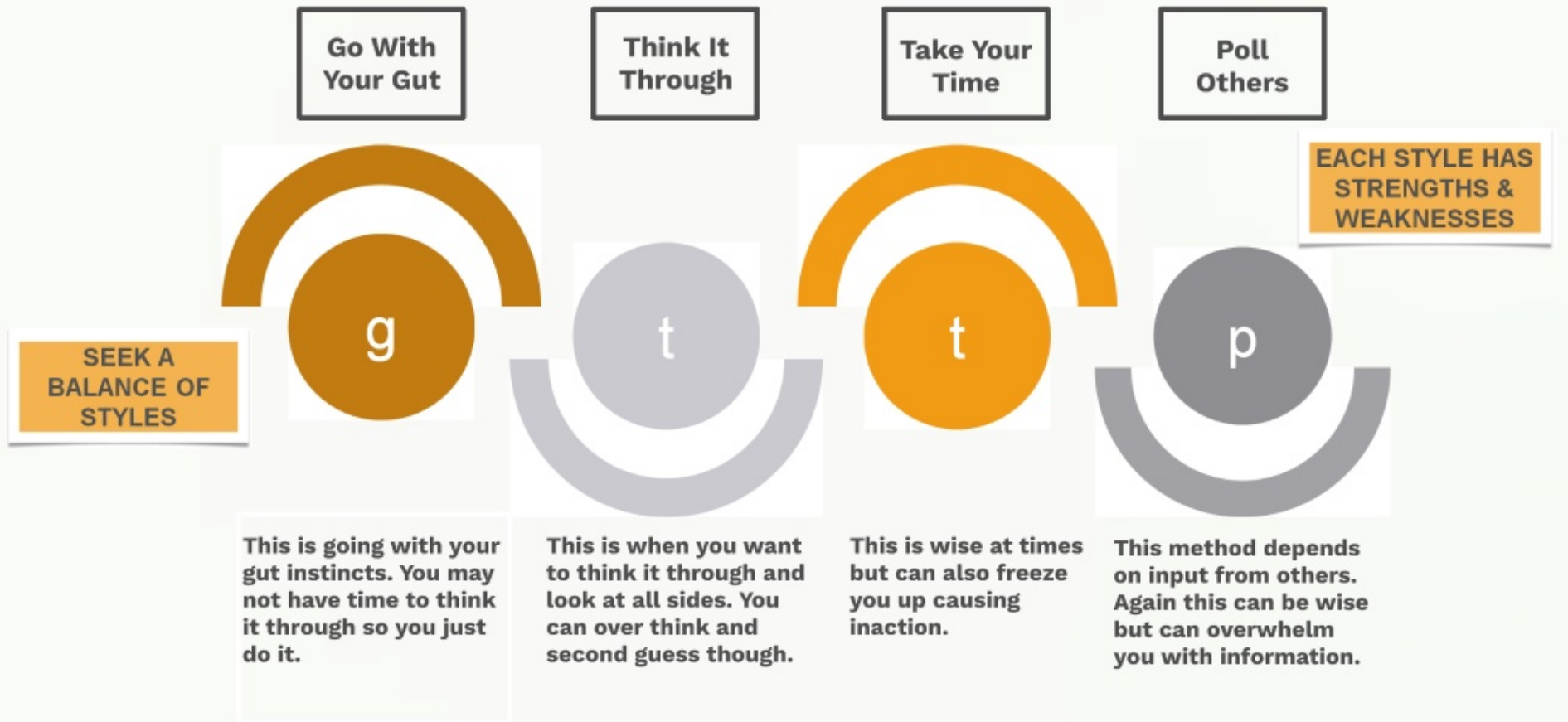
Emotions - too  
much attachment or  
not caring at all



Lack of mental  
clarity due to  
alcohol or drug use

What bad decision did you make that led you to being here?

# DECISION MAKING STYLES





# DECISION MAKING STEPS

Your actions impact you, your family, and your community!







## THE BIG WHY

- Define Civics
- Freedom
- What's Expected
- Thrive vs. Survive

**CIVICS**

**FREEDOM**

**WHAT'S  
EXPECTED**

**THRIVE  
VS.  
SURVIVE**

# CIVICS, THE SOCIAL CONTRACT & RULE OF LAW

The social contract is an informal and formal way to govern relations within our society between ourselves as a people and between the citizens and our government. Informal rules include socially accepted behaviors/norms and our laws are the formal rules created by our representatives. Together they make up what we can call a civil society.



from Jack Krupansky, *Elements of the Social Contract*, [www.medium.com](http://www.medium.com)

# Freedom!

FDR's *Four Freedoms*, are engraved in stone at his memorial in Washington, DC and at the FDR Four Freedoms Park on the southern tip of Roosevelt Island in New York City.



from Jack Krupansky, *Elements of the Social Contract*, [www.medium.com](http://www.medium.com)

# What's Expected



## Government

Protection & Security	Quality of Life
Monetary System	Economic Security & Prosperity
Education	Justice
Services	Upward Mobility
Law Enforcement	Healthcare

## Citizens

Respect Authority	Respect for Community
Civic Responsibility	Jury Duty
Pay Taxes	Respect Fellow Citizens
Respect for Environment	Participate in Government
Obey Laws	Vote





# THRIVE vs. SURVIVE

## DICTATORSHIP

NO CHOICES



## DEMOCRACY

EXPANDING FREEDOM  
with  
EXPANDING RESPONSIBILITY



## ANARCHY

NO LAWS



**A Healthy Democracy Depends on All of Us Being Responsible!**

## **Last Step**

**After reviewing the program, please answer, mail or email the following:**

**Personal statement detailing what your actions were that led to being required to complete this program**

**In addition to your personal statement, please write a 500 word essay explaining what you understand from the program material**

**Answer correctly the questions in a survey that will be emailed to you once you send in your statements**

**Your certificate will be emailed once your answers and statements are received**

**Email: [chip@astronghandup.com](mailto:chip@astronghandup.com)**

**Mail: P.O Box 874 Monroe, Ga. 30655**