



Participate in Drug Facts Chat Day.

NIDA's Drug Facts Chat Day takes place during National Drug Facts Week. During Chat Day, students can log onto any computer at their school and ask some of our Nation's experts about illicit drug use and prescription drug abuse, a big problem among teens in the United States.

Your school must register and obtain a user code to participate. This is a unique, interactive, and fun opportunity to ask experts anything you want about drug use and abuse. All questions are welcomed!

Here's what you'll need:

- **Ask a teacher** or administrator if your school has already registered for Chat Day. If your school hasn't registered, let the teacher or administrator know that Chat Day is a great opportunity for students to learn more about the science behind drug abuse and addiction, and show the teacher or administrator the Chat Day Web site (<http://drugfactsweek.drugabuse.gov/chat>) to learn more. If your school is not able to register, you can still watch the live Chat Day discussion on the NIDA Web site.
- **Reserve a computer lab**, or use the school's library or media center. This is a great event for you and your peers in science, health, and gym classes—any class that addresses health education. Each student can log into a computer and watch the live chat, or students can gather around their teacher's computer and ask questions as a group.

Here's how to do it:

- **Brainstorm** and discuss. Sit down with your friends or classmates before the chat to think of questions you want to ask NIDA scientists.
- **Make sure** that you take advantage of the resources you have so that you can ask NIDA scientists a thoughtful question.
- **Check out the Sara Bellum Blog** (<http://teens.drugabuse.gov/blog>). Written just for teens, this blog connects you with the latest scientific research and news.
- **Check out *Drugs, Brains, and Behavior: The Science of Addiction*** (<http://www.drugabuse.gov/scienceofaddiction>). This 30-page full-color booklet explains the science behind drug abuse and addiction in a way that everyone can understand.



PEER ACTIVITY GUIDE

Spread the word about prescription drug abuse

- **Check out *Heads Up: Real News About Drugs and Your Body* (<http://headsup.scholastic.com>).** These science-based facts and lesson plans from Scholastic and NIDA address the effects drugs have on the teen brain and body.
- **During the chat, type your question** into the chat box, and have scientists answer it in real time. If your questions aren't answered during the chat, check back later to read the Chat Day transcript and see if your questions have been answered. Check out the transcript from Chat Day 2011 at <http://drugfactsweek.drugabuse.gov/chat/2011>.
- **Spread the word!** Let your friends, peers, and teachers know about Chat Day, and encourage them to get involved.
- **After the chat, hold a discussion** with your peers based on the answers received and talk about what you have learned.