

# Busting Myths

## ACTIVITY

### Time Needed

120-180 minutes

### Materials

Note-taking supplies

Research Questions

Writing Prompts

### Activity Description

You will create a short film to present the myth that most teens use drugs, and then you will “bust” that myth with statistics about actual teen drug usage and the real consequences of drug use.

### Suggested Steps

1. Watch an example Discovery Channel [Mythbuster](#) video. Take note of some of the compelling features of the video.
2. With your group, brainstorm ideas for your video to present the myth that most teens use drugs and how you will bust the myth. Select appropriate facts from reputable sources to prove the myth is in fact a myth. Feel free to use the Natural High website in your research, and here is [one resource](#) from the National Institutes of Health to check out.
3. Plan out your video and create it. Be sure your video:
  - Presents the myth and any evidence of the myth you can find (movies references, songs, advertisements, celebrity stories, etc.)
  - Contains at least 3 facts, figures, or statistics about actual teenage drug use
  - Is interesting, funny, and/or otherwise engaging
4. Share your video with others to share your knowledge. If you have appropriate permissions, consider sharing it with your greater community.



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