

BUSTING MYTHS

ACTIVITY

Time Needed

120–180 minutes

Materials

Note-taking supplies

Research questions

Device to watch video

Access to web

Device to record a video

Activity Description

You will create a short video to present the myth that most teens use drugs. 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 [Mythbusters](http://www.discovery.com) video with your group at www.discovery.com. Take note of some of the compelling features of the video.
2. Talk with your group to brainstorm ideas for a 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 not true. Feel free to use the Natural High website in your research. You can also check out this resource from the National Institutes of Health at <https://teens.drugabuse.gov/blog/post/real-teens-ask-how-many-teens-use-drugs>.
3. Plan out your video with your group and create it. Be sure your video:
 - Presents the myth and any evidence of the myth you can find (movie 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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