

ใบสื่อที่ 46.1 บทความ เรื่อง Drugs and How to Prevent Addictive Substances  
หน่วยที่ 5 แผนการจัดการเรียนรู้ที่ 46 เรื่อง Just Say No!  
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Directions : Read the passage and answer the questions.

### Drug

A drug is a thing that people or animals eat that change their bodies. Drugs can change a person's body or mind.

Psycho active drugs change a person's mind. They can change how person feels, thinks or acts.

Drugs can have negative effects. They can cause depression, anger, or laziness. This can lead to problems in relationships with family and friends.

To be safe, don't do drugs! If someone offers you drugs, say no. Don't spend time with people who do drugs and if your friends do drugs, stop spending time with them.

#### "How to prevent addictive substances"

1. Don't speak to drug-addicted people in closed places.
2. Don't let another person give addictive substances also never deliver addictive substances to others.
3. Spend time with good friends. Find good healthy activities. Advise drug-addicted people to stop taking addictive substances. If your friends try using them, you should inform their parents and teachers.
4. Stay away from places that have of addictive substances. It is better for yourself and your safety.
5. Try to motivate yourself and others to do good things. And always thing positively. There is always hope, never feel discourage
6. If you are in trouble, remember you can always talk to your parents, teachers, or a reliable people.

Adapted from <https://drugaware.com.au>