People who use illegal drugs are often seeking a specific physical or emotional effect from the drug. Read the following list of effects that drug users commonly seek. For each one, think of other drug-free activities that could produce these same effects.

1. Decrease inhibitions

2. Increase sociability

3. Relieve anxiety

4. Expand mind/understand relationship with universe

5. Heighten creativity

6. Produce euphoria

7. Escape reality

When you are finished, share your list with your classmates. If possible, make a "master list" of ways that young people can have fun and experience powerful emotions without drugs.