

Essential Standard

7.ATOD.1- Understand the health risks associated with alcohol, tobacco, and other drug use.

Clarifying Objective

- 7.ATOD.1.1 - Explain the common sequence of substance abuse that leads to serious health risks.

Review:

- Put the following four signs on different walls in the classroom:
 - 1. Agree
 - 2. Strongly agree
 - 3. Disagree
 - 4. Strongly disagree
- Choose to stand under any sign, but you need to be able to explain why you chose the sign.
- *The activity we are about to do will tell us the different feelings people have about drug use.*

- *1. Short-term drug use won't hurt you. Drugs will only hurt you if you use them a long time.*
- *2. People who have a good home life and plenty of money are less likely to use drugs.*
- *3. Television and magazine ads do not influence a child or teenager's desire to try alcohol and cigarettes.*
- *4. Friends have a great deal of influence on a person's desire to try alcohol or tobacco.*

Focus:

- Read the following story:
- *Carol was at a party when her best friend offered her meth (methamphetamine is a strongly addictive stimulant that is closely related to amphetamines however it has a stronger affect on the central nervous system). Carol really didn't want to try it because she had heard bad things about others who had tried meth, but she did not want to disappoint her best friend or embarrass herself so she tried it anyway. Carol felt really dizzy and anxious, she thought her heart would explode but she eventually relaxed and tried it again.*

- *A few days later at school Carol kept thinking about the experience and wanted to try it again. After school she went to the park, which was really scary but it was the only place that she could buy meth. She thought, “Just this once and I won’t try it again.” The following week she wanted it even more than the week before, so she used her lunch money for the whole week and bought several hits.*
- *Eventually Carol used all of her savings to buy more and more meth. When her saving ran out she began to steal from her mom and dad. As her addiction continued, her health declined. She began feeling really confused and paranoid. Carol had constant tremors and an irregular heart rate but she continued to use meth, she couldn’t stop. Her friends stopped calling her because they did not like the person Carol had become. Her family stopped trusting her and her grades dropped. The problem was getting out of control and Carol found herself crying out for help, “Someone please help – I want to stop but can’t!”*

Process the story :

- *Why did Carol experiment with drugs?*
- *Did she expect to become addicted?*
- *What negative consequences resulted from the addiction (physical, emotional, social, financial)?*

DRUG FREE WORLD CLIPS

Stages of Addiction - Descriptions

Stage 1 - "Experimental Use - learning the mood swing"

- Might say, "Ok, I'll just try it!"
- Usually with friends who use
- Makes them feel a part of the group
- Peer Pressure
- Easy to get high because of user's low tolerance
- Secretive
- May have a hangover

Stage 2 - "Regular Use - seeking the mood swing"

- Planning to use the drug
- Might say, "Hey, I like this feeling!"
- Has rules about: when they will use, where they will use, with whom, how much
- Tolerance increases
- Preoccupation with use
- Blackouts may occur
- Friends may change
- Parents may suspect

Stage 3 - "Harmful Dependence – needs the mood swing"

- Using more and suffering consequences
- Might say, "I do not have a problem with drugs. I just need more to feel good."
- Breaks own rules about: when, where, with whom, how much, drinking and driving
- More tolerance
- Possible trouble with: friends, family, the authorities, school, health
- Blackouts may continue

Stage 4 - "Dependency, using just to feel normal - without the drug will feel physically ill"

- Might say, "I just have to have it!"
- Feels terrible if they do not have the drug
- Life is out of control
- Most of money used for the drug; may sell belongings or steal to get money for drug
- May suffer paranoia
- Needs professional help to fight this disease of addiction

Guided Practice:

- Divide students into pairs. Using the four provided stories – “Stories of Addiction”, each pair will decide which stage of addiction the character is in. Underline all the hints that told them which stage of addiction that character was in.
- Share responses with the whole group.

Four Stories About Addiction

Katie's Story

Katie likes to be with her friends a lot. They all get together a few nights a week to just hang out, talk, listen to music or watch TV. One night she and her friends, John and Candace, were over. John whispered to Katie, "Let's go to your room. I want to show you something." He pulled out a pack of cigarettes. Candace replied, "Oh, cool."

"How did you get those?" Katie asked.

"My older brother got them for me," replied John. "Want to try one?"

"Well, I don't know. Cigarettes stink and they'll kill you." Katie looked at John who was making a face that said, "What's the big deal?"

Candace said, "Come on Katie. Let's just see what it's like." Katie thought for a second and said, "Sure, why not? What's it gonna matter? It's just one cigarette." The three of them sneaked outside to the backyard behind some trees so Katie's parents wouldn't see them. As they inhaled the first couple of drags, all three of them began to cough. All three kept smoking though. They all laughed as they practiced holding the cigarettes in different ways so they looked cool.

Katie said, "Do any of you feel weird from that cigarette?"

"Well, I feel a little dizzy," said John. "No big deal though."

"Yeah, your right," said Katie.

"Besides, said Candace, "we will get used to the cigarettes and we won't be dizzy anymore. I know this because my mom smokes."

Dan's Story

Dan is a 7th grader who has an older brother, Jason, in high school. Dan really looks up to his older brother. Dan often hangs around with Jason and a lot of his friends. Some of them started using marijuana about three months ago. Dan smokes it, too.

Occasionally, Dan goes out with his brother on the weekends and will come in late. His parents worry that these boys are too old for Dan. One night Dan came home with red eyes. He told his parents his allergies were acting up. His parents were skeptical.

Jason and Dan won't smoke anywhere near their house. Jason gives Dan a ride to school each morning along with some other friends. Somebody will usually start smoking on the way to school. In fact, Dan looks forward to "getting high" before school each day. He likes getting high so much he even finds a way to leave the school campus during lunch to smoke again. Each time he smokes, it takes more and more marijuana to get him "high."

Dan ran into his old pal, Matt, after smoking one day. Matt said, "I haven't seen you around lately, man. Where have you been?"

Dan calmly said, "Just chillin.' Been hangin' out with my brother and his friends."

"Oh, well, you've been acting kind of funny lately, you on something?"

Denying it, Dan replied, "I've just been hangin' out with people more like me that like the same things I do. I'm outgrowing this middle school stuff."

Matt looked confused and just walked away, wondering what was going on with his friend he thought he knew so well.

"Well, that killed my buzz," Dan said. "I better find my brother after school so we can smoke again before going home. I hate going home when I'm not high," he thought.

Rashawn's Story

Rashawn grew up in a city. He's been around drug dealers his whole life. He figured out quickly that plenty of folks made a living off of selling drugs, but, he didn't want to sell drugs, just try them. After all, his mom used drugs before and seems to be okay, and they have a roof over their head.

Before he knew it, Rashawn was a ten year-old "huffing" or using inhalants just about every day. Now at twelve, he's been using marijuana, after seeing plenty of people on the streets use it. He will even take a joint to school with him to make it through the day. He used to swear to himself he would never take drugs to school. He gets really moody when he doesn't get cocaine every few hours. His heart will pound so fast after sniffing cocaine that he feels like his heart will pound out of his chest.

Lately, Rashawn has been stealing and reselling his friends' CDs and other belongings to get marijuana. The habit has become very expensive. He now needs more to get the high he wants and thinks he needs.

Bailey's Story

For the most part, Bailey has grown up in a good home with loving parents. Her dad works but her mom, mostly a housewife, works a few days a week at a daycare. Her whole life, except for a few months, Bailey can remember seeing her mom with a bottle of beer or liquor at least three days a week. Those few months her mom was sober, she was in rehabilitation seeing a therapist about her problem.

In the past two months, Bailey has seen her mom drinking every day. Many times during the week her mom will wake up with a headache and be sick to her stomach. She gets cranky and snappy with everyone until she gets some more drinks in her. Lots of days, Bailey helps get her younger brother ready for school because her mom either can't or won't get out of bed because of drinking too much the night before. Often times she won't clean up the house or take a shower for days. She hardly eats. Bailey's mom would rather drink than eat. She hardly asks her family about their days.

Bailey's little brother had a school chorus performance one night. Bailey and her father pleaded for Bailey's mom not to drink. They knew she could get loud and embarrassing when she had been drinking. Her mom drank before the performance anyway. She told herself, "I'll do what makes me happy. Besides this performance will be more exciting if I'm buzzed. Plus, those people at the school make me nervous. Drinking will relax me."

At the performance, Bailey's mom tripped and fell in the aisles and yelled out comments in the middle of songs. Then she fell asleep on Bailey and began to snore. She distracted much of the crowd and embarrassed the family. On the way home, Bailey's parents argued. This had been happening more and more. Her dad could barely tolerate his wife's behavior anymore.

In the past week, Bailey's mom had not shown up once for work. The daycare fired her. Her husband took her credit cards and all forms of money away from her to keep her from buying more alcohol. All of the alcohol in the house has been removed by Bailey and her father. Bailey's mom has had a pounding headache all day and nausea. She is very moody and cranky. She says, "I'll die if I don't get a drink." She decides to pawn some of her clothes and CD's so she can get cash for alcohol.

Meanwhile, her husband is at work, enrolling his wife in a drug rehabilitation center. She needs professional help. He and his kids want her well.

Answers:

- Katie's Story: Stage One;
- Dan's Story: Stage Two;
- Rashawn's Story: Stage Three;
- Bailey's Story: Stage Four

Independent Practice:

- Fold a piece of paper two times (once horizontally, once vertically) so there are four equal parts. Tear each of the four corners into four separate squares. Write the following items, one item per square:
 - *1. The family member that means the most to that student*
 - *2. Closest friend*
 - *3. One major goal the student has*
 - *4. Most prized possession (something tangible)*
- Ball up the square with the most prized possession written on it and place it on the floor beside your desk.
- *How does throwing the prized piece away relate to using drugs?*

Answer:

- As addiction progresses, the user will eventually steal or run out of money and turn to selling personal items to pay for drugs. Many users will eventually sell their most precious possessions because many are worth lots of money.

- Ball up the square with the major goal written on it and place it next to their desk.
- *What eventually happens to your goals when you're on drugs?*
 - (Answer: The goals seems less important or you forget them because of being so wrapped up in getting "high" off that drug. In addition, if the authorities catch you with drugs, it could mean you will have a life without the job you dreamed of having.)
- *Why might you not get the job you really wanted?*
 - (Answer: Because, you could end up quitting school, not getting the right education. Or, the authorities could catch you as a minor and send you to a mental hospital or juvenile detention. Once people hear about your reputation, they will not want to hire you. If you are caught with drugs at age 18 or older, you would be charged with a misdemeanor or felony or some other charge. This charge will go on your PERMANANT RECORD.)
- Ball up the square with best friend/close friend written on it and place it beside their desks.
- *What happens to the close friend(s) of a drug user?*
 - Answer(s): They may use and become addicted themselves, and eventually die from drug use. Or they could get in trouble with the police and turn you in also. They may hate drugs and eventually stop hanging out with you. No one wants to be around a "druggie."

- *What types of friends do drug users turn to if he/she has lost his/her friends (who are against drugs)?*
 - (Answer: The drug user will turn to other drug users for friends. These drug users end up using each other just to get "high" off drugs, not for friendship. They all lose sight of reality; the effect from the drug is all they desire now.)

- Ball up the square with the important family member written on it and place it on the floor beside their desks.
- *What eventually happens to the relationship between the drug user and their families?*
 - Think of what would happen between them and their most loved family member(s).
 - (Answer: Many families will struggle, some will divorce/break up, or they will never get along again. Drug use puts a lot of stress on all family members. Yelling, cursing, and fighting will increase. Siblings may try drugs and eventually get hooked. So much attention will be turned on the drug user that the other children may get neglected. Drugs within a family affect the future of all family members.)
- *Think of all the pieces you threw away. Drugs will cause you to throw away everything that is important to you. Basically, taking drugs is like throwing away your life.*
- Pick up all four of the squares of paper. Straighten the pieces out and put them back into a square.
 - *What does straightening out the paper and putting it back into a square represent in relation to drug use?*
 - (Answer: Some drug users will go to rehabilitation to get off and stay off drugs. You may get your life back, but it will not be the same as before. You can't get back those possessions you sold, but maybe one day you can buy them again. You may struggle with money problems throughout life. You may get the job you want but not likely. You will struggle because of charges to your permanent record. Also, you will have to go back to old friends and apologize and explain your mistakes with drugs. Some may take you back and forgive you and others will want nothing to do with you. Lastly, some family members may always hold a grudge or never trust you again. They may worry about you or not give you a chance to "get clean." Some will forgive, but they will never forget.)

Closure:

- *All of you can describe the effects of drugs on the human body. You can all conclude that many drug users become addicted and lose control of their lives. Not only will their health be jeopardized by drug addiction but also their personal lives and relationships with others*