

7TH GRADE

Essential Standard

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

Clarifying Objective

- 7.ATOD.1.5- Explain how drug dependence and addiction create barriers to achieving personal goals.

Focus:

- Read the following true story:
- *On December 23, five years ago, I was Christmas shopping when I received an emergency call from my ex-wife. She said, 'Richard, come home quick, Wade's dying.' I jumped in my car and drove home as fast as I could. I found my 12-year old son lying on the patio. He'd been inhaling air freshener, and he'd collapsed. When the paramedics arrived, we worked on him for an hour and a half, en route to the hospital and at the hospital. He'd suffered a cardiac arrest. When we stopped CPR on my son and I watched the monitor go flat, I was devastated.*
- *Wade had probably been abusing inhalants for six months prior to his death. We were able to piece it together through his stepbrother and his friends. Wade apparently did not know or did not believe that inhalants are harmful, as most kids don't, because they're present in everyone's home in the form of aerosols and other household products. Dr. Richard Heiss, Source: Drugstory.org*

Review:

- *You are going to create a graphic organizer called a K-W-L Chart.*
- *At the top of your paper, write the topic of our K-W-L chart as “drug dependence and addiction.”*
- *We will start with the K column.*
- *Silently, I want you to write what you “know” about drug dependence and addiction.*
- *Share one thing they know about drug dependence and addiction.*
 - *Before starting the next activity, I want you in the second column, W, to write a few things that you “Want to know about drug dependence and addiction.”*

United Streaming

- [Managing Your Health: Addiction](#)
- [Hooked: The Addiction Trap: Part 01: What Is Addiction?](#)

Teacher Input:

- "Drugs, Brains, and Behavior - The Science of Addiction"

Drug Dependence Definitions

- Drug dependence includes:
 - *Habituation or addiction to the use of a drug or chemical substance, with or without physical dependence.*
 - *Physical dependence is characterized by a withdrawal syndrome.*
- Sometimes the terms drug dependence and addiction are defined as if they are the same:
 - *Drug dependence (addiction) is compulsive use of a substance despite negative consequences which can be severe.*

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- *Is continued drug abuse a voluntary behavior?*
 - *The initial decision to take drugs is mostly voluntary.*
 - *However, when drug abuse takes over, a person's ability to exert self-control can become seriously impaired.*
 - *Brain imaging studies from drug-addicted individuals show physical changes in areas of the brain that are critical to judgment, decision-making, learning and memory, and behavior control.*
 - *Scientists believe that these changes alter the way the brain works, and may help explain the compulsive and destructive behaviors of addiction.*
 - *Source: <http://www.drugabuse.gov/scienceofaddiction/>*

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- *Drug addiction is considered a brain disease because drugs change the brain in structure and in function.*
 - *For most people, the initial decision to take drugs is voluntary, but over time drug abuse can cause changes to the brain that impair a person's self-control and ability to make sound decisions, while sending intense impulses to take drugs.*

Drug Dependence and Addiction: Truth or Myth

- 1) **Drug addiction is a voluntary behavior.**
 - **Myth:** A person starts out as an occasional drug user, and that is a voluntary decision. But as times passes, something happens, and that person goes from being a voluntary drug user to being a compulsive drug user. Why? Because over time, continued use of addictive drugs changes your brain -- at times in dramatic, toxic ways, at others in more subtle ways, but virtually always in ways that result in compulsive and even uncontrollable drug use.

2) Weak people are the ones who become addicted to drugs.

- **Myth:** Drug addiction is a brain disease. Every type of drug of abuse has its own individual mechanism for changing how the brain functions. But regardless of which drug a person is addicted to, many of the effects it has on the brain are similar: they range from changes in the molecules and cells that make up the brain, to mood changes, to changes in memory processes and in such motor skills as walking and talking. And these changes have a huge influence on all aspects of a person's behavior. The drug becomes the single most powerful motivator in a drug abuser's existence. He or she will do almost anything for the drug. This comes about because drug use has changed the individual's brain and its functioning in critical ways.

3) It's too late for me to quit smoking. The damage is done.

- Myth: It's never too late. Bluntly put, the only time it's too late to quit smoking is when you're six feet under. When you quit smoking, the benefits begin with 20 minutes of your last cigarette, and continue to grow for years.

4) You have to want drug treatment for it to be effective.

- **Myth:** Virtually no one wants drug treatment. Two of the primary reasons people seek drug treatment are because the court ordered them to do so, or because loved ones urged them to seek treatment. Many scientific studies have shown convincingly that those who enter drug treatment programs in which they face "high pressure" to confront and attempt to surmount their addiction do comparatively better in treatment, regardless of the reason they sought treatment in the first place.

5) People addicted to one drug are addicted to all drugs.

- **Myth:** While this sometimes occurs, most people who are dependent on a drug may be dependent on one or two drugs, but not all. This is probably due to how each drug "matches up" with the person's brain chemistry.

6) Treatment for drug addiction is multi-faceted.

- **True:** Like many other illnesses, drug addiction typically is a chronic disorder. To be sure, some people can quit drug use "cold turkey," or they can quit after receiving treatment just one time at a rehabilitation facility. But most of those who abuse drugs require longer-term treatment and, in many instances, repeated treatments. There is no "one size fits all" form of drug treatment, much less a magic bullet that suddenly will cure addiction. Different people have different drug abuse-related problems. And they respond very differently to similar forms of treatment, even when they're abusing the same drug. As a result, drug addicts need an array of treatments and services tailored to address their unique needs.

7) Relapse can happen without warning.

- **Myth:** Relapse never happens without warning. The road to relapse always starts in our minds. Unhealthy thoughts of smoking are normal as we move through recovery from nicotine addiction, but left unchecked, they can spell trouble. It's been said that humans have upwards of 60,000 thoughts on a daily basis. Much of what we tell ourselves is negative and self-defeating. We're often our own worst critics.

How do drugs interfere with Goal Setting?

WAYS TO CREATE GOALS....

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SMART Goal Setting

- Following are components of an effective goal – one that describes performance standards that will “tell us what good behavior looks like.”
- The SMART acronym can help us remember these components.

Specific

- The goal should identify a specific action or event that will take place.



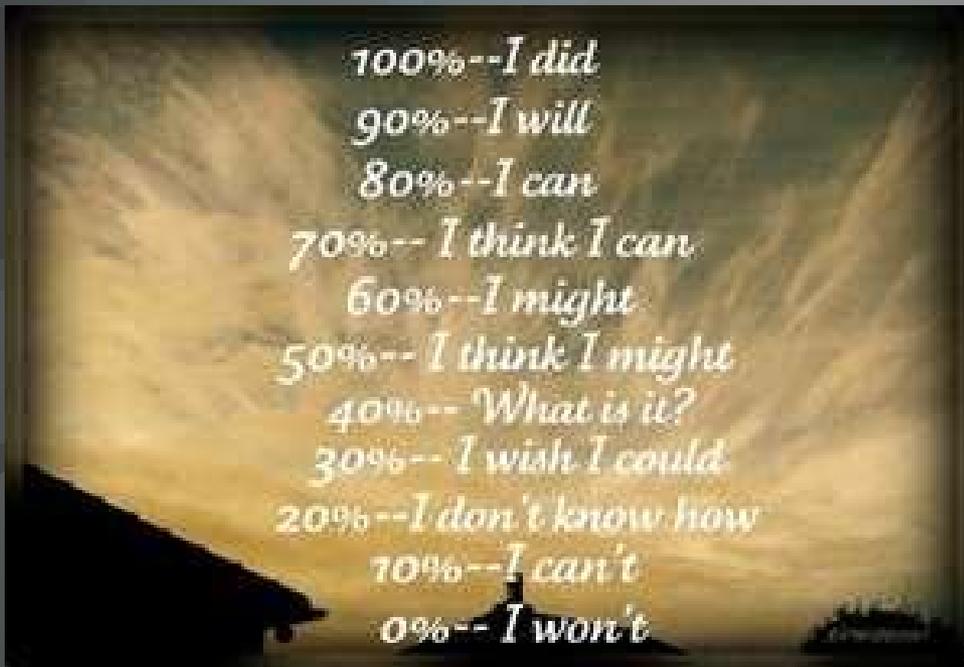
Measurable

- The goal and its benefits should be quantifiable.



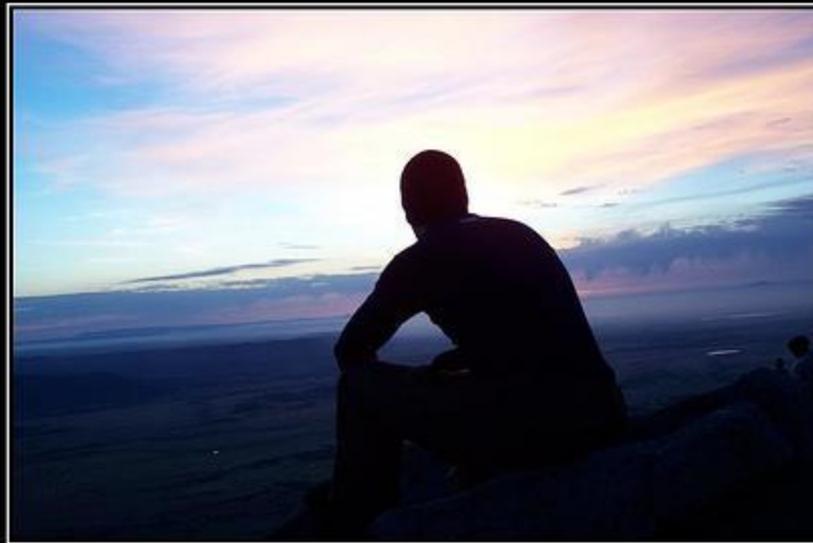
Achievable

- The goal should be attainable given available resources.



Realistic

- The goal should require you to stretch some, but allow the likelihood of success.



GOALS

The tragedy of life does not lie in not reaching our goals,
The tragedy of life is not having goals to reach for

Timely

- The goal should state the time period in which it will be accomplished.





Here are some tips that can help you set effective goals:

1. Develop several goals.

- A list of five to seven items gives you several things to work on over a period of time.



2. State goals as declarations of intention, not items on a wish list.

- "I want to apply to three schools" lacks power. "I will apply to three schools," is intentional and powerful.



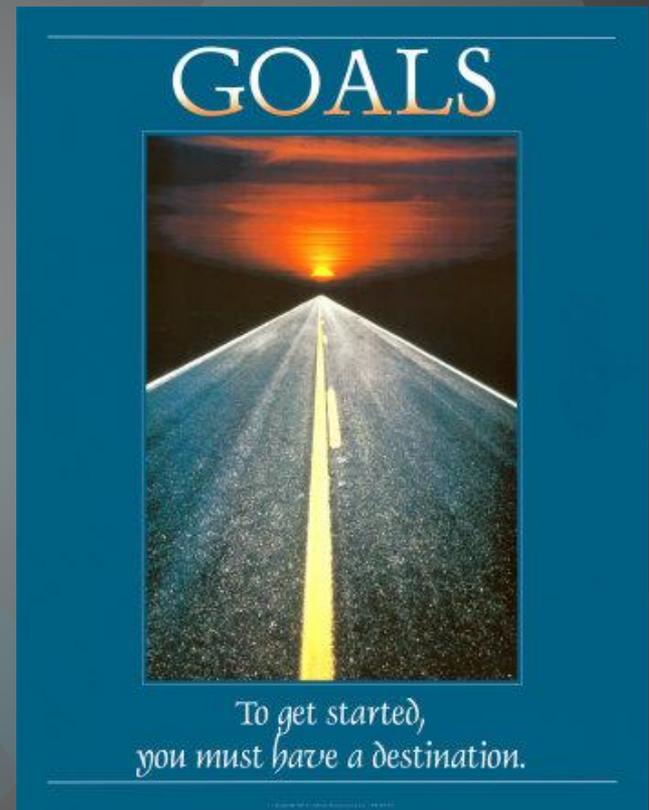
3. Attach a date to each goal.

- State what you intend to accomplish and by when. A good list should include some short-term and some long-term goals. You may want a few goals for the year, and some for two- or three-month intervals.



4. Be specific.

- "To find a job" is too general; "to find and research five job openings before the end of the month" is better. Sometimes a more general goal can become the long-term aim, and you can identify some more specific goals to take you there.



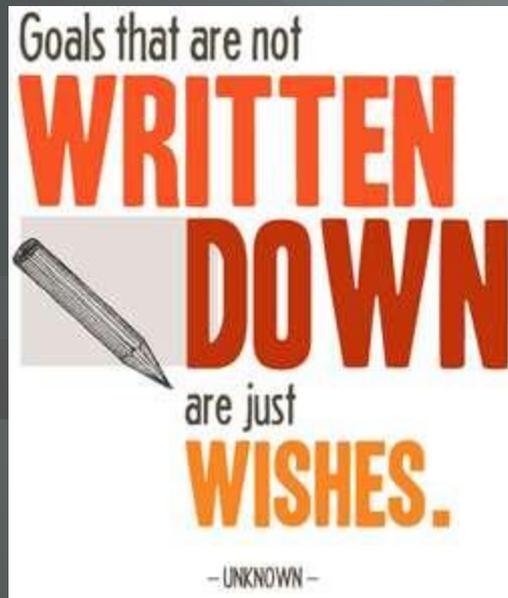
5. Share your goals with someone who cares if you reach them.

- Sharing your intentions with your parents, your best friend, or your teacher will help ensure success.



6. Write down your goals and put them where you will see them.

- The more often you read your list, the more results you get.



7. Review and revise your list.

- Experiment with different ways of stating your goals. Goal setting improves with practice, so play around with it.



GOAL

Act as if what you do makes a difference. It does.

~William James

Guided Practice:

- Place students in groups of three or four. Assign each group a drug,
 - alcohol
 - tobacco products, cigarettes and spit tobacco
 - methamphetamines (including crystal meth),
 - inhalants,
 - prescription drugs,
 - opiate pain killers, such as OxyCotin, Vicotin, Demerol
 - central nervous system depressants (often prescribed to treat anxiety and sleep disorders, such as Valium and Xanax)
 - stimulants (prescribed to treat narcolepsy, ADHD, and obesity, such as Dexedrine and Ritalin)

- Each group's assignment is to research:
 - their assigned drug
 - the dangers of drug abuse with this drug
 - drug dependence and addiction / symptoms or signs to look for
 - the dangers associated with drug dependence and addiction
- Each group needs to design one of the following and present it to the class:
 - PowerPoint presentation
 - Brochure
 - Webpage link for his/her school's website
 - Children's Picture book for use with local elementary school students
 - Infomercial for school closed circuit news show – could be in the form of a skit; should include props

Independent Practice:

- Drug Abuse and Addiction Truth or Myth: Give each student a blue and another color index card. Write “true blue” on the board.
- *I am going to read statements about drug abuse and addiction. If you think the statement is true, then raise the blue card, if you think it is a myth, (false statement), then hold up the “other color” card.*
- Use the Drug Abuse and Addiction Truth or Myth hand-out (Appendix 6).
- Sources: http://www.drugabuse.gov/published_articles/myths.html ; http://www.hbo.com/addiction/understanding_addiction/16_myths_of_addiction.html and <http://quitsmoking.about.com/b/a/257674.htm>
- Tell students to look at his/her K-W-L charts. In the last column, L, tell students to silently write what was the “Learned” in today’s lesson about drug dependence and addiction. Ask students to share what they learned.

Closure:

- *You did a good job explaining drug dependence, addiction, and the dangers associated with both as it pertained to the drug(s) that I assigned to your group.*