

**CAN PEOPLE GET
HELP WHEN THEY
ARE ABUSING
DRUGS?**

ESSENTIAL STANDARDS

- ❖ 7.ATOD.2 - Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.



CLARIFYING OBJECTIVE

- ❁ 7.ATOD.2.2 - Design methods of avoiding the consequences of tobacco, including addiction, by seeking resources for prevention and cessation



STATEMENT OF OBJECTIVES:

- ❖ *Today we will identify sources of help for people with problems involving alcohol, tobacco and other substances.*



UNITED STREAMING VIDEO



Peer Intervention: Drug Abuse



- **Nicotine** is an addictive drug found in all tobacco products.
- People who regularly use tobacco products develop a tolerance to nicotine and may use more to feel the intended effects creating nicotine addiction.



Stages of Nicotine Addiction

- ☞ A first--time cigarette user who coughs because the lungs are trying to get out something that doesn't belong there or a first time smokeless tobacco user who gets sick from tobacco juice.
- ☞ A person who has smoked for a while who no longer coughs but has to smoke more and more to get the same effect.
- ☞ A person who is addicted who can't wait for the next use of tobacco and can't focus on anything other than how to get it.
- ☞ A person who smokes 1-2 packs of cigarettes a day and cannot quit using no matter the cost financially or physically
- ☞ A person who has been smoking for a while, is nervous and uncomfortable, and suffers from withdrawal when he/she can't smoke
- ☞ A person, who uses smokeless tobacco, has tried to quit, but even when his gums are bleeding, he has white spots (called leukoplakia), which will become cancer over time, but can't quit
- ☞ A person, who has smoked for years, suffers from breathing problems and a diminished quality of life, but can't quit

Smokeless Tobacco Story



What to do to QUIT...

- ❧ Tobacco users addicted to the nicotine must go through **withdrawal symptoms** in order to quit using tobacco.
- ❧ The body begins to immediately **repair** itself once a person stops using tobacco however, quitting takes planning and effort.
- ❧ There are many resources that can be accessed when quitting tobacco.
- ❧ Physicians and their medical providers can help develop a plan for quitting, provide **cessation counseling**, and may prescribe a low-dose nicotine patch or gum (**NICOTINE REPLACEMENT THERAPY**) to help people cope with cravings for nicotine as they withdraw from the drug
- ❧ Users will gradually eliminate the need for nicotine and all tobacco products.
- ❧ Tobacco cessation programs can help people stop using tobacco and stay quit.



- ☞ Tobacco use is the single most **preventable** cause of death in our country today with approximately 440,000 deaths per year attributed to the use of tobacco.
- ☞ This is more deaths than alcohol, cocaine, heroin, homicide, suicide, car accidents, fire and AIDS combined.
- ☞ Each day over 2000 young people begin using tobacco and it is predicted that about 500 of them will die as adults from tobacco-related diseases including cardiovascular disease, cancers and lung diseases.
- ☞ The best advice for prevention is to never start.



Quit Line NC

 1-800-784-8669



FOCUS:

- ❁ Design three poster boards using the following different titles (include the number):
 - ... 1) "If I thought my friend was addicted to alcohol, I would . . ."
 - ... 2) "If I thought my friend was addicted to tobacco, I would . . ."
 - ... 3) "If I thought my friend was addicted to ecstasy, I would . . ."
- ❁ Assign each student a number 1, 2, or 3, which will be the poster that the student will use for this activity. Distribute Post-It-Notes to each student. Have the students respond to his/her assigned poster statement using the Post-It-Note.
- ❁ One at a time, have each student place answers on the assigned poster. Discuss these ideas as a class. Use this opportunity to note which suggestions are helpful and which might be harmful.



TEACHER INPUT:

- ❖ Begin by asking the students *Where can a person with a problem involving drugs or alcohol go for help?*
 - ... List their answers on the board.
- ❖ Give each student the handout: Treatment Approaches for Drug Dependency



INDEPENDENT PRACTICE:

- ✿ Give each student a copy of the letter requesting help, Dear Helper (Appendix 5). Have students respond to Concerned. In their letter they must include three community resources and three types of treatment for drug dependency.



Dear Helper,

My brother cannot stop smoking marijuana, He first started smoking it just at parties. Now he smokes in the morning before school, at school during lunch, and after school. He will even smoke it at the house at night when our parents are home. He hides the marijuana in his room so he won't get caught. I'm worried because he doesn't even seem to care about his grades or sports anymore. We just moved here from another state. Where can my brother and my family get help? What are some ways to treat his abuse of this illegal drug?

Sincerely,

Concerned

Dear Concerned: (you write the letter)



CLOSURE:

- ❧ *Today you have identified various resources and treatment options to assist people with problems involving alcohol, tobacco and other substances. You can now be a source of support to friends and family who might need help.*

