

# 8th GRADE: SUBSTANCE USE

## LESSON 3 OVERVIEW

# Addiction



### Lesson Time:

30 Minutes

### Materials Provided:

- Video: [“Addiction & The Brain-For Kids!”](#) (4:01)
- Handout: “Brain On Drugs” (printed one per student)
- Lesson Slides [Download](#)

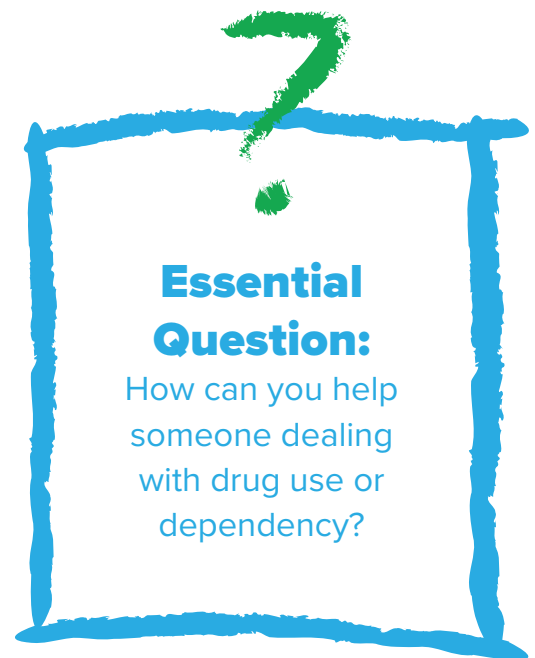
### Materials Needed:

- Projector with Video/Audio Capability
- Paper and writing utensil

### Objectives:

Students will be able to...

1. Define abuse, dependence, and addiction.
2. Explain how substance addiction affects different parts of the brain.
3. Discuss how addiction affects all aspects of that person’s life.
4. List ways to get help for themselves or for someone else struggling with addiction.



## Lesson Introduction: (1 minute)

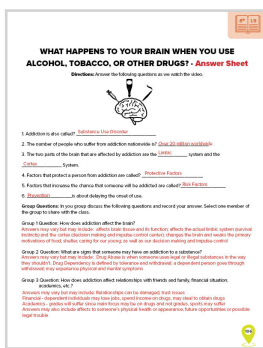
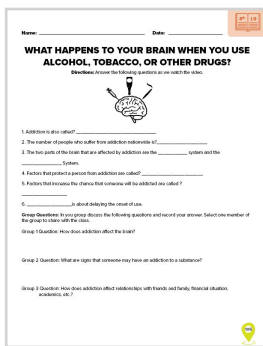
In our previous lesson we focused on the harmful effects of substances such as e-cigarettes and alcohol. Today we are going to look into the topic of addiction and its impact on the brain, body, and relationships. We will discuss ways to get help for someone struggling with a substance use disorder. You may be wondering, “Why Do I Need to Learn about addiction and helping others now?” The reality is that within the next 5 years, some of you will know someone struggling with addiction, whether it be a dependency on tobacco, e-cigarettes, alcohol, or other drugs. Our purpose through this lesson is to educate each one of you on how dependency and addiction occur so that you can make safe and smart decisions for yourself and so you can be prepared to help others. No one starts using any of these substances planning to become addicted; it just happens. That’s how dangerous all of these substances can be.

## Core Lesson: Addiction (20 minutes)

Let’s begin this lesson by learning about addiction and the brain. I am giving you a handout so you can record some key ideas as we watch the video. During the video, please focus on filling in the blanks to complete accurate statements regarding Substance Use. We will be using the bottom half of the handout for a group activity later in the lesson. (Provide a copy of the Brain On Drugs handout to each student.) After the video has completed, we will discuss the handout, so listen closely and see how many answers you find.

## Slide/Handout

## Lesson Script/Talking Points



## Activity 1: Video- Addiction & The Brain-For Kids!'

[https://www.youtube.com/watch?v=s0bqT\\_hxMwI](https://www.youtube.com/watch?v=s0bqT_hxMwI) (Show video)

Addiction affects the parts of the brain that control basic survival instincts such as eating, drinking, and finding shelter. Addiction also affects the part of the brain that controls decision-making and impulse control. Addiction rewires the brain, making it think that it needs the substance for survival. The video also shared that individuals who use substances between 12-18 years old are more likely to develop an addiction later on their lives.

I am going to read some of the facts shared in the video, and I want you to raise your hand and share what you think best fills in the blank for each one.

1. Addiction is also called a \_\_\_\_\_ disorder. (Answer: Substance Use)
2. The number of people who suffer nationwide from addiction include \_\_\_\_\_ million people. (Answer: 20)
3. The two parts of the brain that are affected by addiction are the \_\_\_\_\_ system and the (Answer: Limbic, Cortex.1)
4. Factors that protect a person from addiction are called \_\_\_\_\_ factors. (Answer: Protective)
5. Factors that increase the chance that someone will be addicted are called \_\_\_\_\_ Factors. (Answer: Risk)
6. \_\_\_\_\_ is about delaying the onset of use. (Answer: Prevention)

# Core Lesson (cont)

## Slide/Handout



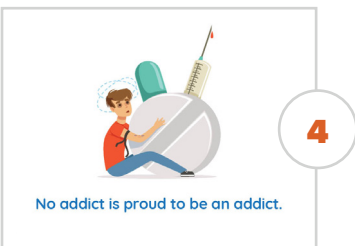
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## Lesson Script/Talking Points

### Slide 1:

#### The Difference between Substance Abuse & Dependency

Did you know that substance abuse and dependency are not the same? What is the difference between substance abuse and dependency?

- **Abuse-** Drug abuse is when you use legal or illegal substances in ways you shouldn't.<sup>2</sup>
- **Dependency-** Dependency is defined by tolerance and withdrawal. A person dependent on a substance goes through “withdrawal” which is a group of physical and mental symptoms that can range from mild to life threatening.<sup>3</sup> Dependency is also closely related to tolerance, which is when the person is able to handle more amounts of the substance.

### Slide 2:

#### Addiction

**Addiction** is a medical disorder that affects the brain and changes behavior. It is defined as chronic, relapsing disorder that is characterized by compulsive drug seeking and use despite adverse consequences.<sup>4</sup> An example of a person using despite experiencing consequences would be a parent losing custody of their children due to drug use, yet the parent still continues to use. Others might include getting kicked out of your house but still choosing to use. In many cases, even very serious consequences don't stop a person who has an addiction.

### Slide 3:

#### Addiction Affects...

We could talk at length about the many ways addiction takes over a person – their personality and more. On this slide we see that addiction affects

- Relationships—Parent/child relationships, marriages, and friendships are usually damaged from addiction.
- Finances—People may lose their job when addicted; They also end up spending a lot of their income on the substance. They may even risk stealing to score more.
- Physical Appearance—extreme weight loss, meth mouth, skin issues,
- Physical Health – both short term affecting various body systems and long term, decreasing life expectancy
- Academics & Sports—Teens who are dependent are more likely to experience academic issues; sports performance may be affected as well.
- Future Opportunities – Many current and former addicts have stories of lost scholarships, lost careers, lost relationships...basically lost opportunities.
- Legal Trouble – With the moral sacrifices that many make, addicts also risk legal ramifications.

### Slide 4:

#### No Addict Is Proud to Be an Addict

You may know of an adult or an older teen who has experienced many consequences due to alcohol and drug use, yet still continues to use. This is a

# Core Lesson (cont)

## Slide/Handout

## Lesson Script/Talking Points

big sign that the person may have a drug dependence problem or addiction. The fact is that the first time a person uses is voluntary, but after that, the hard wiring in the brain can change, paving the way for addiction.

There's no way around it, and there is no way of sugar coating it. Addiction is awful. It's scary. It's not fun to talk about. It hurts a lot of people. It happens all over the place. The sad truth is that *no addict is proud to be an addict*. No person aspires to become an alcoholic or drug addicted one day. No one plans and hopes to be a smoker for 30 years. No person writes "Drug Addict" on their list of long-term goals.

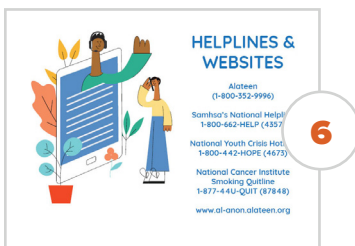


### Slide 5: Go-To Adults

People who are addicted need help. Try to refrain from judgment. Sometimes, all it takes is for one person to show care and concern for that person. Being kind and compassionate is very important when it comes to approaching someone who needs help. As mentioned earlier in the session, there is a lot of guilt, shame, and regret for addicts. There are many resources for people suffering with addiction. On this next slide, we will take a look at whom you can talk to for getting help for yourself or others who have a substance abuse problem.

- Who Can Help in My School → Your teachers, School Counselor, Coaches and other adult mentors in the school are there to help.
- Who Can Help in My Family → Who do you trust in your family – even extended family - that would be ready and willing to help with this issue?
- Who Can Help in My Home → Who is an adult with whom you live that you trust and you can go to for help?
- Who Can Help in My Community → Think about people in the community such as childhood recreational or community league coaches, neighbors, counselors, youth leaders, or spiritual leaders.

All of these individuals are here for you and for people you know who may be experiencing a substance problem. Sharing with your teacher, counselor, aunt, or youth leader and privately sharing with them about a friend or family member you're concerned about can plant the seed for recovery for someone.



### Slide 6: Helplines & Websites

These are useful helplines and websites to share with someone you know who needs help. Please write these down on your paper or on an index card (*if available*). These are organizations with years of research and successful recovery programs. When you know someone is struggling, you can reach out to any of these organizations for information and guidance.

# Core Lesson (cont)

## Activity 2: Fast Chat & Share (8 minutes)

*(Timer recommended)*

I am going to number you off 1-4, be sure to remember your number because that will determine which question you answer. *(Have students count off 1-4.)* I am going to give you 2 minutes to answer the question on your handout that corresponds to the number you were just given. Be sure to do a good job because you may be called upon to share your answer with the group when we are done.

*Allow 2 minutes for students to think and respond to their assigned question on the handout. Choose students to share with the group. Allow as many students to share as time permits in an effort to cover the main points. Students should fill in the answers to the remaining questions as their classmates share.*

**Group 1 Question: How does addiction affect the brain?** Addiction affects the parts of the brain that control basic survival instincts such as eating, drinking, and finding shelter. Addiction also affects the part of the brain that controls decision-making and impulse control.

**Group 2 Question: What are signs that someone may have an addiction to a substance?** That person continues to use despite experiencing negative consequences. They also seem dependent on the substance.

**Group 3 Question: How does addiction affect relationships with friends and family, financial situation, academics, etc.?** Parent/child relationships, Marriages, and friendships are usually damaged from addiction. When people have an addiction, their substance becomes a priority, which leaves the actual priorities behind. People may lose their job when addicted. They also may end up spending a lot of their income on the substance. Physical signs such as extreme weight loss, meth mouth, skin issues occur from substance addiction.

**Group 4 Question: What is the difference between drug abuse, and drug dependency?** Drug use is when you use legal or illegal substances in ways you shouldn't. Drug dependence is defined by tolerance and withdrawal. A person dependent on a substance goes through "withdrawal" which is a group of physical and mental symptoms that can range from mild to life threatening.

## Closing: Essential Question (1 minute)

**How can you help someone dealing with drug use or dependency?** *(Allow for responses.)*

We have learned a lot about drug abuse and drug dependency today. Can anyone remind us how we can help those around us that may be struggling with these issues? *(Allow students to respond.)*

## References:

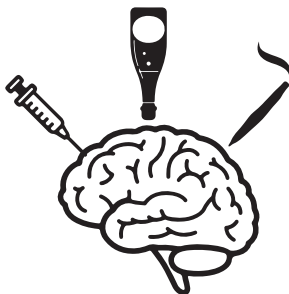
1. Addiction Policy Forum. 2019, June 3. "Addiction & The Brain-For Kids!" Retrieved from youtube.com
2. "What Is Drug Addiction?". Retrieved from webmd.com
3. NIDA Blog Team. 2017, January 12. "Tolerance, Dependence, Addiction: What's the Difference?" Retrieved from teens.drugabuse.gov.
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Click Here to Provide Feedback on this Lesson

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# WHAT HAPPENS TO YOUR BRAIN WHEN YOU USE ALCOHOL, TOBACCO, OR OTHER DRUGS?

**Directions:** Answer the following questions as we watch the video.



1. Addiction is also called? \_\_\_\_\_
2. The number of people who suffer from addiction nationwide is? \_\_\_\_\_
3. The two parts of the brain that are affected by addiction are the \_\_\_\_\_ system and the \_\_\_\_\_ System.
4. Factors that protect a person from addiction are called? \_\_\_\_\_
5. Factors that increase the chance that someone will be addicted are called? \_\_\_\_\_
6. \_\_\_\_\_ is about delaying the onset of use.

**Group Questions:** In you group discuss the following questions and record your answer. Select one member of the group to share with the class.

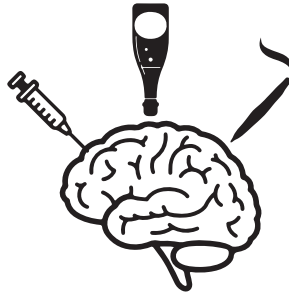
Group 1 Question: How does addiction affect the brain?

Group 2 Question: What are signs that someone may have an addiction to a substance?

Group 3 Question: How does addiction affect relationships with friends and family, financial situation, academics, etc.?

# WHAT HAPPENS TO YOUR BRAIN WHEN YOU USE ALCOHOL, TOBACCO, OR OTHER DRUGS? - Answer Sheet

**Directions:** Answer the following questions as we watch the video.



1. Addiction is also called? Substance Use Disorder
2. The number of people who suffer from addiction nationwide is? Over 20 million worldwide
3. The two parts of the brain that are affected by addiction are the Limbic system and the Cortex System.
4. Factors that protect a person from addiction are called? Protective Factors
5. Factors that increase the chance that someone will be addicted are called? Risk Factors
6. Prevention is about delaying the onset of use.

**Group Questions:** In you group discuss the following questions and record your answer. Select one member of the group to share with the class.

Group 1 Question: How does addiction affect the brain?

Answers may vary but may include: affects brain tissue and its function; affects the actual limbic system (survival instincts) and the cortex (decision making and impulse control center); changes the brain and weakens the primary motivations of food, shelter, caring for our young; as well as our decision making and impulse control

Group 2 Question: What are signs that someone may have an addiction to a substance?

Answers may vary but may include: Drug Abuse is when someone uses legal or illegal substances in the way they shouldn't. Drug Dependency is defined by tolerance and withdrawal; a dependent person goes through withdrawal; may experience physical and mental symptoms

Group 3 Question: How does addiction affect relationships with friends and family, financial situation, academics, etc.?

Answers may vary but may include: Relationships can be damaged, trust issues  
 Financial - dependent individuals may lose jobs, spend income on drugs, may steal to obtain drugs  
 Academics - grades will suffer since main focus may be on drugs and not grades, sports may suffer  
 Answers may also include affects to someone's physical health or appearance, future opportunities or possible legal trouble