

9th GRADE: SUBSTANCE USE

LESSON 3 OVERVIEW

When Drugs Take Control



Lesson Time:
30 Minutes

Materials Provided:

- Handout: Scenario Cards (printed one per student)
- Lesson Slides [Download](#)

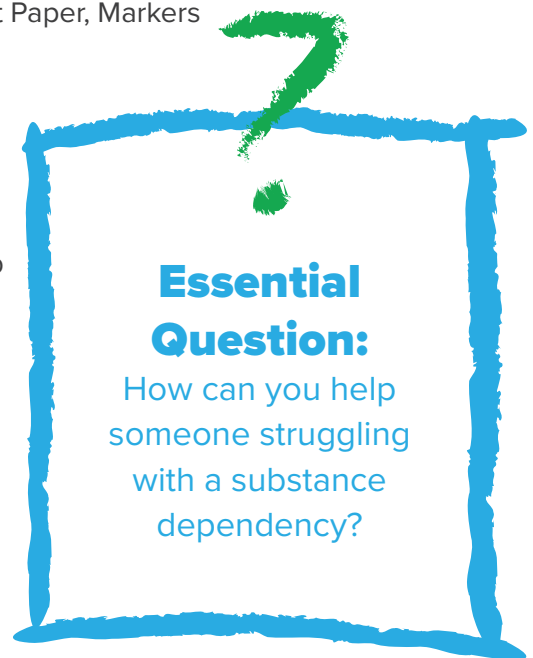
Materials Needed:

- Dry Erase Board/Chart Paper, Markers

Objectives:

Students will be able to...

1. Explore and define the words *dependency* and *addiction*.
2. Discuss the control and negative impact substances have on people with dependency or addiction.
3. Identify referral techniques and other ways students can get help for someone they know who is substance dependent or battling an addiction.
4. Practice using referral techniques through scenarios.



When Drugs Take Control



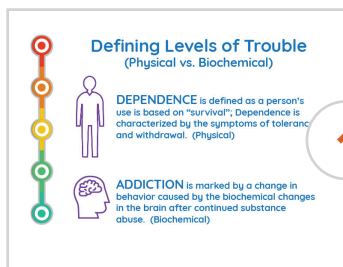
Lesson Introduction: (2 minutes)

In our previous lessons we discussed risk factors for early use, refusal techniques, and harmful effects of substance use. Today we are going to focus on what happens when an individual develops dependency or addiction to a substance. We will also discuss ways you can get help for yourself or others experiencing dependency or addiction.

Did you know that the earlier you expose your body and your brain to drugs, alcohol, or tobacco products, the more of a risk you are of becoming addicted? According to the National Institute on Drug Abuse, early experimentation is a strong predictor of addiction, “Drug use at an early age is an important predictor of development of a substance use disorder later. The majority of those who have a substance use disorder started using before age 18 and developed their disorder by age 20.⁽¹⁾ The likelihood of developing a substance use disorder is greatest for those who begin use in their early teens.”

Core Lesson Part 1: When Drugs Take Control (10 minutes)

Slide/Handout



Lesson Script/Talking Points

Slide 1: Defining Levels of Trouble - Physical vs. Biochemical

Dependence is defined as a person's use based on "survival"; Dependence is characterized by the symptoms of tolerance and withdrawal. (Physical)

According to NIDA, drug dependence on a substance develops when the brain's neurons adapt to repeated drug exposure and only function normally in the presence of the drug. When the drug is withdrawn, several physiological reactions occur. These can be mild (e.g., for caffeine) or even life threatening (e.g., for alcohol). This is known as the withdrawal syndrome. In the case of illegal drugs or even medically administered drugs such as morphine, withdrawal can be very serious and the user will use the drug again to avoid the withdrawal syndrome. Dependence often leads to addiction.

Addiction- Addiction is marked by a change in behavior caused by the biochemical changes in the brain after continued substance abuse. (Biochemical)

For an addict, things that used to bring them pleasure like eating, falling in love (dating), or other experiences they would normally enjoy would be changed by drugs. The drug becomes more important than the other things that used to bring them joy and excitement. Drugs cause the chemical signals in your brain to change. It affects your actions and choices and even the way you feel.

Don't think youth are immune to addiction. Young people can develop addictions. Sometimes it is hard for teens to admit they are addicted to any substance. Individuals who are dependent on a substance are not far from addiction.

Core Lesson (cont)

Slide/Handout




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Facts About Addiction
 Drug overdose deaths have more than tripled since 1990.
 From 1999 to 2017, more than 700,000 Americans died from overdosing on a drug.
 Alcohol and drug addiction cost the U.S. economy over \$600 billion every year.



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Facts About Addiction
 In 2017, 34.2 million Americans committed DUI, 21.4 million under the influence of alcohol and 12.8 million under the influence of drugs.
 About 20% of Americans who have depression or an anxiety disorder also have a substance use disorder.



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Facts About Addiction
 More than 90% of people who have an addiction started to drink alcohol or use drugs before they were 18 years old.

Recognizing Addiction

 <p>BEHAVIORAL SYMPTOMS</p>	 <p>PHYSICAL SYMPTOMS</p>
<p>Increasing rebelliousness Mood changes, particularly issues with depression, irritability, and anger. Change in peer group Posting very different messages on social media Involvement in criminal activity</p>	<p>Bloodshot eyes Abrupt weight change Sleeping not enough or too much Changes in hygiene</p>

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Lesson Script/Talking Points

Slide 2: Facts about Addiction

- Drug overdose deaths have more than tripled since 1990.
- Since 1999, more than 841,000 Americans died from overdosing on a drug.
- Alcohol and drug addiction costs the U.S. economy over \$740 billion every year.

Slide 3: Facts about Addiction

- In 2017, 34.2 million Americans committed DUI, 21.4 million under the influence of alcohol and 12.8 million under the influence of drugs.
- About 20% of Americans who have depression or an anxiety disorder also have a substance use disorder.

Slide 4: Facts about Addiction

- More than 90% of people who have an addiction started to drink alcohol or use drugs before they were 18 years old.

Slide 5: Recognizing Addiction

Sometimes it's difficult to know whether a person is just being moody or reckless. Without a lot of training, it may be tough to have a definitive answer, but the truth is that if you're worried, then there's more than likely a real problem. This list shows a few symptoms that are indicative of addiction.

Behavioral Symptoms

- Increasing rebelliousness
- Mood changes, particularly issues with depression, irritability, and anger.
- Change in peer group
- Posting very different messages on social media
- Involvement in criminal activity

Physical Symptoms

- Bloodshot eyes
- Abrupt weight changes
- Sleeping not enough or too much
- Changes in hygiene

Core Lesson (cont)

Slide/Handout

Lesson Script/Talking Points



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Slide 6: Addiction is a family disease.

Addiction is described as a family disease. Can you explain what that might mean? (Allow for responses.) Addiction affects the whole family. When a teen develops an addiction, it affects the parents, and siblings, and all other family members aware of it. When parents develop addiction, it is hard on the children and the spouse. Addiction, no matter who is addicted, affects the whole family unit in a negative way.

As we talk more about addiction, it is important for you to understand what control you have when it comes to other people's addiction.



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Slide 7: What you CAN'T Control about Addiction

- **Other People's Choices** to use alcohol, drugs, or tobacco
- **Someone Else's Addiction** – You can not control whether or not someone else develops an addiction.
- **Another Person's Readiness to Get Help.** Provide them with the helpful resources, but just know that you have no control in their wanting the help.
- **Other People's Words and Actions** - Substance use affects people's moods, making them irritable, angry, or depressed. They also may say words that aren't kind or even act poorly by lying or stealing.
- **Your Body's Response** to overindulgence and prolonged use cannot be controlled – particularly how it affects the brain.
- **Peer Pressure** — One way or the other, you will find yourself in a peer pressure situation where you just want to fit in with the group. This will happen, but stand firm and strong in your choices.



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Slide 8: What you CAN Control about Addiction

CAN Control-

- **Choosing Your Environment** - You can choose to avoid situations where youth may be using.
- **Your Ride** - Choosing to NOT get in the car with that person who has been drinking or under the influence of drugs. Ask to borrow someone's phone to call to get another ride.
- **Reaching Out for Help** - Asking for help or providing resources to the addicted person (talking to a teacher, parent, calling a hotline, etc.)
- **Your Words/Response** – You can choose what you say to others. (Ex. Sharing

Core Lesson (cont)

Slide/Handout

Lesson Script/Talking Points

with someone that you care about them or that you know how they can get help.)

- **Refusing to Use a Substance** (Ex. “No thanks, I have practice.”)
- **Positive Activities** - Choosing to participate in positive after school activities such as sports, clubs, church youth groups, work, volunteering.

Core Lesson Part 2: How Can I Help? Referral Techniques (7 minutes)

Some of you may have a close friend, relative, a friend’s relative or a neighbor who may be battling dependency or addiction. Many times, people are hard to approach because of the secretiveness of it and the shame and guilt they feel for it. Many times, you may not know what to say or how you can help. Because it can be challenging, we need even more to discuss how you can have an influence.

Slide 9: Whom Can I Go To?

How You Can Help - Reach out to trustworthy people in your...



School - Who can you go to in the school if you or someone you know is dependent on a substance? [Teacher, School Counselor, Coach.](#)

Family - Who in your family outside of home do you trust and can you go to when you or someone else needs help? [Aunts, Uncles, Grandparents, etc.](#)

Home - Whom do you live with that you trust to go to when you or someone else needs help? [Parent, Older Sibling](#)

Community - Who in your community do you trust that you can go to when you or someone else needs help? [Pastor, Coach, Youth Leader, Friends' Family Members](#)

Slide 10: Helplines

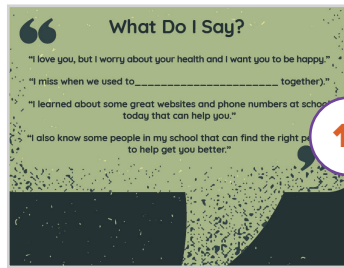
Provide that person with these helplines and websites.



- Alateen 1-800-352-9996
- National Youth Crisis Hotline 1-800-442-HOPE(4673)
- National Cancer Institute Smoking Quitline 1-877-44U-QUIT(87848)
- Online- Here are two websites that educate and provide help with this area.
- www.al-anon.alateen.org
- <http://teens.drugabuse.gov/about.php>

Core Lesson (cont)

Slide/Handout



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Lesson Script/Talking Points

Slide 11: What Do I Say?

You can say to someone you care about that is struggling with alcohol or drugs...

“I love you, but I worry about your health and I want you to be happy.”

“I miss when we used to _____ together.”

“I learned about some great websites and phone numbers at school today that can help you.”

“I also know some people in my school that can find the right people to help get you better.”

Showing care and love toward a person is very important as you are talking about a sensitive topic to them. The kinder and more nonjudgmental you are to your friend or loved one, the more receptive and willing they will be to getting help.

Activity: Referral Scenarios (10 minutes)

(Facilitator, print the Scenario Cards and give to groups for practice.)

Let’s break into groups and practice what you can say to a friend or loved one struggling with addiction. The assignment for your 4-person group is to read the scenario, and practice techniques as discussed from our “Who Can I Go To?” and “What Do I Say?” slides. *(Provide each group with a scenario to discuss. Give the students 5-6 minutes to discuss the scenarios and possible responses they can use. Discuss the scenarios and allow students to share their answers with the larger group and discuss.)*

Scenario Cards	
<p>Scenario 1</p> <p>One of your friends has recently gotten suspended twice for drinking at school. They tell you they drink at home quite often and that they feel depressed because of their parent’s recent divorce.</p> <p>How would you approach this friend and how could you lead them to get help?</p>	<p>Scenario 2</p> <p>Your friend confides in you that her father is battling a pill addiction. Your friend does not know what to do.</p> <p>How would you approach this friend and how could you lead them to get help?</p>
<p>Scenario 3</p> <p>Your best friend started recently hanging out with a different group of friends. Now they smoke marijuana multiple times a week. It is starting to affect your friendship because they try to bring it around you when you are with your family. They also have become more distant.</p> <p>How would you approach this friend and how could you lead them to get help?</p>	<p>Scenario 4</p> <p>One of your loved ones at home may be battling alcoholism. You are very close to this person, but sad to see them suffering for so long.</p> <p>How would you approach this family member and how could you lead them to get help?</p>

Scenario 1

One of your friends has recently gotten suspended twice for drinking at school. They tell you they drink at home quite often and that they feel depressed because of their parent’s recent divorce.

How would you approach this friend and how could you lead them to get help?

Scenario 2

Your friend confides in you that her father is battling a pill addiction. Your friend does not know what to do.

How would you approach this friend and how could you lead them to get help?

Scenario 3

Your best friend started recently hanging out with a different group of friends. Now they smoke marijuana multiple times a week. It is starting to affect your friendship because they try to bring it around you when you are with your family. They also have become more distant.

How would you approach this friend and how could you lead them to get help?

Scenario 4

One of your loved ones at home may be battling alcoholism. You are very close to this person, but sad to see them suffering for so long.

How would you approach this family member and how could you lead them to get help?

Core Lesson (cont)

Closing: Essential Question (1 minute)

How can you help someone struggling with a substance dependency? *(Allow for responses.)*

What were some of the answers you used in your scenarios as to how you help someone with a substance dependency? *(Allow students to provide their responses from what they learned from the lesson.)* Students, as we mentioned earlier, you do have some control in your life when it comes to sharing the fact that you care for their health and to providing the person with helpful professionals, websites, and helplines. Understand that addiction is real, and it is a controlling disease that affects the whole family - no matter who in the family is addicted. Just know that your concern and potential intervention can absolutely make a difference.

References:

- Fast Facts and Fact Sheets | Marijuana | CDC. (2017, May 12). Retrieved from <https://www.cdc.gov/marijuana/fact-sheets.htm#1>.
- NIDA. (2007, January 2). The Neurobiology of Drug Addiction. Retrieved from <https://www.drugabuse.gov/neurobiology-drug-addiction> on 2019, October 19

Resources:

- Addictioncenter.com
- Cdc.gov
- Verywellmind.com
- www.al-anon.alateen.org
- <http://teens.drugabuse.gov/about.php>

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Scenario Cards

Scenario 1

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How would you approach this friend and how could you lead them to get help?

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How would you approach this friend and how could you lead them to get help?

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How would you approach this friend and how could you lead them to get help?

Scenario 4

One of your loved ones at home may be battling alcoholism. You are very close to this person, but sad to see them suffering for so long.

How would you approach this family member and how could you lead them to get help?