

### MEET ALCOHOL'S FIRST COUSIN-DRUGS

**Purpose:** This lesson raises students' awareness of alcohol and other drug abuse and addiction (including nicotine) so they can better help friends or themselves.

**Time Required for Lesson:** 45-50 minutes

**Grade Level:** 9-12

**Missouri Comprehensive Guidance Strand:** Personal and Social Development

**Big Idea:** PS.3 Applying Personal Safety Skills and Coping Strategies

**Concept:** PS.3.B. Personal safety of self and others

**ASCA Standards:**

**Domain:** Personal Social Development

C. Students will understand safety and survival skills

**Materials:** "Stages of Drug Use and Abuse" handout; "Drug Use and Abuse" activity sheet

#### Comprehensive Guidance Program Curriculum Unit/Lesson links

**Grade 9-12 Unit:** Personal Safety Skills and Coping Strategies **Concept:** PS.3.B.



#### Show Me Standards: Performance Goals (check one or more that apply)

X	Goal 1: gather, analyze and apply information and ideas
	Goal 2: communicate effectively within and beyond the classroom
X	Goal 3: recognize and solve problems
X	Goal 4: make decisions and act as responsible members of society

**This lesson supports the development of skills in the following academic content areas.**

#### Academic Content Area(s)

#### Specific Skill(s)

X	Communication Arts	6. Participating in formal and informal presentations and discussions of issues and ideas.
	Mathematics	
X	Social Studies	6. Relationships of the individual and groups to institutions and cultural traditions.
	Science	
X	Health/Physical Education	5. Methods used to assess health, reduce risk factors, and avoid high risk behaviors (such as violence, tobacco, alcohol and other drug use) 7. Responses to emergency situations.
	Fine Arts	

#### Enduring Life Skill(s)

X	Perseverance	X	Integrity	X	Problem Solving
X	Courage	X	Compassion	X	Tolerance
X	Respect	X	Goal Setting		

**Lesson Assessment acceptable evidence of what learners will know and be able to do as a result of this lesson:**

Students write two ways of seeking help for friends or others with a drug or alcohol problem.

**Lesson Preparation**

**Essential Questions:** How do we help others address an alcohol or drug problem?

**Engagement (Hook):** Is it any of my business? Are you responsible for helping others who encounter drug or alcohol problems?

**Procedures**

<i>Professional School Counselor Procedures:</i>	<i>Student Involvement:</i>
<ol style="list-style-type: none"> <li>1. Discuss with students the need to become more aware of alcohol and drug use</li> <li>2. Distribute ‘Stages of Drug Use and Abuse’ activity sheet. Have students follow as directions are read</li> <li>3. Ask students to think of an individual who might be in one of the stages, without mentioning names.</li> <li>4. Distribute ‘Drug Use and Abuse’ activity sheet. Ask students to write about how they might help someone struggle with a drug, alcohol, or nicotine addiction. Ask for volunteers to share with the group. Emphasize responses such as communicating openly, referring the friend to a trusted adult, accompanying friend to a support group, etc.</li> </ol>	<ol style="list-style-type: none"> <li>1. Students listen and discuss the need to raise awareness of alcohol and drug use.</li> <li>2. Students follow along as directions are read</li> <li>3. Students think of an individual who might be in one of the stages and share their information without using names</li> <li>4. Students volunteer to share ways they might help a friend with a drug, alcohol, or nicotine addiction.</li> </ol>

## *STAGES OF DRUG USE, ABUSE AND ADDICTION*

Most professionals see progression from experimental drug use to chronic drug abuse as a process involving stages. This process can occur quickly or slowly, depending on the person's emotional stability, availability of drugs, peer pressure, and other factors. The following four stages are an overview of the typical progression from experimental drug use to chronic drug abuse.

**EXPERIMENTAL STAGE** -The initial stage of drug use is usually experimental. The person is curious about the effects of drugs and wants to experience the "high." Experimentation may occur once or several times, usually on weekends or during the summer when there is more free time. Drugs CAN be abused in this stage.

**SOCIAL STAGE** -In the social stage, the most common reasons for using drugs are peer pressure and acceptance. If everyone is smoking marijuana and drinking alcohol, it becomes the accepted way to be part of the group. Social use most often occurs on weekends and occasionally during the week. The person usually sets limits on his or her consumption. Sometimes he or she exceeds those limits. Abuse of drugs becomes more frequent in the social stage.

**DEPENDENT STAGE** -In the dependent stage, the person becomes preoccupied with the drug. He or she no longer uses drugs for a temporary "high" from which he or she returns to a "normal" state. He or she feels emotionally guilty, knowing drugs have become the main focus of his or her life. Attitude, appearance, and behavior change dramatically. The social aspects of drugs taper off. A person tends to abuse drugs more often when he or she is alone.

**CHRONIC STAGE** -In the chronic stage, the person feels constant emotional or physical pain that can only be lessened by the drug. The person's main thoughts are of getting and using more drugs. Effects of chronic abuse are most dramatic if the person is addicted to those drugs that cause emotional or physical withdrawal when they are not available. At this stage, the person typically requires long-term treatment to assist in recovery.

## Drug Use and Abuse

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

1. You suspect that one of your friends is in the experimental stage of drug use. How could you help this friend? \_\_\_\_\_

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2. It is obvious that your friend is in the social stage of abusing drugs. What would you do to help him or her? \_\_\_\_\_

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3. One of your friends confides to you that he or she feels he or she is dependent on a drug. What would you say or do? \_\_\_\_\_

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4. Someone you know is in the chronic stage of drug abuse. How can you help this person with this very serious problem? \_\_\_\_\_

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