



The goal of this Study Guide is to facilitate for students of teenage years a better understanding of issues such as, Addiction, LGBTQ Community , First Nation Issues, Mental Illness such as anxiety, depression, self-harm, and suicide. The Unit is comprised of 13 short videos depicting a reenactment of real life experiences intended to help reduce stigma surrounding these topics and continue to promote an environment of greater understanding, support and acceptance in our society today.



Teens 101 Study Guide

Episode 1 – I’m Not Addicted - Will’s Story

Description of Episode #1 - Will's Story - Addiction

A person can become addicted to just about anything. It becomes a serious problem when it takes the person away from the things that he or she normally does. Some people have a predisposition to addiction and Will's story shows that anyone can fall dangerously into addiction. It started with a video games addiction which was the beginning of the slippery slope that almost cost Will his life. As a child, he dreamed of becoming a professional baseball player. However, he could never imagine that at the age of 17 he would be living on the streets addicted to Crack Cocaine and near death. His remarkable story now brings so much hope to those who struggle with addiction as he now dedicates his life to helping youth.

Learning Goals:

After taking the quiz entitled "How much do you know about addiction" and after viewing Episode #1 and discussing his/her responses with the class and the teacher, the student will understand how addiction occurs, know how addiction affects his/her teenage brain and be able to provide strategies to deal with addiction for a successful outcome.

Prior Learning:

Prior to the viewing of Episode # 1 the student will potentially have an understanding of addiction through different forms of media, through possible personal experiences and his/her own opinions and perceptions of addiction.

Minds On:

Before the viewing of Episode # 1 the student will have taken the quiz entitled "How much do you know about addiction" (See worksheet # 1a) and have discussed with other students and the teacher some facts and misunderstandings about addiction.



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Action:

The students will be given questions on Episode #1 (See Worksheet #1b). Discuss with the students that they will have to respond to the questions as they are watching the Episode and be prepared to discuss their responses following the episode.

Following the discussion of the Episode questions bring the students attention to the section of the Episode that outlined the four strategies that a person can do to increase dopamine naturally in his/her teenage brain in order to perhaps avoid falling into the cycle of addiction.

Divide the class into 4 groups giving each group a strategy outlined in the Episode. For example, one group will be responsible for **Strategy #1- "Investing time and bonding with people"**. The second group will be responsible for **Strategy #2- "Seeking Help"**. The third group will be responsible for **Strategy #3- "Discover Tasks"**. The Fourth group will be responsible for **Strategy #4- "Realize your purpose"**. Each group, now having a greater understanding of addiction, will develop ideas that support each area.

Consolidation and Connection:

After each group has discussed and developed ideas that support the four strategies outlined in the episode, each group will then present their findings.

Make the students aware that addiction will be one of the topics that they will have a choice of completing an assignment on after all of the thirteen episodes of "Teens 101" have been viewed.



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Episode 1 – I'm Not Addicted - Will's Story

"How much do you know about addiction- Worksheet 1a"

Answer Sheet

1. Addiction only happens to certain people with a certain type of brain composition. **(False – Addiction can happen to anyone)**
2. A teenage brain is more susceptible to addiction. **(True)**
3. Addiction usually happens to people who live on the streets without a family supportive family. **(False- Many addicts come from a supportive family)**
4. Addiction can cause a lack of control over feelings, thoughts, ideas and or behaviours. **(True)**
5. Addiction is a "slippery slope" and can get worse over time. **(True)**
6. People who experience addiction come from a childhood of abuse. **(False- Not all addicts come from abusive family situations)**
7. Addiction cannot be overcome easily and requires treatment. **(True)**
8. One important step in recovery is accepting is for the addict to realize that change must occur in order to get better. **(True)**
9. In recovery there are three outcomes: jail, institution or death. **(True)**
10. An addict in recovery should recognize that admitting that he or she is an addict does not mean that they are less of a person. **(True)**



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Episode 1 – I'm Not Addicted - Will's Story

Worksheet #1a - "How much do you know about addiction"

1) Addiction only happens to certain people with a certain type of brain composition.

True	False
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2) Addiction can happen to a person spontaneously.

True	False
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3) Addiction usually happens to people who live on the streets without and family support system.

True	False
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4) Addiction can cause a lack of control over feelings, thoughts, ideas and/or behaviours.

True	False
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5) Addiction is a "slippery slope" and can get worse over time.

True	False
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6) People who experience addiction come from a troubled family environment.

True	False
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7) Addiction cannot be overcome easily and requires treatment.

True	False
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8) One important step in recovery is for the addict to realize that change must occur in order to get better.

True	False
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9) In recovery there are 3 outcomes: jail, institution or death.

True	False
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10) An addict in recovery should recognize that admitting that he or she is an addict does not mean that they are less of a person.

True	False
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Episode 1 – I'm Not Addicted - Will's Story

Worksheet #1b Questions - "Will's Story"

- 1) How did Will's addiction begin?
- 2) Once in the grips of addiction, how did Will's life begin to rapidly deteriorate?
- 3) How did Will's family try to intervene and help Will with his addiction?
- 4) How did Will finally start to deal with his addiction and what were some of the strategies he used to help cope with his addiction.
- 5) What were some of the points discussed with the students at the round table discussion?
- 6) How does Dr. K describe addiction?
- 7) What part of the brain is affected by addiction and why are the brains of teenagers more susceptible to addiction?
- 8) What are the "risk factors" involved in addiction?
- 9) Describe four things that a teenager can do to increase dopamine naturally in the brain?
- 10) What is the one power that addiction may have and why?