

Talk it Out:
How Addiction
Enslaves Your Brain

TEACHER'S GUIDE



Table of Contents

Why Students Should View This Program	3
Program Summary	4
Guidelines for Group Discussion	5
Preview and Discussion Questions	6
Activities and Handouts	7
Suggested Resources	13
Related Materials	14

Why Students Should View This Program

In many surveys, the vast majority of teenagers report that when they do something their parents wouldn't approve of they're just pursuing their freedom. This program begins the discussion of addiction and dependency from the point of view of surrendering your freedom.

Students will learn that there are different types of addiction and that addiction is a persistent and compulsive dependence on an unhealthy behavior. In the program, students will come to understand the difference between psychological and physical dependence.

Viewers will be introduced to a scientific theory called the cycle of addiction and learn that scientific research has shown addiction as a disease that harms the brain and affects behavior.

Program Summary

Pursuit of Freedom

In this section, students will explore the idea that as we get older you want more and more freedom to do what we want, when we want and with whom we want to do it with. However, the more bad choices we make, the more freedoms we stand to lose, therefore limiting your independence.

What is Addiction?

This section helps students to understand that there are many different types of addiction. The video looks at behavioral addictions such as gambling, shopping and internet addiction. It then discusses substance addiction or drug dependence. Students will learn the difference between substance abuse and substance addiction, and then learn about the theory called the cycle of addiction.

Understanding Addiction and the Brain

Students will come to understand that addiction is a disease that affects the brain and a person's behavior. Drug addiction is considered a disease because drugs change the structure and functioning of the brain. The program explains the effects of drugs on the brain's neurotransmitters that control emotion, movement, motivation and feelings of pleasure.

Dealing with Addiction

In this section students will learn to identify psychological and physical signs of addiction. In addition, viewers will come to understand the various types of treatments available for persons who are addicted.

Guidelines for Group Discussion

Group discussion is an invaluable way to explore ideas and issues, foster creativity, and build communication and social skills in students. The following guidelines can help you maintain a “discussion-friendly” classroom:

- **Create a climate of openness and acceptance.** Encourage students to show respect for the opinions of others and model this behavior yourself.
- **Establish ground rules.** Students can participate in formulating the rules for discussion. Rules will vary, but should include some of these general principles: -No putdowns, ridicule or sarcasm. -Everyone may speak without interruption.- Everyone has the right to pass.
- **Guard against inappropriate self-disclosure.** An intense discussion may lead students to reveal inappropriate information about themselves or others. Sensitivity and vigilance can help you head off such revelations.
- **Probe behind the neat and tidy answers.** Children are good at telling adults what they think adults want to hear. To find out what students really think, it is often helpful to prolong discussion time and encourage greater depth. Offer a “What if...?”; bring out issues such as fairness, justice, intent or lack of it, and so on. Children have a remarkable capacity to discern complexities and subtleties, and their discussion can be very rich.

Preview Questions

What do you know about behavioral addiction?

What do you know about substance addiction?

Why do you think people become addicted to drugs or behaviors?

Discussion Questions

- How do bad choices impact a person's desire for independence?
- Why are tolerance and withdrawal considered the two key factors in addiction?
- What is the difference between substance abuse and substance addiction?
- Why is addiction considered a disease? Describe the steps of the addiction cycle.
- How does addiction impact a person's social and financial life?
- What are the physical and psychological signs of addiction?

Classroom Activity

Distribute Handout #1 to the class before showing the program. Tally their answers below. After viewing the program, distribute another copy of Handout #1 and have the students fill in their answers again. Tally the responses. Compare the answers to see how the students' views changed. Lead a discussion with the class about how and why their opinions changed and what they learned from the program.

Handout #1

Read each statement below and decide if you agree or disagree.

Circle your answer in the left hand column. After viewing the program, read the statements again and circle your answers in the right hand column. Did your answer change? Talk about it.

Before Viewing		After Viewing
Agree Disagree	Drug addiction begins with drug use and abuse.	Agree Disagree
Agree Disagree	It's possible to be addicted to the internet.	Agree Disagree
Agree Disagree	Addiction is a disease that affects the brain and a person's behavior.	Agree Disagree
Agree Disagree	The brain recognizes all feelings of pleasure in the same way, whether it's a drug or good meal.	Agree Disagree
Agree Disagree	Drugs can cause permanent damage to brain tissues and its neurotransmitters.	Agree Disagree
Agree Disagree	The cycle of addiction is the same for a drug addiction as it is for a gambling addiction.	Agree Disagree

Handout #2

What Do You Think?

What do you think are some characteristics of people who use drugs? What are some characteristics of people who cope with their problems in other ways? Give examples to support your ideas.

Handout # 3

Journal Entry

Write a journal entry of a time you were feeling sad or lonely. What things did you consider doing for coping with your feelings? Were you comfortable with your decision.

Handout #4

Read each statement below and decide if it is true or false.

- | | | |
|------|-------|--|
| TRUE | FALSE | 1. Experimentation with drugs cannot lead to a substance addiction. |
| TRUE | FALSE | 2. Substance addiction is a moral failing. It's not a health issue. |
| TRUE | FALSE | 3. Addiction is considered a brain disease because drugs change the structure and functioning of the brain. |
| TRUE | FALSE | 4. The brain registers the feeling of pleasure in very different ways. |
| TRUE | FALSE | 5. Dopamine is a neurotransmitter that regulates emotion, movement, motivation and feelings of pleasure. |
| TRUE | FALSE | 6. The younger a person is when he or she begins to use drugs, the more likely they are to progress to drug abuse and addiction. |
| TRUE | FALSE | 7. Tolerance and withdrawal are two key components of addiction. |
| TRUE | FALSE | 8. To date, there are no pharmacological medicines to treat addiction. |
| TRUE | FALSE | 9. Most people can stop their addictions without help. |
| TRUE | FALSE | 10. There is no difference between substance abuse and addiction. |

Handout # 5

Cycle of Addiction

What is the cycle of addiction? Describe each step.

Suggested Resources

Drug Facts

<https://www.drugabuse.gov/publications/drugfacts/understanding-drug-abuse-addiction>

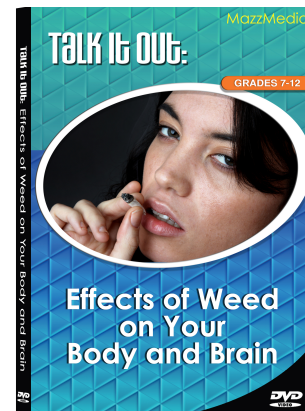
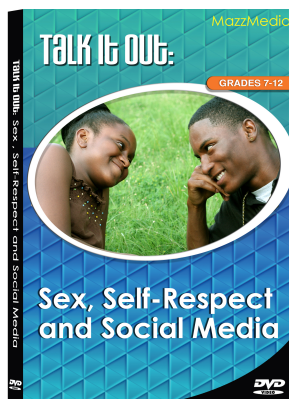
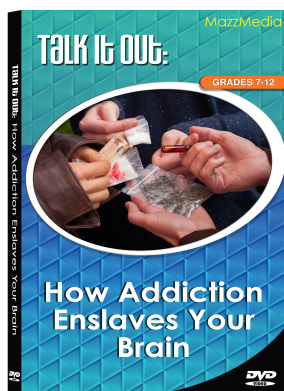
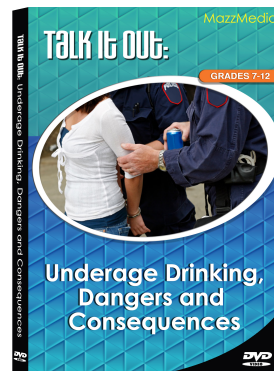
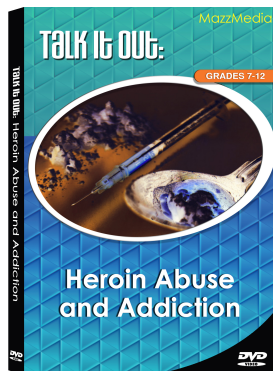
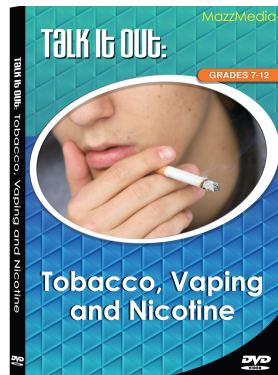
Addiction Education

<http://www.addictioneducationociety.org/>

Dealing with Addiction

<http://kidshealth.org/en/teens/addictions.html?ref=search>

Related Materials from



Go To www.mazz.com for more information