



Talk it Out: Heroin Abuse and Addiction

TEACHER'S GUIDE

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Why Students Should View This Program

A spiraling use of pain prescription killers among teenagers is leading to an epidemic of heroin use. During adolescence, kids go through many different emotions trying to deal with friendships, parents, school and other issues that may cause sadness, depression or heartache. Our instincts drive us to avoid pain or remove pain from our lives. There are many safe and healthy ways to manage pain, unfortunately some teens choose unhealthy, dangerous and harmful approaches including prescription opioids or narcotics. Because of the high cost and difficulty of getting prescription painkillers, people who have become dependent on opioids are attracted to heroin because it's cheaper and easier to obtain than other opioids.

Students need to learn about the facts about the life-altering, devastating effects of opioid and heroin abuse. Viewers will learn how opioids affect their brain function and of the negative impact heroin has on a person's physical health, social and financial well-being.

Program Summary

This program begins with a discussion about how our instincts drive us to avoid or remove physical and emotional pain from our lives. From this perspective, the video explains the difference between healthy and unhealthy approaches to getting rid of pain. Students will learn about prescription opioids and the potential risk of addiction that is identified by two key components, tolerance and withdrawal. The program then targets the short and long term effects of heroin use, and explains how it harms various body systems. Students will come to understand that heroin addiction goes beyond physical dependence, and that once addicted to heroin, a person's primary goal in life is to find and ingest the drug.

Learning Objectives:

After viewing this program, students will:

- understand heroin is an opioid that is highly addictive
- learn that tolerance and withdrawal are identified as the two key components of addiction
- understand the short term and long term effects of heroin use on the body and brain

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 heroin?

What do you know heroin addiction?

Why do you think people become addicted to heroin?

Discussion Questions

- What would be key factors in deciding whether or not you ever try prescription opioids?
- Why is there an epidemic of heroin use? What are some steps that can be taken to help curb the rise of its use?
- What are the immediate effects of heroin on the brain?
- How does heroin addiction impact the physical and emotional aspects of a user's life?
- What are the physical and psychological signs of heroin addiction?
- Why do people move from abusing prescription pain killers to using heroin?

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	Heroin, morphine and opium are made from the poppy plant.	Agree Disagree
Agree Disagree	Street heroin is mixed with poison substances like strychnine and fentanyl.	Agree Disagree
Agree Disagree	Heroin can be snorted through your nasal cavity, smoked, or injected into your veins with a needle.	Agree Disagree
Agree Disagree	Heroin intoxication created changes to thoughts, feelings and sensations.	Agree Disagree
Agree Disagree	A heroin overdose can cause respiratory failure and death.	Agree Disagree
Agree Disagree	When a person becomes physically dependent on heroin, the body is not able to function at its normal level without the drug.	Agree Disagree

Handout #2

What Do You Think?

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

Handout # 3

What Would You Do?

A friend has taken his parent's prescription pain medication to school. He offers to sell you pills at \$20 each. What would you do? What would you say to your friend?

Handout #4

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

- | | | |
|------|-------|------------------------------------------------------------------------------------------------------------------------------------|
| TRUE | FALSE | 1. Prescription opioids are relatively safe if taken under a doctor's care. |
| TRUE | FALSE | 2. Street heroin is typically mixed or "cut" with strychnine. |
| TRUE | FALSE | 3. The brain registers the feeling of pleasure in very different ways. |
| TRUE | FALSE | 4. "Chasing the dragon" is method used by heroin addicts to smoke heroin. |
| TRUE | FALSE | 5. Excessive doses of heroin can produce remarkable abilities to learn and remember new things. |
| 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. Addiction is marked by an increased effort to get and use heroin. |
| TRUE | FALSE | 8. There are no known pharmacological treatments for heroin addiction. |
| TRUE | FALSE | 9. Dependence is when your body requires heroin to feel normal and withdrawal symptoms present without the substance in your body. |
| TRUE | FALSE | 10. Heroin addiction can actually decrease a person's risk of HIV/AIDS and hepatitis. |

Handout # 5

Some political leaders are suggesting, legal, government-sanctioned sites where heroin users can shoot up under the supervision of a doctor or nurse. Many people think such sites are a dangerous idea. Do research on this topic, then pick a side on this debate and write an essay why you're for or against government sanctioned heroin sites.

Suggested Resources

Heroin

<https://kidshealth.org/en/teens/?search=y&getfields=subject.description&q=heroin&site=kh&client=ms t en&output=xml no dtd&gsaRequestId=7457070404200936186&filter=0>

Heroin Addiction

<http://www.drugfreeworld.org/drugfacts/heroin.html>

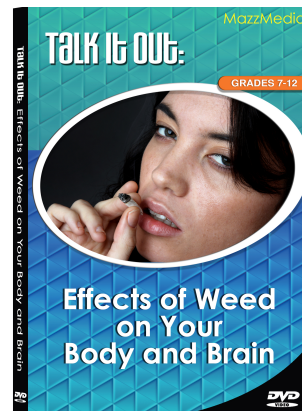
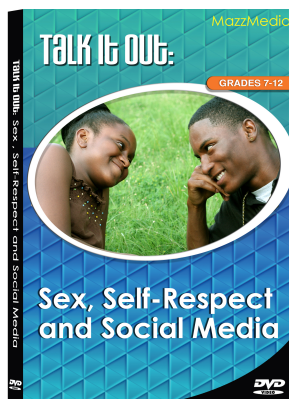
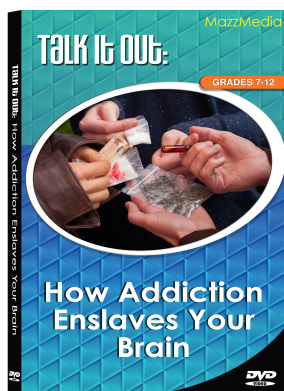
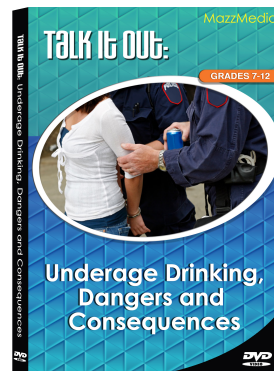
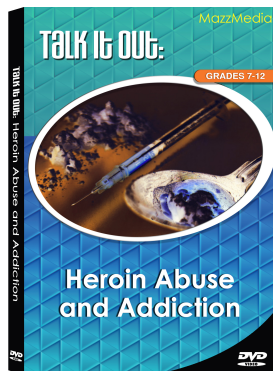
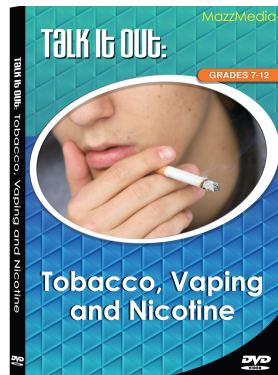
Addiction Education

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

Facts About Heroin

www.livescience.com

Related Materials from



Go To www.mazz.com for more information