



**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 8 – First Nations Issues – Lindsay’s Story**

#### **Episode #8 – “First Nations Issues” (Lindsay’s Story)**

Lindsay (Eekwol) grew up in the First Nations community. She experienced an unforgiving world of drugs, alcohol and violence, within her family. As a child, she lived in fear while her parents and their friends had endless parties that often broke out in fights. As she grew up in this environment, she soon developed into an abuser of drugs and alcohol herself. Falling victim to blackouts and on one occasion she almost died one night lying unconscious on the highway. This seminal moment caused her devoted sister to give up on her - unless she changed her ways. For the first time in her life, she listened, and the path of being clean and sober led to becoming a successful solo female aboriginal hip hop artist.

#### **Learning Goals:**

After taking the quiz entitled "How much do you know about addiction" and after viewing Episode # 8 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 # 8, 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 #8, 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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### **Episode 8 – First Nations Issues – Lindsay’s Story**

#### **Action:**

The students will be given questions on Episode # 8 (See Worksheet #8). 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 where Dr. K Discusses how an individual can help himself/herself develop good mental health.

Dr. K mentions that the brain is looking for three things as he calls them the “3 C’s” when a person is choosing to be addicted to alcohol and /or drugs:

1. Connection
2. Community
3. Compassion

In a teacher-directed brain storming session, have the students come up with examples for each and list them on the board . Have the students record the class’ findings for future possible extension of this episode for evaluation.

#### **Consolidation and Connection:**

Have the students record the classes finding for future possible extension of this episode for evaluation. The teacher can also have the students compare and contrast the similarities between Will’s story in Episode #1 to Lindsay’s story in this episode.

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.



## Teens 101 Study Guide

### Episode 8 – First Nations Issues – Lindsay's Story

## Answer Sheet

"How much do you know about addiction"

### Worksheet 8a

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



## Teens 101 Study Guide

### Episode 8 – First Nations Issues – Lindsay’s Story

#### Quiz 8a - 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. A teenage brain is more susceptible to addiction. 

True	False
------	-------
3. Addiction usually happens to people who live on the streets without a family supportive family. 

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

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

True	False
------	-------
6. People who experience addiction come from a childhood of abuse. 

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

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

True	False
------	-------
9. In recovery there are three outcomes: jail, institution or death.
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 8 – First Nations Issues – Lindsay’s Story**

#### **Episode #8 Questions-Lindsay Worksheet 8b**

1. Describe Lindsay’s background and the multi -generational issues that existed in her family.
2. At what age does Lindsay addiction start and what does she describe her addiction as?
3. What sort of reckless behaviours does Lindsay engage in?
4. What was Lindsay’s turning point to get better. What does her sister say to her and how is she affected by her sister’s words?
5. Once Lindsay decides to see a therapist what does she discover about herself?
6. What are the tools Lindsay uses every day to maintain her sobriety?
7. Discuss what Lindsay says about “Residential Schools “ and how they have affected many aboriginal peoples.
8. How has Lindsay made it through her addiction and what does she do for her livelihood?
9. Dr. K. mentions that Lindsay witnessed and lived in chaos for a long time and that deeply affected her. Give more detail as to how Lindsay’s brain was affected .
10. Dr. K. also mentions that the brain is looking for three things when it looks to abuse drugs or alcohol. What are they?