

# SUBSTANCE ABUSE



## Drugs

Recommended for Years 7-9 with options to add for Years 10-13

### Question:

What sort of a person do I need to be to avoid addiction?

How can society help to reduce addiction?

*Sessions vary in length so it is likely one will need to cross over into another*

### Answer:

The answers are likely to be dependent upon the qualities the students raise during the sessions. It is key to have considered the effects of having too much of some qualities, and too little of others. It is likely that these - along with certain inclinations/feelings and actions of others lead to addiction.

Thus, the possession of the right amounts of certain qualities and having the right friends and associates will lower the risk of addiction.

Society itself can be seen to operate like a human in this respect and can be given the same benefit of qualities of mind and character. In this event society might help to reduce addiction.

### Resourcing:

#### Session 1:

<http://www.talktofrank.com/drug/alcohol> and <http://www.alcoholics-anonymous.org.uk/About-AA/The-12-Steps-of-AA> [both available 02/15].  
are useful on alcohol slides though others are available.  
<http://www.nosmokingday.org.uk> on smoking [available 02/15]  
<http://www.talktofrank.com/drug/cannabis> [available 02/15]  
is also useful on cannabis, though there are other sites.  
<http://www.gamblersanonymous.org.uk/index.php/> [available 02/15] literature has a downloadable 12 step sheet

#### All sessions:

If returning to this slate with a higher year it is worth including the effects of substances (particularly alcohol) on pregnancy and resultant children. There are many great resources to help explore this.

Older students would also benefit from having looked at a greater range of drugs; there are many resources that help to address these. The approach might be one from society looking in and viewing their dangers with regard to possible legalization.

### Outcomes:

**Low:** Students identify the dangers of certain substances and can discuss how some qualities can help to reduce the likelihood of bad lifestyle choices.

**Average:** Additionally many students should be able to discuss how deficiencies and excesses of such qualities can lead to addiction and identify some methods for decreasing it.

**High:** The best responses are likely to also have depth in their analysis and see the complexities of the issue. They will be able to clearly apply things to their own experiences and see the relevant qualities as a whole, both in relation to themselves and to society.