



THE
JUBILEE CENTRE
FOR CHARACTER & VIRTUES



LESSON 12

INFLUENCE AND ADDICTION

12



SESSION 1

WHAT ARE WE DEALING WITH?

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Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility

ALCOHOL



Alcohol is still one of the biggest causes of health issues in our country.

It is also a contributing factor in many crimes.

Often alcohol can be seen to play a part in relationship breakdown.

A lot of road accidents reflect consumption of alcohol.

Yet alcoholic drinks often play a significant part in people's lives.

Look up a website with stories from addicts:

Summarise a story in 20 words.

Now think about what you chose to include. Was it facts or were you trying to show why the person ended up as he/she did?

What qualities might have helped the person to deal with the situation, and why?

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Look up a website which helps addicts:

Go to a page which explains how they can help each other and themselves. Then look at the different steps. Which do you feel would be hardest for an addict and why?

The steps may seem to involve working with others [friendship]. Why is this important?

TOBACCO



Smoking is the primary cause of preventable illness and premature death.

Around a fifth of adults smoke in the UK, and most start before the age of 18.

There are less 11-15 year olds smoking every year, but they are more likely to smoke if their parents do.

A third of people in the UK will develop cancer at some point in their lives, and a quarter will die from it. Of these a quarter can be attributed to smoking.

Have a look at a site offering advice on how to quit smoking.

Is the advice similar or different to that which you saw on alcohol?
Why do you think this is the case?

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Now focusing on the sorts of qualities of mind and character you feel would help someone quit, design a poster or an advertising campaign to help someone use these qualities to keep off tobacco or alcohol.

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VOLATILE SUBSTANCES



Volatile Substance Abuse [VSA] involves glues, gases, and aerosols. They mainly all have similar effects.

Like alcohol these drugs are depressants which means they slow down your mind and bodies responses.

They can have similar effects to alcohol as well, however they can have a direct effect upon the heart and cause death, even if they have been taken previously.

VSA whilst drinking alcohol can be even more dangerous as they both act in similar ways.

Why would a young person choose to take a drug like this?

Why do people still choose to take drugs like these when they know it can kill them?

What qualities of mind and character might they have too much of, or too little?

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CANNABIS



Many people in the UK take cannabis, which comes in a variety of different forms.

There are a lot of myths around cannabis and the truth about the effects and risks is further complicated by there being different forms and strengths of the drug.

There are also different ways people can take this drug.

Look up cannabis on a site which explains some of the truths around cannabis.

Focus on the effects cannabis is known to have on the mind and the body.

Assuming these effects are beyond dispute explain why people might still decide to take the drug.

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PRESCRIPTION & OVER THE COUNTER MEDICINES



Here the most common issues concern painkillers which are fine when followed as directed by a doctor or other medical professional, but they can be highly addictive and people can become dependent upon them.

Dependency means different things to different people. People can be dependent upon their family [for things like food, money, shelter, and love]. They can also be dependent on friends and partners for helping them to feel good.

Try to think of at least one thing you are dependent upon. Is it a good thing to feel that way, are there any alternatives?

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PRESCRIPTION & OVER THE COUNTER MEDICINES



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Dependency on drugs is different in some ways as it can be both your body and your mind which begin to feel they need it.

This can lead to problems 'coming off' the drug.

Looking back at the work on alcohol try to come up with one really good piece of advice for someone trying to quit.

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GAMBLING

(inc. ONLINE GAMBLING)



Gambling is not a drug, and yet the effects can be very similar.

Since the start of online gambling there has been a surge in people becoming addicted.

Go to a site which helps people to come off gambling.

Have a look at their programme for helping people to stop.

There will be a lot of similarities with the programmes for a variety of drugs. Why do you think this is?

When it mentions character what sort of qualities of mind and character do you think they mean?

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SESSION 2

INFLUENCE

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Courage, Justice, Honesty, Compassion,
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FEELINGS WHICH LEAD TO NEED FOR PEER APPROVAL



Peer approval, or peer pressure, can be a very big cause of taking drugs or starting to gamble.

Peer approval is where a person seeks the positive feelings which having friends like or admire you actions can cause.

Peer pressure is where a person seeks to do what others want them to do and feel a level of need to comply.

There are a lot of different feelings which can come in to play during situations like these.

On a large piece of paper, or as a group discussion, list or show as many as you can.

Are there any feelings or emotions which stand out?

PRESSURE GENERATED BY THE NEED FOR PEER APPROVAL



As said on the previous slide it is easily possible for people to feel pressured into doing things they otherwise might not do.

Looking back at the first session work we can see there might be different reasons for people taking up the different drugs, of these peer pressure and peer approval are just two.

Thinking back to your work in the last session label the feelings and emotions you discussed for the different drugs and gambling.

Is there any difference? Why do you think this is?



SESSION 3

ADDICTION

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Courage, Justice, Honesty, Compassion,
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EXPERIMENTAL AND OCCASIONAL USE



Experimental use is where a person tries a drug or gambling to see what it is like.

Occasional use is where a person use the drug, or gambles rarely.

Thinking back to the first session try to explain what experimental and occasional use might look like. An example might be a person who tries a glass of wine to see what they think, or who smokes at parties.

Is there anything wrong with doing this?

Can a person's character prevent them becoming more regular users, or is this a myth?

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HABIT, DEPENDENCY AND ADDICTION



If someone is a habitual user it may well be they do not even think about what they are doing anymore, they just do it. This might be the person who sees a gambling machine and automatically goes up and plays it.

Someone who is dependent is someone who cannot do without the drug or gambling, in some way. This may be the person who becomes nervous and agitated if they cannot smoke.

Both sorts of people can be said to be addicted because their mind or body will not easily let them stop.

If we assume habit and dependency are not good things how might a friend help someone to overcome their addiction?

Would the answer need to be different depending on the drug?

What sort of person would the friend need to be?

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SESSION 4

SOCIAL DAMAGE AND REPAIR

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**Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility**

COSTS: FINANCIAL AND RELATIONSHIPS



Addiction can have a devastating effect upon finances and relationships.

Try to explain why this is the case with reference to the two boxes on the right.

Would things be different if we changed the examples?

Could we have included crime here? How might crime be relevant?

**SMOKING
AND
MONEY**

**GAMBLING
AND
RELATIONSHIPS**

12

Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility

COSTS: PERSONAL SAFETY & FUTURE CAREER/LIFESTYLE



Addiction can have a devastating effect upon personal safety and future career prospects.

Try to explain why this is the case with reference to the two boxes on the right.

Would things be different if we changed the examples?

Could we have included crime here? How might crime be relevant?

**ALCOHOL
AND
PERSONAL SAFETY**

**CANNABIS
AND
FUTURE CAREER /
LIFESTYLE**

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WHO CAUSES THE PROBLEM? WHO SHOULD SOLVE THE PROBLEM?



Firstly decide on a problem. This might be something like the high level of domestic abuse where alcohol is a contributory factor; or it might be the cost to our health service from smoking related illness and disease.

Next decide who causes the problem, there may well be more than one such as the person who hits his wife, the person who served him the alcohol, the company who makes the alcohol, the way his parents brought him up.

Finally consider how we might solve the problem. If there is time you might think about why this has not happened already.

PROBLEM 1	PROBLEM 2
Problem cause by:	Problem caused by:
Solution from:	Solution from:

ARE eCIGARETTES CAUSING OR SOLVING A PROBLEM?



In the last couple of years there has been a huge rise in alternatives to smoking cigarettes.

One of these has been the eCigarette which is now widely available in dedicated shops and in many larger stores.

eCigarettes are a good thing because...

eCigarettes are not a good idea because...

The problem they solve is...

The problem they cause is...

A gateway drug is...

eCigarettes are/are not a gateway drug because...

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ARE eCIGARETTES CAUSING OR SOLVING A PROBLEM?



Those in favour of them say they are less harmful and are a way of helping a person to quit.

Those against suggest few people give up from these and that some actually start by smoking eCigarettes and move on to the real thing.

Others suggest the harm they cause is less obvious as they seem healthier than the normal cigarette.

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ARE eCIGARETTES CAUSING OR SOLVING A PROBLEM?



Some people suggest a number of drugs, and gambling, can be called gateway drugs because they open the doors to taking other drugs.

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eCigarettes are not a good idea because...

The problem they solve is...

The problem they cause is...

A gateway drug is...

eCigarettes are/are not a gateway drug because...



SESSION 5

REFLECTING ON INFLUENCE AND ADDICTION

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Courage, Justice, Honesty, Compassion,
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THE PROBLEMS AND SOLUTIONS



Think back to all of your previous work and draw out any qualities you have looked at, and perhaps any of the feelings and emotions.

Draw these up into a table like the one on the right.

In theory the box showing the right amount of a quality is likely to be less to do with the addict than with those who seek to help them.

FEELINGS AND EMOTIONS	TOO LITTLE OF A QUALITY
TOO MUCH OF A QUALITY	THE RIGHT AMOUNT OF A QUALITY

THE PROBLEMS AND SOLUTIONS



Having the right amount of a quality is called the mean, this is where the person has neither too little or too much.

The more qualities they have like this the less they are likely to become addicts.

How much do the qualities you possess fit into the right box?

Is there anything you can do to improve things?

Is there anything your friends could do to help?

FEELINGS AND EMOTIONS	TOO LITTLE OF A QUALITY
TOO MUCH OF A QUALITY	THE RIGHT AMOUNT OF A QUALITY

- **WHAT SORT OF A PERSON DO I NEED TO BE TO AVOID ADDICTION?**



Summarise the kinds of qualities of mind and character needed to avoid addiction, and to help others in danger of becoming addicted themselves.

- Try to include the idea of the mean [having not too much and not too little].

HOW CAN SOCIETY HELP TO REDUCE ADDICTION?



Would what society needs be very different from what you need if you are to avoid addiction? What advice might you give to society to help it remove or reduce drug addiction where you live, or in the UK?