

Term 3: Health and Environmental ResponsibilityWeek 3**Personal factors that contribute to substance abuse** Oxford Successful pg. 74-76

Notes to be written from the textbook.

**Classwork****Activity 4: Factors that lead to substance abuse** (Oxford Successful. pg. 75-76)

4 marks for each person

**TOTAL: 40**

**Homework****Activity: Personal factors that contribute to substance abuse** (Oxford Headstart. pg.93)

Read the story of a woman who abused substances in the past and answer the questions.

I was an addict

When I was younger, I pretty much did what I wanted. I lived with my mom who drank a lot. She didn't really notice what I was doing or who my friends were. I began smoking cigarettes and drinking weekends. My friends and I would often get drunk. Sometimes it was scary, because two of my friends were raped and I knew it could happen to me too. Then I started with Tik and I just couldn't get out of it. I tried to stop but it didn't work. The saddest thing is that I have a baby of three years old and I can't remember when I gave birth to him. I can't remember how I was with him while I was using Tik. Now for me it is strange to talk to him and to do stuff with him.



*Drug addict*

1. List the six factors mentioned in the story that made the woman more vulnerable to substance abuse. **(6)**
2. Categorise your list into intrapersonal and interpersonal factors. **(6)**
3. What other three intrapersonal and interpersonal factors in the story do you think could have made her become an addict? **(3)**
4. Do you think the woman's child may be at risk for substance abuse when he grows up? Explain your answer. **(2)**

**TOTAL: 17**

Term 3: Health and Environmental Responsibility**Protective factors that reduce the likelihood of substance abuse****Oxford Successful pg. 76**

There are many ways in which you can protect yourself from falling into the trap of substance abuse.

V – **Protective factors** – factors that **reduce the chances** of a person experimenting with substance abuse

A few suggestions have been listed below. As you read through the list, notice the common thread that runs through all the suggestions – **You have control over your decisions and actions.**

- Choose your friends carefully.
- Choose good role models.
- Don't make bad decisions out of spite or because you feel rebellious.
- Don't be impulsive. Consider the consequences of what you do.
- Educate yourself about drugs so that people don't take advantage of your ignorance.
- Take part in sport and/or some cultural activity. This will keep you physically and emotionally healthy and give you a sense of self-worth and social belonging.
- Be media wise. Don't let the messages in films, adverts and other forms of media fool you.
- Be assertive. Learn to say 'NO' and don't allow people to change your mind by exerting peer pressure on you.
- Do not experiment with substances, if you don't start you will never need to stop or be at risk of becoming dependant or addicted.
- Understand that you CAN become addicted. Don't think that addiction is something that only happens to other people.

**Activity5: Protective factors that reduce the likelihood of substance abuse**  
***(Oxford Successful. pg.76-77)*****TOTAL: 14**