

Activity 1: Substance abuse (Spot On. pg. 115)

Read the notes on substance abuse and answer the questions that follow.

1. Define substance abuse. (1)
Using drugs in a wrong or harmful way
2. Why do you think young people turn to substance abuse? (2)
 - **To be cool**
 - **To relieve stress**
 - **Peer pressure**
3. Your friend has injection marks on her arms which she tries to hide from you. What drugs do you think she may be taking? (3)
 - **Heroin**
 - **Cocaine**
 - **Mandrax**
 - **Tik**
4. Categorise the following substances write down the correct answer under each column

Substances	Medicinal/ recreational	Legal/Illegal	Opiate/ Depressant/ Stimulant	How taken? Smoked/ Swallowed/ Injected/ Sniffed	
a. Cigarettes	Recreational	Legal	Depressant / Opiate	Smoked	(4)
b. Panado tablets	Medicinal	Legal	Depressant / Opiate	Swallowed	(4)
c. Heroin	Recreational	Illegal	Depressant	Injected / Smoked	(4)
d. Dagga	Recreational / Medicinal	Illegal	Depressant	Smoked	(4)
e. Alcohol	Recreational / Medicinal	Legal	Depressant	Swallowed	(4)
f. Cocaine	Recreational	Illegal	Stimulant	Sniffed / Injected	(4)
g. Ecstasy	Recreational	Illegal	Stimulant	Swallowed	(4)
h. Tik	Recreational	Illegal	Stimulant	Smoked / Injected	(4)
i. Caffeine	Recreational	Legal	Stimulant	Swallowed	(4)
					(36)

TOTAL: 42

Activity 3: Symptoms of substance abuse (Oxford Successful. pg. 74)

1. **Dark rings around the eyes**
Pale
Not sleeping well
2. **Wants to be left alone**
Does not want to talk to friends
3. **Missed netball practice**
Does not spend time with her friends

TOTAL: 6

Classwork

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

<p><u>George</u> 1. Alcohol 2 & 3 Low self-esteem, poor self-control (Intrapersonal) Peer pressure (Interpersonal)</p>	<p><u>Belinda</u> 1. Drugs 2 & 3 Stress, Depression (Intrapersonal)</p>	<p><u>Andile</u> 1. Drugs 2 & 3 Low self-esteem (Intrapersonal) Peer Pressure (Interpersonal)</p>	<p><u>Patricia</u> 1. Cigarettes 2 & 3 Peer Pressure, Family environment (Interpersonal)</p>
<p><u>Piet</u> 1. Alcohol 2 & 3 Family environment (Interpersonal)</p>	<p><u>Charlie</u> 1. Drugs 2 & 3 Stress, Depression (Intrapersonal) Family environment, Social and environmental conditions (Interpersonal)</p>	<p><u>Thabo</u> 1. Drugs 2 & 3 Boredom (Intrapersonal)</p>	<p><u>Susan</u> 1. Drugs 2 & 3 Low self-esteem (Intrapersonal)</p>
<p><u>Renate</u> 1. Drugs 2 & 3 Stress (Intrapersonal)</p>	<p><u>Andile</u> 1. Alcohol 2 & 3 Low self-esteem (Intrapersonal) Peer Pressure (Interpersonal)</p>		

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)

- **Having a parent who abuses substances**
- **Lack of consistent rules**
- **Attitudes that accept substance abuse**
- **Spending time with peers who abuse substances**
- **Parental neglect**
- **Possible hereditary trait for addiction**

2. Categorise your list into intrapersonal and interpersonal factors. (6)

Intrapersonal factors (our beliefs & self-concept)	Interpersonal factors (Our relationships with others)
Lack of consistent rules	Having a parent who abuses substances
Attitudes that accept substance abuse	Spending time with peers who abuse substances
Possible hereditary trait for addiction	Parental neglect

3. What other three intrapersonal and interpersonal factors in the story do you think could have made her become an addict? (3)

- **Low self-esteem**
- **Feeling like you don't belong anywhere**
- **Difficulties coping with emotions**

4. Do you think the woman's child may be at risk for substance abuse when he grows up? Explain your answer. (2)

Yes, hereditary: possible problems because of poor relationship between mother and child.

TOTAL: 17