



## Grade 8 Sample Lesson Plan: Unit 3 – Cycle of Addiction

### SOLs

8.1.J Research the signs, symptoms, and causes of addiction.

### Objectives/Goals

- Students will be able to identify and explain the essential health concepts of addiction.
- Students will demonstrate their understanding of how addiction works and why it is important for teenagers to understand.

### Materials

- [Cycle of Addiction worksheet](#)
- [Cycle of Addiction slideshow](#)
- [Cycle of Addiction cards](#)
- [Addiction assessment](#)

### Procedure

Instant Activity - Ask students to write down on a piece of paper what they know, think they know, or want to know more about when it comes to addiction. You can have students share some ideas to the whole class or small groups. As the teacher, make sure to take notes in terms of *what they want to know* (this can help meet the needs of your students from class to class, year to year, etc.).

Next, using the Cycle of Addiction slideshow, present the class with functional knowledge of the terms:

- **Addiction** - Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences. It is considered a brain disease because drugs change the brain; they change its structure and how it works. These brain changes can be long lasting and can lead to many harmful, often self-destructive, behaviors.

- Euphoria - A pleasurable state of altered consciousness; one reason for the preference of one addictive behavior or substance over another.
- Dysphoria: The opposite of euphoria
- Tolerance: Condition in which one must increase their use of a drug for it to have the same effect
- Withdrawal: The abrupt decrease in or removal of one's regular dosage of a psychoactive substance
- Abuse: The repeated use of drugs to produce pleasure, alleviate stress, and/or alter or avoid reality. It also includes using prescription drugs in ways other than prescribed or using someone else's prescription.
- Dependence: A state in which an organism functions normally only in the presence of a drug.
  - Next, arrange students in small groups of about 3-4 and distribute to them the Cycle of Addiction worksheet (one per student) and the Cycle of Addiction cards (one pack of 12 terms per group). Tell the students their task is to take the 12 terms on the cards and try to predict the order they should go in terms of the 12 steps of the cycle of addiction.
  - After about 5-10 minutes, have groups share their order to the class. They should come up in front of the class and justify their order. You can clarify using the slideshow and reveal the order once all groups have shared. Groups can see if their predictions matched. Ask the students the following questions:
    - *Where were you different?*
    - *Why does this step fit here, etc?*
    - *Why do people get relief from withdrawal after elevated drug doses?*
  - Next, explain that these 12 steps can be grouped into 3 subgroups
    - Use (steps 1-4)
    - Abuse (steps 5-8)
    - Dependence (steps 9-12)
  - Frame these terms/steps using the last four slides of the slideshow to bring them to life a bit. Read the following

- *A young person is feeling pain and discomfort because of family or school problems. They look for ways to feel better, so he or she starts to take drugs.*
  - *At first, the drugs seem to work because they dull the pain the person is trying to escape from. So the person keeps taking the drug.*
  - *From this point, it often doesn't take long for the person to become addicted because he or she has developed a physical dependence—an addiction—to the substance.*
  - *At this stage, a serious downward spiral begins. The person will sacrifice anything— family, friends, school, or work— for drugs. Changed by drugs both physically and mentally, the person is now an addict.*
- Making connections - have students think about and connect why teens might get addicted? Have them think of or create a narrative or story. Perhaps they know of or can relate to a true story.
- Now working alone, have students demonstrate their understanding by completing the Depth of Knowledge assessment below. Each section of the assignment gets progressively more challenging. In the assignment, there is a great YouTube video entitled “**Nuggets**” depicting addiction. *After watching the video please describe how this video explains addiction. You must use terms of addiction that we used in class. Below is a word bank of terms that should be in your explanation. THIS MUST BE IN YOUR OWN WORDS and SPECIFIC TO THE VIDEO.* You could show this as a class and talk about it as a group or have students answer it individually.

## References

- Projectknow.com - <https://www.projectknow.com/research/addiction-glossary-of-terms-and-phrases/>
- Drugabuse.gov
- [Addiction assessment](#)
- [Nuggets](#) - YouTube video about addiction
- Andy Horne, 2015 National Health Teacher of the Year

## Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

Name: \_\_\_\_\_ Score \_\_\_\_\_ - \_\_\_\_\_

# Addiction assessment

## DOK - 2

Please categorize the terms of addiction below. **Some terms may be used more than once**

Curiosity                  euphoria                  withdrawal                  dysphoria

Tolerance/ lesser euphoria                  elevated drug doses                  greater dysphoria

Relief from withdrawal                  experiment with drug                  dependence on drug

These terms classify as **drug use:**

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These terms classify as **drug abuse:**

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These terms classify as **drug dependency**

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Name: \_\_\_\_\_ Score \_\_\_\_\_ - \_\_\_\_\_

# Addiction assessment

## DOK 3

Please categorize the terms of addiction below to complete the cycle of addiction. Some terms may be used more than once.

Curiosity

euphoria

withdrawal

dysphoria

Tolerance/ lesser euphoria

elevated drug doses

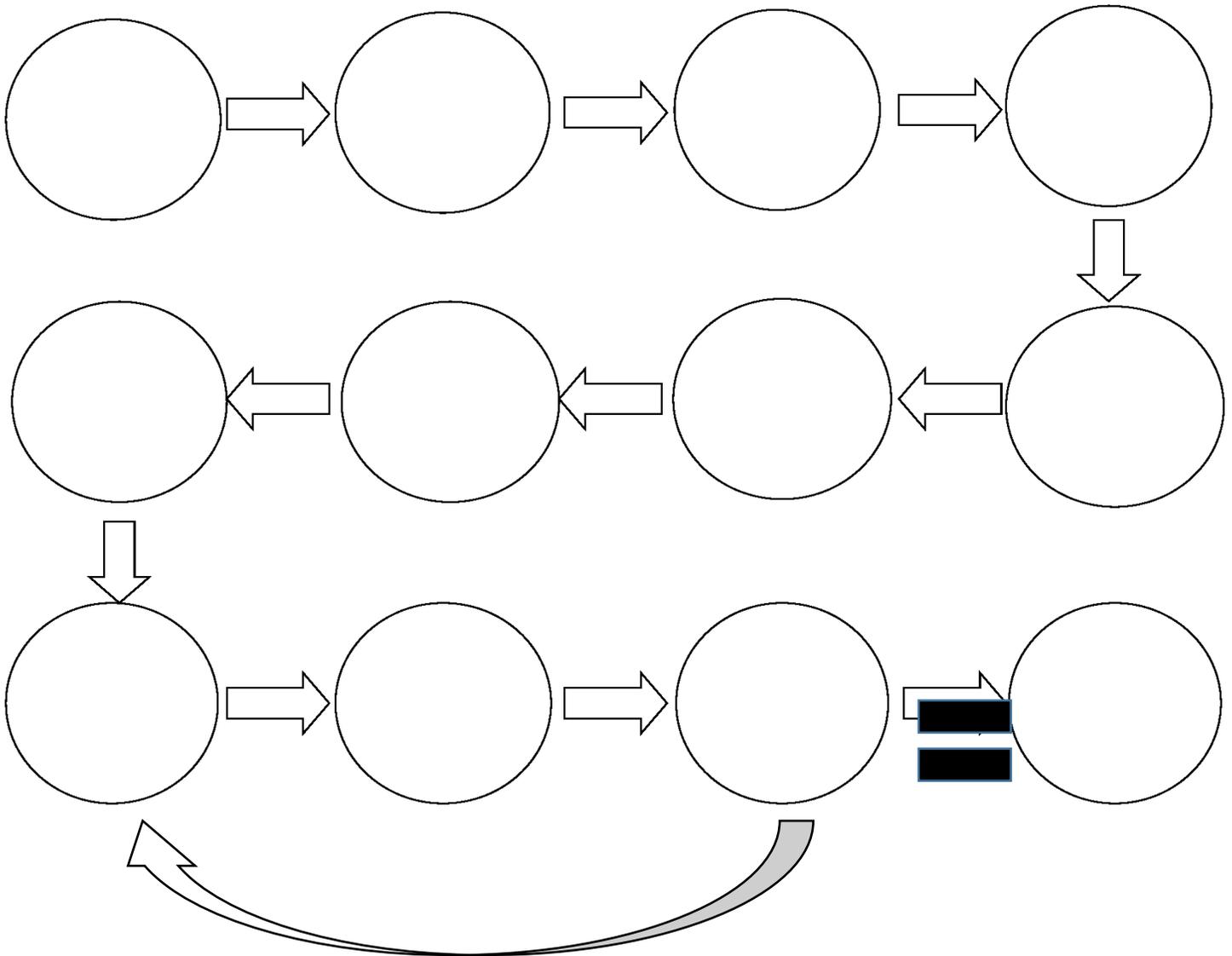
greater dysphoria

dependence on drug

Relief from withdrawal

experiment with drug

## Cycle of addiction



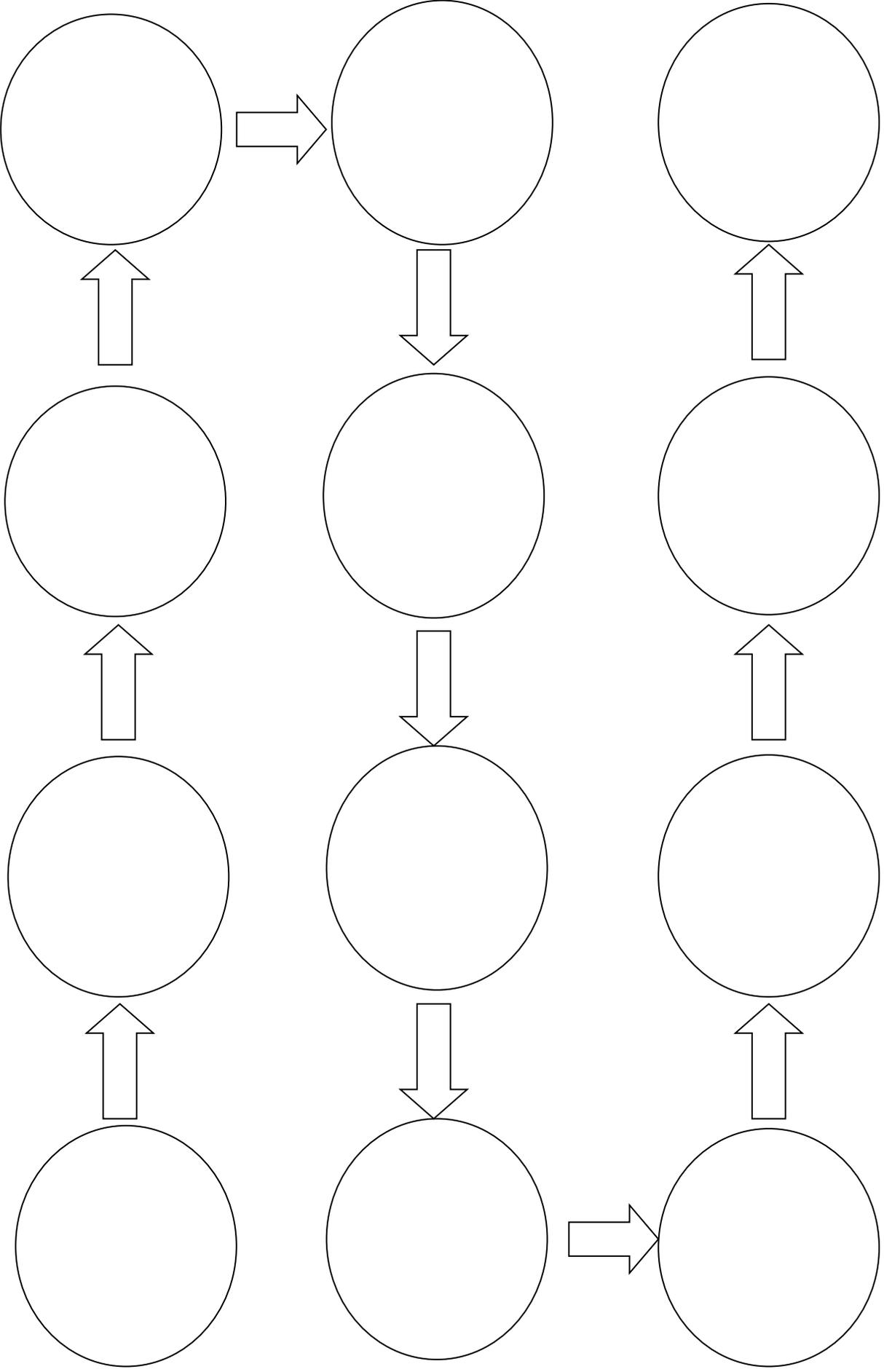
## DOK 4

Please watch the following link

<https://www.youtube.com/watch?v=HUnGLgGRJpo>



# CYCLE OF ADDICTION



# **CYCLE OF ADDICTION**

**4 Components of USE and a description of the stage**

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**4 Components of ABUSE and a description of the stage**

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**4 Components of DEPENDENCY and a description of the stage**

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