

Resources

Journeys Counseling / www.journeyscounseling.com / 310.933.4475

Thelma McMillen Center at Torrance Memorial

https://www.torrancememorial.org/Medical_Services/Alcohol_and_Drug_Treatment/Resources/Family_and_Friends.aspx

Clear Recovery Center

www.clearrecoverycenter.com

<https://www.the-alcoholism-guide.org/adolescent-alcoholism.html> (signs & symptoms of teen alcoholism)

<https://www.the-alcoholism-guide.org/alcoholism-and-teenagers.html> (self-diagnostic teens and alcohol test)

1-800-662-HELP or go to findtreatment.samhsa.gov

<http://www.teenaddictionanonymous.org/the12steps>

<https://www.the-alcoholism-guide.org/teen-alcohol-treatment.html>

<https://www.ncadd.org/> (National Council on Alcoholism and Drug Dependence)

https://pubs.niaaa.nih.gov/publications/MakeADiff_HTML/makediff.htm#TakingAction

<https://www.samhsa.gov/underagedrinking>

HOOKED ON DRUGS

1. Circle from the list below the five drugs most frequently used by teenagers.

Caffeine

Heroin

Alcohol

LSD

Speed

Downers

Tobacco

Inhalants

Other—

Marijuana

Cocaine

2. Why do you think the five drugs you circled are used the most by teenagers?

3. Rank the following from the best reason (1) to the worst reason (8) for you to avoid alcohol and other drugs.

To avoid addiction

To avoid getting into trouble

To remain close to God

To reduce problems in the future

To not lose good friends

To avoid violation of personal values

To keep from disappointing parents

To prevent physical harm

4. Is this statement true for you? Why or why not?

Alcohol and other drugs have become easier for me to avoid as I have gotten older.

5. Write a one-sentence summary of how each of the following Bible verses applies to the issues of drinking and doing drugs.

Proverbs 21:16, 17

Romans 14:13-18

1 Corinthians 3:16, 17

1 Corinthians 10:23, 24



HOOKED ON DRUGS [substance abuse]

THIS WEEK

Alcohol and other drug use is an issue that remains problematic in society. Make no mistake, alcohol is a drug. This isn't to suggest that adults shouldn't drink in moderation. But those adults, as well as young people, need to understand that when they drink they are consuming a legal drug. Take the opportunity to talk with your young people about drugs and how they can avoid them.

Be sensitive to those in your group who may have been using drugs already. According to statistics, there most likely are a few in your group who have experimented. Be careful not to come off sounding judgmental—keep an open mind during the discussion.

OPENER

Ask the students to name all the celebrities they know of (athletes, actors, musicians, politicians, and so on) who have had problems with alcohol or drugs. You will be able to create a long list of names. Ask the group if they know why any of these supposedly successful individuals became involved in substance abuse. Then discuss the consequences of that involvement. Did it affect their careers? Who went to jail? Who divorced or lost their children as a result of their dependency? Who lost their lives? Finally, ask the students if these individuals make substance abuse glamorous to teens. This will lead directly into your first TalkSheet question.

THE DISCUSSION, BY NUMBERS

1. Generally speaking, the three most frequently used drugs are caffeine, tobacco, and alcohol. Point out that these three are addictive drugs even though they are legal.
2. Create a master list of reasons why these drugs are used by teenagers. What makes them want to use? What are the rewards of doing drugs? How do they initially get hooked?
3. Here the group can focus on good reasons to avoid use. Reach a group consensus on the best reasons to avoid use. What makes it hard to resist using drugs in today's society?
4. Has it gotten easier for your kids to resist drugs and alcohol? Most likely not. Spend some time talking about peers and media influences. Why is it harder to resist than before? What can your kids do to stay clean, despite the pressures?
5. Let students share their various perspectives on the passages. Focus on one or two passages of interest to the group.

THE CLOSE

The temptations to use drugs are everywhere. As you close, don't lecture your kids—affirm them. It takes will power and determination to stay clean. Encourage them to find others to support them—to keep them accountable for saying no. And point out that God gives power to those who ask for help in resisting temptation—check out 1 Corinthians 10:13 or James 1:12-15. Challenge your kids to make a commitment to stay clean and to find someone who can encourage them.

MORE

- How can your kids deal with addiction? What if they have a friend who is hooked? What can they do to help themselves and others? You may want to talk more about how to handle drug abuse and the importance of breaking the addiction. For information and discussion ideas, check out the National Council on Alcoholism and Drug Dependence, Inc. (<http://ncadd.org>) or the ~~Addiction Recovery Foundation~~ (~~www.addrecovery.com~~). You may want to talk about the effects of alcohol and drug abuse on families—some of your kids may face abusive homes or alcoholic family members. These are real issues that need attention. What are the signs of an addicted parent or sibling? Where can your kids go to find help and encouragement?
- Or you may want to ask someone to talk about drug addiction—possibly someone who works with users, treats those who are addicted, or has recovered from drug abuse. Some of your kids may have stories of people that they know who have been hooked. Take some time to talk about these stories and what happened—but be sure to mediate the conversation. What did your kids learn from these stories? How real are the dangers of drugs and alcohol?

Building Discrepancy

How will your life change if you choose to either continue or quit using drugs and alcohol?

My career, school, or professional life will be affected...	
If I continue using:	If I quit using:

My relationships with my family and other loved ones will be affected...	
If I continue using:	If I quit using:

My relationships with friends will be affected...	
If I continue using:	If I quit using:

Building Discrepancy

My long-term goals will be affected...	
If I continue using:	If I quit using:

My finances will be affected...	
If I continue using:	If I quit using:

My health will be affected...	
If I continue using:	If I quit using:

Addiction Discussion Questions

1 Oftentimes, a person's relationship with drugs and alcohol will change over time. For example, you might've initially used drugs only a few times a month as a fun way to relax, but eventually they become an everyday necessity. How has *your* relationship with drugs changed from the time that you first used to now? Do you still use for the same reasons, or have those reasons changed?

2 Some people are able to function adequately, and complete their responsibilities such as work or school, despite having an addiction. However, for most of these people, functioning would be even better without drugs. How did your functioning change at work or school after you started using? Even if you're able to keep up with your responsibilities while you use, how do you think sobriety would change things?

3 The rituals and activities that surround drug use can be difficult to give up. For example, a smoker might enjoy the ritual of having a cigarette--not just the nicotine. Similarly, a drinker might have more trouble saying goodbye to their drinking buddies than to alcohol itself. What are some rituals or activities that *you* associate with drug use, and how do you feel about giving them up? Do you think you could achieve sobriety without changing your lifestyle?

4 Many people use drugs as a crutch to help them handle difficult emotions such as anger, depression, and anxiety. These emotions are challenging for everyone, and it can be hard to resist the temptation of an easy escape. What choices does a person have, other than drug use, when they are confronted with these painful emotions? What emotions might lead you to using drugs or alcohol?

5 Some people say that addiction is a disease, and others believe it's a choice. What do *you* think, and why? How do you believe counseling, support groups, or other treatments could help a person who struggles with addiction?

6 Drugs and alcohol affect your judgment, thoughts, feelings, and more. Such changes might lead you to make decisions that you *wouldn't* make while sober. Have you done things under the influence of drugs that you wouldn't have done while sober? Have you noticed any behavior patterns that occur only when you're intoxicated?