

HEADS UP
REAL NEWS ABOUT DRUGS AND YOUR BODY

Recovery From Drug Addiction

Science helps us understand the challenges of drug addiction and staying off drugs.

Addiction is a brain disease because drugs change how the brain works. People who are addicted can't stop using drugs even when they really want to. Their priorities change and getting drugs becomes more important than their loved ones, responsibilities, and the goals. Drug addiction can be treated, but recovery can take time—sometimes a long time. Like other chronic diseases such as heart disease, drug addiction often requires treatment throughout a person's life. Even after a period of time without using drugs, an addicted person may have a relapse, meaning they start to use again. Relapse requires more or different treatment in order for them to stop using drugs again.

Why Do Some People Become Addicted While Others Do Not?
A person who has drug addiction is affected by several factors:

- Genetics:** Some genes make people more prone to becoming addicted.
- Family and social environment:** Negative influences can include using peer pressure, physical or sexual abuse, stress, poor communication with parents or friends, and availability of drugs.
- Mental health:** Mental health issues placed some people at a greater risk for addiction.
- Age:** The younger a person is when drug use begins, the greater the chance for addiction.

One thing is certain: Addiction can never develop in people who never use drugs.

Recovery From Addiction:
In 2012, 22 million people in the United States had a substance use disorder. Of those 22 million people, however, only 1 million actually got treatment. Making recovery even more challenging. Most people who aren't treated continue to use. Making progress of recovery, getting more mental health support, staying healthy, therapy, and relying on family, friends, and others in recovery can help.

► More info: For additional facts about the brain and drugs, visit scholastic.com/headsup and teens.drugabuse.gov.

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Recovery From Drug Addiction

Accounts about drug addiction often lack facts about why addiction has such a powerful hold on those afflicted. But science reveals that addiction is a *chronic* disease that changes the brain—and shows why treatment and recovery can be a long and challenging process. It is currently impossible to predict *who* will become addicted to drugs. But one thing is certain: Drug addiction can never happen in people who never use drugs. We hope you share this important article with your students.



SUBJECT	COMMON CORE STATE STANDARDS	NEXT GENERATION SCIENCE STANDARDS	NATIONAL SCIENCE EDUCATION STANDARDS	NATIONAL COUNCIL FOR THE SOCIAL STUDIES
<ul style="list-style-type: none"> Science Literacy English Language Arts Health/Life Skills 	<ul style="list-style-type: none"> RI.1 Cite textual evidence RI.2 Central idea and details W.2 Write informative texts 	<ul style="list-style-type: none"> LSA.1 Structure and Function LSD.1 Information Processing 	<ul style="list-style-type: none"> Structure and Function in Living Things Personal and Community Health 	<ul style="list-style-type: none"> Individual Development and Identity

Critical-Thinking Questions:

Grades 6–8:

- How does drug addiction affect a person's life?
- Why is it important for a drug treatment plan to support a person's mental, physical, and emotional health?

Grades 9–10:

- What impact might drug addiction have on an addicted person's emotions, relationships, and employment?
- In your own words, explain what makes an effective treatment plan and how it might help someone in recovery deal with triggers.

Grades 11–12:

- How might drug addiction impact a person's emotions, relationships, and employment? Infer how these impacts could have long-term consequences on the person's future.
- Analyze the components of an effective treatment program described in the sidebar "Recovery: Getting the Right Support." How might these components support a person through recovery and when experiencing a trigger?

Additional Tools for Lesson:
Visit scholastic.com/headsup/drugrecovery/tools for grade-tiered resources that support teaching this lesson and article:

- Answer Key and Additional Critical-Thinking Questions
- Academic and Domain-Specific Vocabulary Lists
- Additional Writing Prompts
- Additional Paired-Text Reading Suggestions
- Expanded Standards Charts for Grades 6–12

Resources and Support:

- Teaching resources and drug info: scholastic.com/headsup/teachers and teens.drugabuse.gov
- For help with a drug problem: teens.drugabuse.gov/drug-problem-help
- To locate a treatment center: 1-800-662-HELP or findtreatment.samhsa.gov

Writing Prompts:

Instruct students to use evidence from the article in their responses to the writing prompts.

- Grades 6–8:** Explain two obstacles a person in recovery from drug addiction might face.
- Grades 9–10:** How could a local community center support people trying to recover from drug addiction?
- Grades 11–12:** How might the stigma currently associated with drug addiction be an obstacle to a person's recovery? How can a strong support system help him or her overcome this?

Paired Reading:

- Grades 6–12:** "The Truth About 'Rehab' and Drug Addiction," scholastic.com/headsup/rehab
- Grades 6–12:** "Drugs & Health Blog Teaching Guides" (compilations of blog posts), teens.drugabuse.gov/addiction-blog
- Grades 6–12:** "Drug Facts—Brain and Addiction," teens.drugabuse.gov/drug-facts/brain-and-addiction

Additional Sources:

- Video:** "Anyone Can Become Addicted," teens.drugabuse.gov/videos/videos/anyone-can-become-addicted-drugs
- Video:** "Personal Perspectives on Teen Drug Abuse," youtube.com/watch?v=RvYpxLwRwDE
- Event:** "National Drug Facts Week," January 26–February 1, 2015, drugfactsweek.drugabuse.gov

STUDENT WORK SHEET: The work sheet provides more information about risk factors for and protective factors against drug abuse, reinforcing and expanding on the article. Additional critical-thinking questions help students synthesize what they have learned.

Using Drugs: Who Becomes Addicted?

Anyone who uses drugs is at risk for becoming addicted. Genes, family and environment, age, and mental health all influence an individual's risk for using drugs and also for becoming addicted. Some factors make a person more vulnerable, while other factors have a protective effect. To find out more, study the factors below, and then answer the questions that follow.

RISK FACTORS



- ◆ Drug use at a young age
- ◆ Drug availability
- ◆ Genetic risk factors
- ◆ Mental illness, stress, or abuse
- ◆ Poor grades
- ◆ Certain personality traits, such as aggression or poor social skills
- ◆ Family or friends who use drugs
- ◆ Poor relationships with parents
- ◆ Peer pressure

PROTECTIVE FACTORS



- ◆ Never using drugs; having a plan for saying no if offered drugs
- ◆ High self-control
- ◆ Undergoing treatment for mental and physical illnesses
- ◆ Academic achievement; goals that challenge the brain and/or body
- ◆ Close, supportive friends who don't use drugs
- ◆ High parental involvement, including good communication
- ◆ Involvement in school, religious, and/or community activities

Think It Through *(Write your answers on separate paper.)*

1. Select three risk factors and three protective factors from the list above. Then, for each factor (total of six), provide a specific, real-life example that shows how it contributes to risk or protection.
2. Which factors are teens able to control? Which factors do teens have limited or no control over?
3. What are some ways teens can work to manage the factors they have limited or no control over?
4. According to the National Institute on Drug Abuse, the biggest risk is being around other teens who abuse drugs. Why do you think that would be particularly dangerous?