

# Čaŋlí Coalition of CRST



## Think Again Program

For Students Using Tobacco, Vapes, Drugs or Alcohol

These worksheets are intended to be used for students who violate school substance use policies as an alternative to suspension. Students should insert the name of the substance they used anytime [substance] appears.

### **Consequences of Using [Substance] & Statistics**

1. Using resources provided, list eight short-term health effects of [substance].
2. Using resources provided, list eight long-term health effects of [substance].
3. Which health effect is the scariest to you and why?
4. Using resources provided, what is the rate/percentage of [substance] use for your age group?
5. Using resources provided, explain how [substance] alters your brain.
6. List 5 negative consequences of using [substance] not related to health.
7. What resources are available to help someone quit using [substance]?

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Adapted from the Čaŋlí Coalition's Tribal Tobacco Toolkit. Available at <https://quittobaccosd.com/tribal-tobacco-advocacy-toolkit>

## **Video Worksheet**

**Addiction, Inc., 7<sup>th</sup>-12<sup>th</sup> Grade, 76 Minutes** (this movie can be purchased on Amazon for \$6.99 at <https://www.amazon.com/Addiction-Incorporated-Victor-DeNoble/dp/B01BHI43HY>, schools on Cheyenne River can check-out a DVD for free from the Canli Coalition)

*Remove correct answers in red before printing for students.*

1. How did the researchers get the rat to push the nicotine button?  
*Gave the rat an equal amount of nicotine as he would get in a cigarette over 7 minutes.*
2. How did researchers make nicotine even more addictive for the rat?  
*They increased levels of Acetaldehyde in combination with nicotine.*
3. What did the tobacco companies do when they learned about the research proving that nicotine is addictive and why?  
*They shut down the research operation and withdrew the article because they didn't want the public finding out that they are selling an addictive drug.*
4. How many people does tobacco kill every day or every hour?  
*Tobacco kills 2 jumbo jets worth of people die every day, or 1/2 million every year.*
5. What did the Tobacco Company CEO's say under oath to US Congress? Do you think they were being honest?  
*The CEO's testified that tobacco is not addictive even though they knew it was.*
6. List 2 examples of why tobacco companies were sued?  
*Health consequences, addictiveness, manipulating cigarettes, marketing to youth.*
7. Do you think tobacco companies or e-cigarette companies are still manipulative? Please explain why.  
*Open answer*
8. What other companies do you think use similar manipulative tactics?  
*Alcohol, candy, soda, fast food (McDonald's) etc.*
9. Why do you think teenagers start smoking cigarettes or vaping?  
*Open answer*
10. What will you do with the information you learned from this video?  
*Open answer*

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# **Addiction Crossword & Choosing the Right Path**

## **ACROSS**

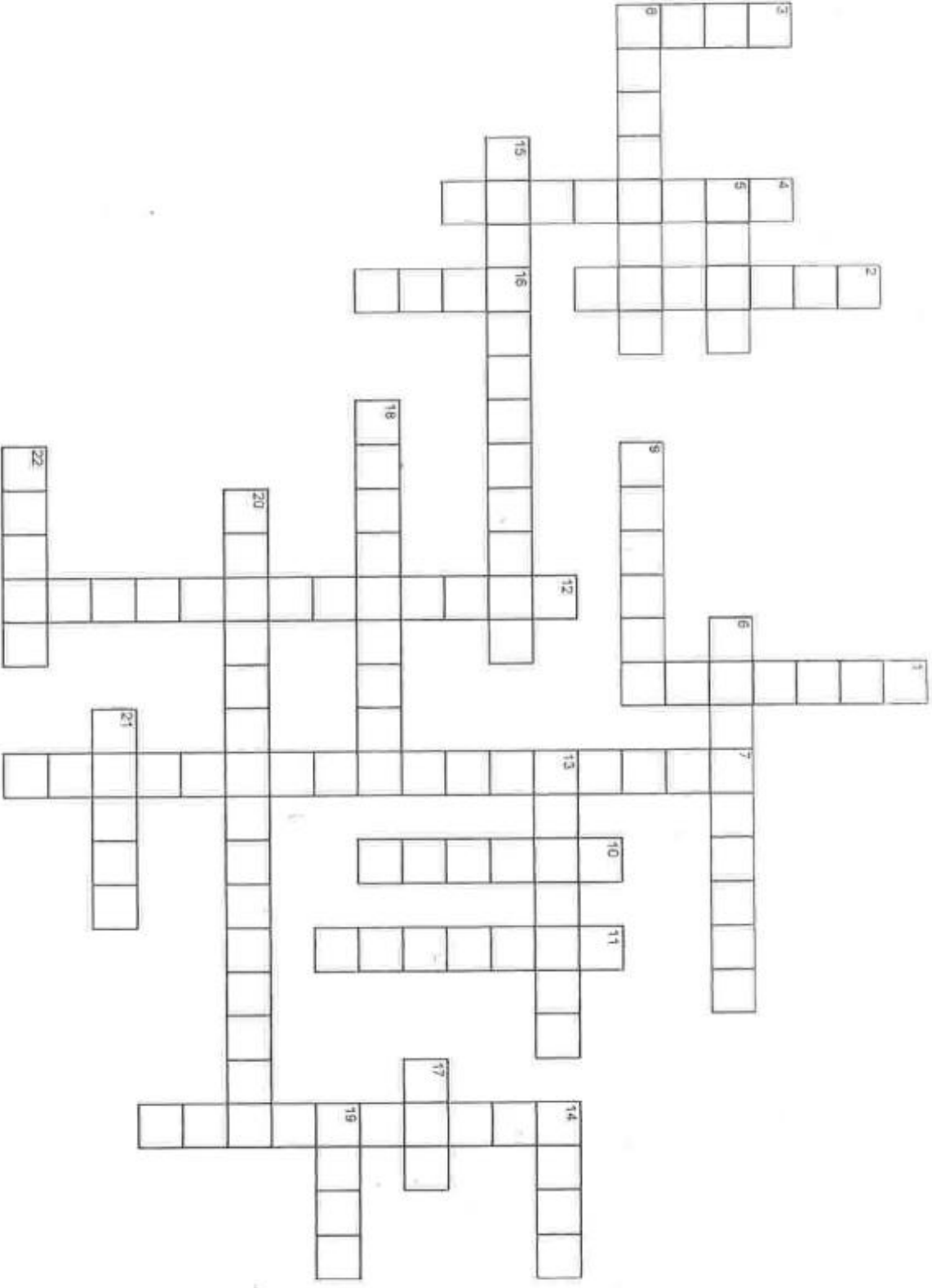
5. \_\_\_\_\_ addiction can cause an intense craving for a drug
6. \_\_\_\_\_ programs help people overcome drug addiction and stay drug-free
8. \_\_\_\_\_ addiction happens when repeated use of a drug changes the way the brain feels pleasure.
9. \_\_\_\_\_ is a common response for people suffering with an addiction problem.
13. An intense need to consume a particular substance (tobacco, alcohol, or other drugs) is called \_\_\_\_\_.
14. \_\_\_\_\_ addiction can cause serious, long-term consequences, including problems with physical and mental health, relationships, employment, and the law.
15. \_\_\_\_\_ is a strong factor in starting to use and abuse drugs, particularly for young people.
17. \_\_\_\_\_ are more likely to have problems with drugs than women.
18. \_\_\_\_\_ to drugs can and does happen to all types of people regardless of income or background.
19. \_\_\_\_\_ use has significant and damaging short-term and long-term effects.
20. \_\_\_\_\_ is the first step in the addiction process and usually starts in a social situation.
21. \_\_\_\_\_ face progression of addictive disorders faster than men.
22. \_\_\_\_\_ can become addicted quicker because of their bodies and brains are still developing.

## **DOWN**

1. \_\_\_\_\_ is what you give up to drugs when addiction takes hold.
2. The second step in the addiction process is called \_\_\_\_\_ use.
3. \_\_\_\_\_ is available. The sooner an addicted person reaches out for it the greater the chances are for long-term recovery.
4. \_\_\_\_\_ is when you are not able to control your drug use and keep using the drug despite the harms.
7. \_\_\_\_\_ are feeling the need for regular drug use (daily), having intense urges for the drug, needing more of the drug to get the same effect, and making sure to maintain a supply of the drug.
10. \_\_\_\_\_ history plays a role in drug addiction likely due to genetics.
11. \_\_\_\_\_ is the average time a craving for tobacco, alcohol or other drug lasts.
12. \_\_\_\_\_ on a daily basis is the third step in the addiction process.
14. The fourth step in the addiction process is \_\_\_\_\_.
16. \_\_\_\_\_ factors vary for addiction depending on the drug.

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# Explore the World of Addiction



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# **ANSWERS**

## **Addiction Crossword & Choosing the Right Path**

### **ACROSS**

5. **DRUG** addiction can cause an intense craving for a drug
6. **TREATMENT** programs help people overcome drug addiction and stay drug-free
8. **PHYSICAL** addiction happens when repeated use of a drug changes the way the brain feels pleasure.
9. **DENIAL** is a common response for people suffering with an addiction problem.
13. An intense need to consume a particular substance (tobacco, alcohol, or other drugs) is called **CRAVING**.
14. **DRUG** addiction can cause serious, long term consequences, including problems with physical and mental health, relationships, employment, and the law.
15. **PEER PRESSURE** is a strong factor in starting to use and abuse drugs, particularly for young people.
17. **MEN** are more likely to have problems with drugs than women.
18. **ADDICTION** to drugs can and does happen to all types of people regardless of income or background.
19. **DRUG** use has significant and damaging short-term and long-term effects.
20. **EXPERIMENTATION** is the first step in the addiction process and usually starts in a social situation.
21. **WOMEN** face progression of addictive disorders faster than men.
22. **TEENS** can become addicted quicker because of their bodies and brains are still developing.

### **DOWN**

1. **CONTROL** is what you give up to drugs when addiction takes hold.
2. The second step in the addiction process is called **REGULAR** use.
3. **HELP** is available. The sooner an addicted person reaches out for it the greater the chances are for long-term recovery.
4. **ADDICTED** is when you are not able to control your drug use and keep using the drug despite the harms.
7. **ADDICTION SYMPTOMS** are feeling the need for regular drug use (daily), having intense urges for the drug, needing more of the drug to get the same effect, and making sure to maintain a supply of the drug.
10. **FAMILY** history plays a role in drug addiction likely due to genetics.
11. **MINUTES** is the average time a craving for tobacco, alcohol or other drug lasts.
12. **PREOCCUPATION** on a daily basis is the third step in the addiction process.
14. The fourth step in the addiction process is **DEPENDENCY**.
16. **RISK** factors vary for addiction depending on the drug.

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## **Choose one report option:**

### **Essay Guidelines**

Write an eight hundred (800) word essay describing what you have learned about [substance] facts, harmful health issues, addiction, ways to quit, and your thoughts for the future regarding your use of [substance]. Please include a listing of sources at the end of your essay.

### **Presentation Guidelines**

Create a 20-minute presentation and/or video using PowerPoint, Prezi, Google Slides, iMovie, or another platform. Describe what you have learned about [substance] facts, harmful health issues, addiction, ways to quit, and what you want peers to know. Please include a listing of sources at the end of your presentation.

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# **Resources for Students**

## **Tobacco**

- Education and youth tobacco initiatives/campaigns to join
  - <http://www.tobaccofreekids.org/>
- South Dakota youth tobacco facts and resources
  - <https://quittobaccosd.com/tribal-tobacco-advocacy-toolkit>
- Education and a text quitting program for teens
  - [www.truthinitiative.org](http://www.truthinitiative.org)
- Teen-friendly media on tobacco and vaping
  - <https://quittobaccosd.com/tribal-tobacco-advocacy-toolkit>
- Facts, resources, and reports on tobacco
  - [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)
- A resource to support tobacco users and vapers as young as 13 to quit
  - <https://quittobaccosd.com/tribal-tobacco-advocacy-toolkit>
- Learn about Lakota traditional tobacco, how Native people are target by the tobacco industry, and resources to help you quit
  - <https://quittobaccosd.com/tribal-tobacco-advocacy-toolkit>

## **Drugs**

- Resources for Native teens on substance use
  - <https://www.wernative.org/my-mind/mental-health-challenges/substance-misuse>
- Review questions about drugs from Native teens and answers from Auntie Manda and Uncle Paige
  - <https://www.wernative.org/ask-auntie-chat/all-questions/page/2?keyword=drug>
- A source for science-based info on teen drug use and its effects
  - <http://www.teens.drugabuse.gov/>
- Find treatment, facts, and resources on substance abuse and mental health
  - <https://www.samhsa.gov/>

## **Alcohol**

- Resources for Native teens on substance use
  - <https://www.wernative.org/my-mind/mental-health-challenges/substance-misuse>
- Review questions about alcohol from Native teens and answers from Auntie Manda and Uncle Paige
  - <https://www.wernative.org/ask-auntie-chat/all-questions?keyword=alcohol>
- Find resources and facts on underage drinking
  - <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>
- Tools and information to make a change in drinking habits
  - <http://rethinkingdrinking.niaaa.nih.gov/>

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## **Resources for Teachers, Counselors, and Administrators**

*The resources below are designed specifically for educators. All of the above resources for students may also be helpful for teachers, counselors, or school administrators.*

- Canli Coalition of CRST's youth vaping lesson plans on peer pressure & e-cigarette facts
  - <https://quittobaccosd.com/native-americans/tribal-tobacco-advocacy-school-presentations>
  - See "Resources" section for hyperlinks to videos and lesson plans
- Scholastic's Real Cost of Vaping curriculum has lessons, activities, magazines and teaching guides for use with 6-12<sup>th</sup> graders
  - <https://www.scholastic.com/youthvapingrisks/index.html>
- Catch My Breath is a free evidence-based curriculum for 5-12<sup>th</sup> graders that focuses on vaping prevention using 4 30-minute sessions
  - <https://letsgo.catch.org/bundles/23725>
- Vaping: Know the truth is a free youth vaping prevention curriculum for 8-12<sup>th</sup> graders that includes 4 10-minute sessions and features the Truth Initiative's "This is Quitting" resource
  - <https://everfi.com/courses/k-12/vaping-programs-for-high-school-students/>
- NIDA's National Drug & Alcohol IQ Challenge on Kahoot!
  - <https://teens.drugabuse.gov/teens/games/nida-kahoot>
- NIDA's Lesson Plan & Activity Finder (search for lessons and activities by school subject, grade level, academic standards, or topic)
  - <https://teens.drugabuse.gov/teachers/lessonplans?sort=created%3Adesc&language=en>
- The Role of Schools: Best Practices and Innovations - this recorded webinar includes comments from school administrators who have found creative ways to address vaping in their school
  - <https://www.youtube.com/watch?v=94feBKGWq48>
- Environmental Impact of E-Cigarettes - this recorded webinar includes an overview of studies on e-cig trash on school properties and proper disposal for confiscated or littered vapes
  - <https://www.youtube.com/watch?v=auDqQOIIAo8&t=3011s>
- Resources to help teens quit tobacco or vape
  - SD QuitLine - <https://www.sdquitline.com/>
  - Truth Initiative - [www.truthinitiative.org](http://www.truthinitiative.org)

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