**PPP Lesson Plan**

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| **Topic:** Drugs and Teenagers. | | | | |
| **Instructor** | **Level** | **Age** | **Number of students** | **Length** |
| Sofia | Advanced | Adults(University students) | 7 | 50 minutes |

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| **Materials:** |

Whiteboard, markers; student worksheets1, 2; pen and paper; computer, beam projector, smartphones; SOS activities

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| **Aims:** |

* To improve reading skills by reading an article about teenage drug issues.
* To improve speaking skills through a discussion with classmates about the article they have read and solutions to help reduce teenage drug issues.
* To improve listening skills when other students speak during discussion.

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| **Language skills:** |

**Reading:** Reading texts about drugs, teenage drug issues and an article related.

**Speaking:** Having verbal discussion.

**Listening:** Listening to other speakers during discussions.

**Writing:** Writing down solutions for the matter in a sentence form

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| **Language systems:** |

**Lexis:** Learning new vocabulary words for reading the text.

**Phonology:** Right pronunciation of the new words.

**Function:** Using right sense of language in discussions.

**Discourse:** Understanding the whole concept of the text by reading the text.

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| **Assumptions:** |

* Students have heard of teenage drug issues
* Students have heard of drugs
* Students don’t know much about heroin.

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| **Anticipated Errors and Solutions:** |

* **The beam projector might not work**
* **Put on the video (the new report) and just make the students listen.**
* **Some student might never heard of heroin before**
* **Students not knowing what drug does to your body**
* **Classmates help student who doesn’t know**
* **Do a brainstorm and talk about it to share information.**

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| **References:** |

[**http://fullspate.digitalcounterrevolution.co.uk/archive/drugsx.html**](http://fullspate.digitalcounterrevolution.co.uk/archive/drugsx.html)

[**https://www.youtube.com/watch?v=cskq\_zGVSZs**](https://www.youtube.com/watch?v=cskq_zGVSZs)

**http://www.promises.com/articles/teens/10-reasons-teens-abuse-alcohol-or-drugs/**

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| **Notes:** |

* Make sure every student participates in discussions.
* Get SOS activities ready for students to do if they are finished with their tasks early (more discussion topics)

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| **Presentation: Introducing topic (Drugs and teenagers) to students.** | | | |
| **Materials:** Whiteboard, markers, pen and paper | | | |
| **Time** | **Set Up** | **Student** | **Teacher** |
| 6 mins | Whole class | Students watch the video and answer guiding questions to reach the concept of the topic (drugs and teenagers). | Greetings  Show students a video clip from youtube about teenagers on drugs then ask them guiding questions to lead them in to the topic (drugs and teenagers). |
| 3 mins | Whole class | Students comes up to the board and brainstorm about drugs (what they do to your body, what it is, it’s illegal, names of drugs they know of etc.) | Invite students up to the board to do a brainstorm about drugs |
| 10mins | Whole class | Students guess the meaning of the word by matching other similar word’s meaning to the one they are newly learning. | Teach vocabularies they might have difficulty understanding the article.  Use other words that have similar meanings. |
| **Notes:** Encourage students to speak out and share their knowledge. | | | |

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| **Practice: Reading the article “Drugs and teenagers”.** | | | |
| **Materials:** Worksheet1, | | | |
| **Time** | **Set Up** | **Student** | **Teacher** |
| 1 min | Whole class | Listen to instructions given by the teacher | Giving instructions for students to read the article  ICQ |
| 3 min | In individual | Read the article | Give out worksheets and monitor |
| **Notes:** Monitoring student is essential to check if they have any problem reading or if they are finished early. | | | |

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| **Production: Discussion** | | | |
| **Materials:** Student worksheet2, whiteboard, markers, pen and paper | | | |
| **Time** | **Set Up** | **Student** | **Teacher** |
| 2 mins | Whole class | Listen to instruction given by the teacher. | Give instructions  ICQ |
| 15 mins | In groups of 3.4 | In groups of 3 and 4, students will discuss if they agree or not with the article and discuss 3 solutions that might help reducing teenagers on drugs and write them on the board. | Divide students into two groups of 3,4  Hand out student worksheet2 to help students  Set up discussion and monitor |
| **Notes:** Monitoring is essential throughout discussion to make sure everyone is participating. | | | |

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| **Post Activity: Feedback** | | | |
| **Materials:** Whiteboard, markers | | | |
| **Time** | **Set Up** | **Student** | **Teacher** |
| 8 mins | Whole class | Students give feedback to each other’s solutions and ask why they came up with the solution. | Monitor  Guide students by keeping one speaker at a time |
| 2 mins | Whole class | Students give feedback about the usefulness of the class | Elicit feedback from students |
| **Notes:** It is important to monitor students during feedback to make sure they are in a positive manner. | | | |

Worksheet1

**Fatal addiction: the story of Scott Douglas**

Two years ago Scott Douglas died of a heroin overdose. Why, then, is his father, who is a staunch opponent of drugs, calling for all drugs to be legalized?   
  
"Legalize, don't criminalize" is Howard Douglas' motto. He insists the only way to control drugs is to regulate the sale of them. "I don't want a soft line on drugs. I wish to God that people wouldn't use them. But they do, and so we need to put some order into the market."   
  
He firmly believes that his son would still be alive today if heroin had been legal. Scott Douglas was 33 when he died two years ago. A long-time heroin user, he was forced to do without the drug during a five-week prison term. He was killed by his first dose after being released.   
  
An inquiry into Scott's death found that because he had been without the drug for several weeks, his body could not take his normal dose. It also revealed that his final shot contained an impurity - urine acetylcodeine. "If there had been a controlled environment for my son to take his heroin, and it had been supplied legally, he would still be alive. There are basically two policy options: you can legalize and regulate the supply, as you do with other drugs such as alcohol and tobacco, or you can leave criminals to control everything."   
  
Although Mr Douglas concedes that legalization would be "anathema" to many fellow parents, he would like to see heroin supplied by the health service to addicts and a "clean and controlled environment" for it to be taken with free needles and medical advice.   
  
One obststacle is that the political will to tackle the problem just does not exist yet. He says the only prospect of change would be if "a government minister's son or a member of the royal family dies from drug abuse".   
  
After Scott's death, Mr Douglas became deeply involved in the debate and was able to understand why many young people turn to drugs. "I met a lot of Scott's associates and they had one thing in common - they couldn't get to grips with the world. "Scott could never understand why three-quarters of the world had to go hungry while one quarter had more food than they needed. For a lot of [addicts] the world is a very painful place. Drugs take the edge off reality."

Worksheet2

# 10 Reasons Teens Abuse Alcohol or Drugs

Posted on October 24th, 2013



The teen years are often considered the most difficult period of a person’s life. After all, how often do you hear anyone over the age of 30 wistfully say, “Oh, to be 15 again…”?

Probably never.

It’s a vulnerable time of life as teens attempt to navigate the precarious bridge between childhood and adulthood. And one of the most challenging decisions, for an age group that’s ill-prepared to make difficult choices, is whether to start using alcohol or drugs.

On the one hand, adolescence is a time of self-exploration. One could argue that it’s perfectly natural and normal to want to try new things, such as getting high or drunk for the first time. However, others would argue – and wisely so – that adolescents, by virtue of their young age and lack of life experience, aren’t prepared for the consequences that often follow.

Regardless of which side of the argument you find yourself, most teens will experiment with alcohol and / or drugs at some point – for many different reasons. Following are 10 of the most common:

## 1. Peer pressure

[Peer pressure](http://www.promises.com/articles/family-and-parenting/teens-drugs-pressure/) is a powerful force at any stage of life, but it’s especially influential during adolescence. At a time when kids are trying to figure out who they are and where they fit in –when insecurities can be fierce – the desire to be accepted and liked makes saying “no” extremely difficult. Saying no can also have painful consequences, ranging from being laughed at or mildly teased, to being humiliated, rejected, and even bullied.

Peer pressure often comes as the devil in sheep’s clothing. The “cool kid” who says, “Hey, [it’s just weed](http://www.promises.com/articles/addiction-news-research/teens-who-use-marijuana-risk-brain-damage/)” or “it’s my dad’s prescription, so of course it’s safe!” Or the popular girl who’s hosting a party while her parents are out of town, encouraging everyone to “drink up” and just have fun – after all, who’s going to know if no one tells?

## 2. To look and feel “grown-up”

Adolescents often want to be treated like adults. “I’m not a kid anymore” is a frequent mantra, especially when they want privileges that come with age – like using alcohol. It’s no surprise that they’re drawn to things that make them feel like an adult – older, more mature, more sophisticated. Drinking, smoking, and drug use can all boost that feeling; “Hey, look at me, I’m all grown up now.” With those behaviors comes the illusion that one is truly mature – and thus can handle anything. Sadly, one bad incident can quickly shatter it and remind them just how young and vulnerable they still are. But until such an event, they naively believe that “bad things” happen only to “other kids.” They overestimate their maturity and underestimate their vulnerability.

## 3. Modeling parents’ behavior

Teens that grow up with parents who abuse [alcohol or drugs](http://www.promises.com/articles/teens/teen-substance-abuse-biggest-health-problem-in-u-s-study-says/) often follow suit. After all, that’s what they know and what they’ve learned. Not to mention, if one or both parents are actively using they often have easy access as well. Not only does the apple often not fall far from the tree, kids often mimic their parents’ behaviors – both good and bad.

Granted, some kids will do the very opposite and shun all substances, wanting to avoid the very thing that ruined their parents’ lives or led to traumatic childhood experiences, such as abuse or neglect.

## 4. Curiosity

Curiosity not only “killed the cat,” it also can be a very seductive temptress. The desire to try new things and explore the world didn’t suddenly shut off when puberty commenced. In fact, it often becomes even stronger. Most teens have a lot more autonomy (and some have way too much) than they did as children. They’re less closely supervised and often left home alone for chunks of time while mom and dad are still at work or out for the evening.

The desire to find out what it feels like to get drunk or high – “just this once,” of course – can be very strong. Not to mention, “Everybody experiments – don’t they?” can be a very compelling rationale. Unfortunately, far too many kids end up in alcohol or drug rehab treatment down the road due to some ill-fated need to satisfy their curiosity.

## 5. Boredom

It’s been said that “idle hands are the devil’s tools” – and similarly, that an “idle mind is the devil’s playground.” In other words, boredom can quickly get anyone – and especially a restless teen – into all sorts of trouble. It’s even worse for teens who have bored friends. Passing the time with a few beers or a few hits with friends (or even alone) is often a slippery slope to addiction.

## 6. Self-medication

Teens who struggle with a lot of emotional pain are especially vulnerable to alcohol and drug abuse. They use these substances – just like many adults – as a way to [self-medicate](http://www.sciencedaily.com/releases/2010/08/100827102551.htm). They know that getting high or getting drunk will, at least temporarily, numb or ease their pain and provide them with a means of escape. These substances can also appear to ease the problem. For example, a socially awkward or extremely shy teen may use alcohol in a desperate attempt to feel more comfortable around others. A teen living in a conflicted home environment may resort to drugs to shut out the world for a while – or at least make it feel a little more bearable.

## 7. Rebellion

Teens like to assert their budding maturity and test the limits with their parents. Those with nagging, overprotective, or strict parents often lash out in a passive-aggressive manner. Rather than talking to mom and dad about their frustrations, such as what they perceive as overly strict rules, religious hypocrisy, or constant nagging, they may rebel by using alcohol or drugs — especially if they know that doing so will make their parents angry or embarrassed.

## 8. Ignorance

Let’s face it, most teens don’t know what’s good for them and what’s not. Not because they’re not bright, but because they simply don’t have enough information or experience. Experimenting with alcohol or drugs often seems innocent enough– in fact, it’s often regarded as a sort of adolescent “rite of passage.” Many teens feel entitled to experiment at this age, as if they’re expected to do so and therefore should do so. What many don’t realize is that it’s neither innocent nor harmless.

For those on the outside looking in, it seems like everyone who’s “doing it” is having fun, and they’re the ones who are missing out. What they don’t yet see (and haven’t yet learned to minimize or rationalize) is all the vomiting after drinking too much, the hangover the next morning, or the sickening “what have I done?” morning-after feeling when they’ve just woken up in a strange place or realized that the needle they used was dirty. Even worse is finding themselves in a jail cell or mourning the death of a friend who drove home drunk. The bliss of ignorance can be quickly shattered.

## 9. To have fun

Getting drunk or high with friends sounds fun — in the moment. What isn’t fun about spending time with friends, sharing an intensely pleasurable drug-induced euphoria or the disinhibiting effects of alcohol? The silliness, the slurred words, the stumbling, the bizarre behavior – all of those things can be very entertaining and make for great stories the next day or down the road. Of course, it’s all just good old teenage fun – until someone is seriously injured, has to face a judge, or winds up on a cold slab in a morgue.

## 10. They’ve become addicted

Teens don’t use alcohol or drugs with the intent of becoming addicted. In fact, since part of adolescence is the still-intact belief that you’re invincible. “Addiction? What’s that? Only losers who use or drink excessively or for years become addicted, right? But not me – I’m just experimenting, having fun with my friends, or seeking a temporary escape from my crappy life.” Oh, to be 15 again – and believe that becoming an addict is something that could never happen to you.

[Talk to your teen](http://www.npr.org/blogs/health/2012/02/15/146939400/kids-listen-when-parents-say-no-to-teen-drinking). If you’re the parent of a pre-teen or adolescent, talk to him or her today about the dangers of alcohol and drugs. Don’t lecture. Don’t condescend. Don’t be dramatic. Just talk – openly and directly. Talk to your child from a place of unconditional love, genuine concern, understanding, and heartfelt compassion, recognizing the challenges and temptations that are so insidious and prevalent at that age. Understand just how vulnerable and easily influenced teens are.

Do everything you can, today and going forward, to keep the doors of communication as wide open as possible, so that tomorrow, or next week, or next year your child will know that he or she can talk to you, confide in you, and ask you questions about alcohol or drugs. Hopefully, by doing so, your teen can avoid the dangerous landmines that devastate and destroy the lives of so many young people.

If your teen is already abusing alcohol or drugs, don’t hesitate to seek help. Contact an addiction specialist or local alcohol and drug treatment facility for guidance in confronting the problem, and to determine the best options for treatment. Make that call today, because tomorrow may be too late.