**Understanding Addiction**

• In this lesson you will learn about different types of addiction, why people get addicted in different ways, the impact it has upon their lives and how they were able to triumph over it.

• After making notes about each of the case studies, answer the questions underneath the table to draw some conclusions.

• All the videos can be found on this web page: <https://www.pshe-lessons.com/4/addiction/>

**You might watch these videos together as a class, or individually. Alternatively, your teacher might allocate different videos to different students, and then put you into groups to discuss and share your findings.**

**All the videos together last about 35 minutes.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Type of addiction** | **How, when and why did this person get addicted?** | **In what ways did this addiction damage his/her life?** | **How and why was this person able to beat his/her addiction?** |
| Alcohol | ??? | ??? | ??? |
| A person with a beard  Description automatically generated with medium confidence  Cannabis | ??? | ??? | ??? |
| A picture containing person, indoor, wall, window  Description automatically generated  Gambling | ??? | ??? | ??? |
| A picture containing person, wall, indoor, young  Description automatically generated  Prescription Drugs | ??? | ??? | ??? |
| A picture containing person, person, wall, indoor  Description automatically generated  Steroids | ??? | ??? | ??? |
| A person in a green shirt  Description automatically generated with medium confidence  Heroin | ??? | ??? | ??? |

**Task 2: Drawing conclusions**

• What sorts of things do all of these people have in common?

1. ???

2. ???

3. ???

4. ???

5. ???

• Whose story do you find the most inspiring? Explain your answer.

???

• Do you think that these people have truly beaten their addiction? Explain your answer.