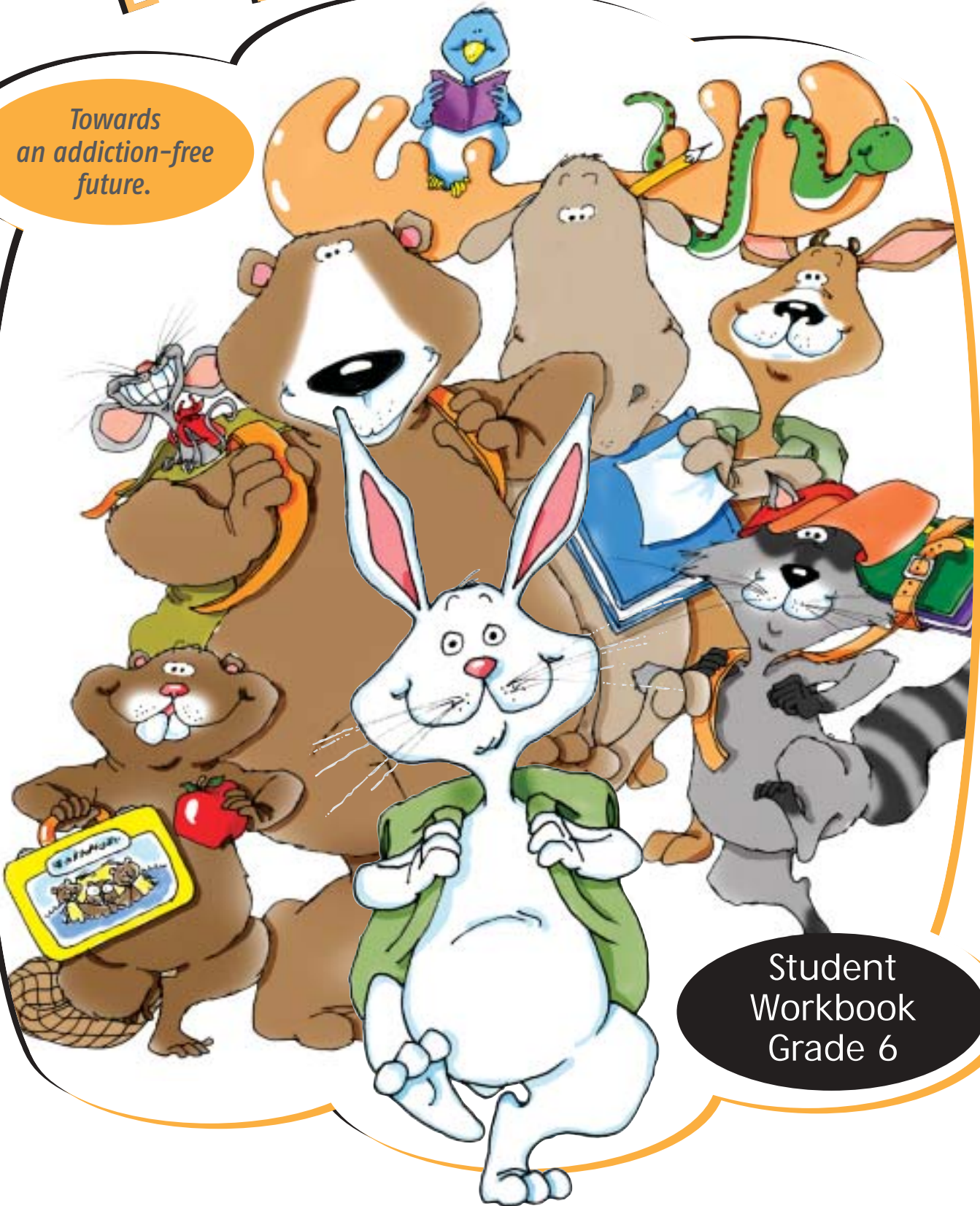


# Leaps and bounds

*Towards  
an addiction-free  
future.*



Student  
Workbook  
Grade 6

# Understanding the unit

- Lesson 1: Agitating Addictions - Information about addiction
- Lesson 2: Alcohol Use or Abuse? - The difference between social and problem drinking
- Lesson 3: Dickey Decisions - Information about problem gambling
- Lesson 4: Personal Power - Building on individual strengths
- Lesson 5: Facing our Feelings - Stress management techniques
- Lesson 6: Refusal Responses - Learning refusal strategies
- Lesson 7: Important Life Ingredients - Recognizing the value of life experiences
- Lesson 8: Personal Promises - Making a commitment to achieve personal goals



# Definitions

1. Addiction —
2. Tolerance —
3. Withdrawal —
4. Alcohol —
5. Marijuana —
6. Gambling —
7. Self-esteem —
8. Stress —
9. Pressure —
10. Goal —
11. Commitment —

# Fact or fiction?

Read through the following questions and circle the best answer:

1. Almost half of the smokers in Alberta smoked their first whole cigarette between which ages?
  - a) 14 and 17
  - b) 18 and 21
  - c) 22 and 25
2. A common reason people use drugs is to do what?
  - a) Punish themselves
  - b) Form an addiction
  - c) Change the way they feel or think
3. What is the best definition of a drug?
  - a) It is a substance that is very habit forming
  - b) It is a substance that can change the way your body and/or mind function
  - c) It is an illegal substance that can harm you
4. What percentage of Alberta students from Grade 7-9 do not drink any alcohol?
  - a) 86%
  - b) 64%
  - c) 22%
5. Why do people gamble?
  - a) For fun, excitement or challenge
  - b) To win money or escape problems
  - c) Both of the above

6. What percentage of Alberta students from Grade 7-9 are non-smokers?
  - a) Almost 93%
  - b) Almost 25%
  - d) Almost 46%
7. Which is the most effective way to say “no” to alcohol, drugs and gambling?
  - a) Pretend they don’t exist
  - b) Think about risky situations and have a plan of action
  - c) Hang out with people who don’t know anything about these things
8. What percentage of Alberta students from Grade 7-9 do not use the illegal drug cannabis (also known as marijuana)?
  - a) 72%
  - b) 12%
  - c) 40%
9. What is the best definition of gambling?
  - a) Any activity where somebody wins and somebody loses
  - b) An activity that you will win if you are a lucky person
  - c) Risking something of value on an activity with an uncertain outcome
10. Which is the most effective way to stop an addiction before it has a chance to start?
  - a) Hang out with people who have alcohol, drug or gambling problems and promise yourself that you’ll never let that happen
  - b) Think about what you want in life and how alcohol, drugs and gambling might mess with that
  - c) Think about all the bad effects of alcohol, drugs and gambling and swear them off for good



# Alcohol acceptance

Read each situation carefully. Circle T if you think the statement is true, or F if you think it is false.

1. Sahir's mom and dad have an occasional drink, usually during social events. Sahir's chances of developing a drinking problem are lower than they are for somebody who comes from a family of heavy drinkers. .... F T
2. Teresa feels nervous and awkward around people, especially at parties. Teresa has seen her older brother loosen up after having a few drinks. He becomes the "life of the party!" Social pressure is one of the reasons people drink. .... F T
3. Tony wonders what it's like to be drunk. He thinks about it a lot and he is very curious to try it. This is unusual. Few people try drinking out of curiosity. .... F T
4. Darcy is having difficulty controlling her anger and relieving her stress. When she is not angry or stressed, she feels depressed. Some people will use alcohol to deal with emotional problems. .... F T
5. Lee's parents do not drink alcohol. They tell Lee about the dangers of alcohol and forbid him to use it. Lee has a tendency to rebel against authority. He will probably not experiment with drinking because of his parents' wishes. .... F T
6. Personal image is very important to Aria. She hangs out with the "cool" crowd at school. Lately, her friends have begun drinking beer at parties. This does not increase Aria's chance of experimenting with alcohol because it doesn't have anything to do with personal image. .... F T
7. Jim has a drink with his buddies once in a while. Usually, it makes him laugh and feel carefree. Sometimes, he experiences relaxation and sleepiness. One reason why people use alcohol is to change the way they feel or think. .... F T
8. Ever since Darcy can remember, the people around her have been heavy drinkers. They brag about getting "hammered" and being able to "hold their liquor." Darcy thinks it's okay to drink a lot of alcohol. This accepting attitude does not increase her chances of having a drinking problem. .... F T

# Analyzing alcohol

## Alcohol is a drug

It is important to remember that alcohol is a drug and should never be mixed with any other drugs. Alcohol is a depressant drug that slows down the central nervous system. Alcohol affects the way your body and mind function by slowing down the messages that get sent to and from the brain. If you drink too much alcohol, your body slows down so much that you go to sleep or become unconscious. Drinking an extreme amount of alcohol may result in alcohol poisoning, which can cause death. Drinking heavily over a long period of time can have serious consequences, such as brain damage, ulcers, liver disease, malnutrition, heart damage and various forms of cancer.

## Alcohol, your body and your brain

Alcohol is not digested (broken down in the stomach) the same way that food is. Alcohol is absorbed through the lining of your stomach and intestines and quickly enters your bloodstream. Once it gets into your blood it is circulated to all parts of your body including your brain. Your brain is the part of your body that is the most sensitive to alcohol. Alcohol upsets your brain's ability to send and receive messages. Alcohol's effect on your brain can cause dizziness, confusion, slurred speech, fuzzy vision and poor muscle control.

## Alcohol and your liver

After alcohol gets into your blood it goes directly to your liver. Your liver is the organ responsible for cleaning the impurities out of your blood. Your liver must work hard to change the alcohol into water and carbon dioxide. It is then removed from your body through your breath, sweat and urine. This process happens slowly. When people drink alcohol faster than their liver can get rid of it, they will quickly feel the effects of the alcohol. That is why you cannot make yourself less drunk by drinking coffee, running in fresh air or taking a shower. You must wait for your liver to break down the alcohol.

### How much alcohol is too much?

One beer, one 120 mL glass of wine and one drink with 45 mL of hard liquor contain the same amount of alcohol. Each is considered one drink. A person who has had one drink may feel or act differently than another person who has also had one drink. Alcohol affects people in different ways. It is difficult to determine what effects alcohol will have on a person because it depends on many factors; these include how a person feels, the company he or she is with and the place and time of day. People tend to feel the effects of alcohol more so if they:

- Do not drink on a regular basis
- Have a lower metabolism
- Are smaller in size
- Are women
- Drink quickly

### When does drinking become a problem?

Anyone who drinks may develop a problem with alcohol. This can be the result of drinking too much at one time or patterns of drinking over a period of time. A drinking problem happens when a person's use of alcohol results in negative consequences. Someone may have a problem with alcohol if his or her drinking causes:

- Difficulties with money
- Trouble with the law (drinking and driving, inappropriate behaviour in public)
- Physical suffering (loss of appetite, sleeplessness, nausea)
- Emotional suffering (feeling guilty, anxious, depressed)
- Pain to others (insults, hurtful words and actions)

People who drink to cope with stress or cannot control the amount they drink are at a high risk of developing a problem with alcohol.

### What is the difference between use and abuse?

Alcohol is one of the most widely used drugs in Canada. People drink for many reasons: to add pleasure to social events, to relax or refresh themselves or to participate in religious or festive celebrations. Most people are social or occasional drinkers. These are people who drink moderately (reasonable amounts in responsible situations). Generally, their drinking does not cause problems with physical or mental health, family, friendships, work, money, driving abilities or the law. People who drink moderately do not abuse alcohol by drinking too much at one time, developing patterns of drinking over a period of time or combining alcohol with other drugs.



# Drinking dilemma

What comes to mind as you read each of the statements below?  
Write your thoughts in the space provided.

1. Television beer commercials always show people laughing and having a good time when they drink. That makes me think...

.....

.....

.....

2. The media report that violent crimes are sometimes associated with alcohol use. That makes me think...

.....

.....

.....

3. Alcohol is served at important celebrations like weddings. That makes me think...

.....

.....

.....

4. Some people choose not to drink alcohol. That makes me think...

.....

.....

.....

5. I've heard that a number of famous people are "alcoholics."  
That makes me think...

.....  
.....  
.....

6. Some of the people whom I admire also drink. That makes  
me think...

.....  
.....  
.....

7. Many news stories report that drunk drivers kill people.  
That makes me think...

.....  
.....  
.....

8. In Alberta it is illegal for anyone under the age of 18 to  
drink alcohol. That makes me think...

.....  
.....  
.....

## Probable purposes

Read the situations below and write down two reasons why you think each person gambles. Two of the situations will have three reasons. See if you can find the extras:

1. Manuel likes to bet on card games with family and friends. Recently, he started placing larger and more frequent bets because it excites him and he feels challenged.

.....

2. Judy's friends play bingo once in a while for entertainment. They invited her to join them. Judy was curious to try it, she had fun playing bingo and she enjoyed doing something with her friends.

.....

3. Ian bets on sporting events, like hockey, soccer and basketball. Sports and gambling are hobbies of his. When he is focused on whether he will win his bets, he forgets about his everyday problems.

.....

4. Fadwa loves to buy fundraising, raffle and lottery tickets. She thinks it's important to support good fundraising causes. She is sure that she will have a big win one day because she buys so many tickets.

.....

5. Tim enjoys placing bets on horse racing. He likes to be alone and the horse races are a good place to avoid people who want to "chit chat." Tim thinks he is skilled at picking a winner and this helps him feel good about himself.

.....

## Weighing wagers

Read the situations below and write down what the characters may “win” or “lose” if they choose to gamble or not.

1. Manuel has begun to spend greater amounts of time betting on card games. He is placing larger and more frequent bets. Tonight, he has a chance to go to the movies with his friends instead.

*If he gambles*



*If he goes to the movie*



2. Judy has promised her family that she will cut back on bingo. She lies about her gambling activities and refuses to explain her behaviour.

*If she continues gambling*



*If she cuts back*



3. Ian has always been a good student, but his grades have begun to drop. He spends more time betting on sports events and worrying about the outcomes. His teacher has suggested that he join a study group. He is interested in the idea of joining, but he knows he won't have time to gamble.

*If he gambles*

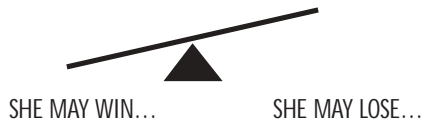


*If he joins the study group*



4. Fadwa has been offered a part time job that pays well. She would like to pay off her growing debts from buying raffle and lottery tickets. This job would take time away from looking into different raffles and lottos.

*If she gambles*



*If she takes the job*



5. Tim used to bet on horse racing for fun. Lately, he depends more on gambling to feel good about himself. He experiences mood swings a lot. He played on a baseball team last year and his teammates have asked him to join them again this year. He can't do both.

*If he gambles*



*If he joins the team*



# Personal progress report

Evaluate yourself on how often you demonstrate the qualities below:

1. I am able to let go of something bothering me.

Almost always     Rarely     Sometimes     Usually     Almost never

2. I believe in myself and my ability to do things well.

Almost always     Rarely     Sometimes     Usually     Almost never

3. I trust others.

Almost always     Rarely     Sometimes     Usually     Almost never

4. I am welcoming toward others.

Almost always     Rarely     Sometimes     Usually     Almost never

5. I lean on a friend when I am down.

Almost always     Rarely     Sometimes     Usually     Almost never

6. I am a good listener.

Almost always     Rarely     Sometimes     Usually     Almost never

7. I recognize and appreciate that I am unique.

Almost always     Rarely     Sometimes     Usually     Almost never

8. I celebrate my differences from others.

Almost always     Rarely     Sometimes     Usually     Almost never

9. I am independent.

Almost always     Rarely     Sometimes     Usually     Almost never

10. I learn from my mistakes.

Almost always     Rarely     Sometimes     Usually     Almost never

11. I forgive others.

Almost always     Rarely     Sometimes     Usually     Almost never

12. I praise people, rather than criticize them.

Almost always     Rarely     Sometimes     Usually     Almost never

13. I accept people the way they are.

Almost always     Rarely     Sometimes     Usually     Almost never

14. I am honest.

- Almost always     Rarely     Sometimes     Usually     Almost never

15. I like to just be myself, rather than somebody I am not.

- Almost always     Rarely     Sometimes     Usually     Almost never

16. I show my emotions.

- Almost always     Rarely     Sometimes     Usually     Almost never

17. I am happy for others, not jealous of them.

- Almost always     Rarely     Sometimes     Usually     Almost never

18. I express my feelings.

- Almost always     Rarely     Sometimes     Usually     Almost never

19. I stand up for my beliefs and values.

- Almost always     Rarely     Sometimes     Usually     Almost never

20. I am a loyal friend.

- Almost always     Rarely     Sometimes     Usually     Almost never

21. I make responsible decisions.

- Almost always     Rarely     Sometimes     Usually     Almost never

22. I keep promises to myself and others.

- Almost always     Rarely     Sometimes     Usually     Almost never

23. I avoid comparing myself with others.

- Almost always     Rarely     Sometimes     Usually     Almost never

24. I have realistic expectations for myself and others.

- Almost always     Rarely     Sometimes     Usually     Almost never

25. I am able to laugh at myself.

- Almost always     Rarely     Sometimes     Usually     Almost never

Look at your list and decide which three areas are strengths for you and which three areas need improvement. Think about the qualities that help you strengthen your self-esteem and build supportive relationships with others.

# Student strengths and individual interests

.....  
Activities I am involved in are...

.....  
Special abilities I have are...

.....  
I feel determined to succeed when...

.....  
My accomplishments are...

.....  
In my neighbourhood I like to...

.....  
When I think about the future, I hope that...

.....  
At school I am good at...

.....  
At home, my interests include...

.....  
When I am alone I enjoy...

.....  
When I am with other people I often...

.....  
People compliment me about...

.....  
Responsibilities I have are...

.....



Family is important to me because...

.....

Friends are special to me for many reasons...

.....

People like me because...

.....

I think I make a difference by...

.....

Three of my best qualities are...

.....

I am a positive influence for others when I...

.....

I like to relax by...

.....

I am grateful for...

.....

The time when I feel the happiest is...

.....

The thing I like about myself the most is...

.....

My greatest quality is...

.....

Things that I value the most are...

.....

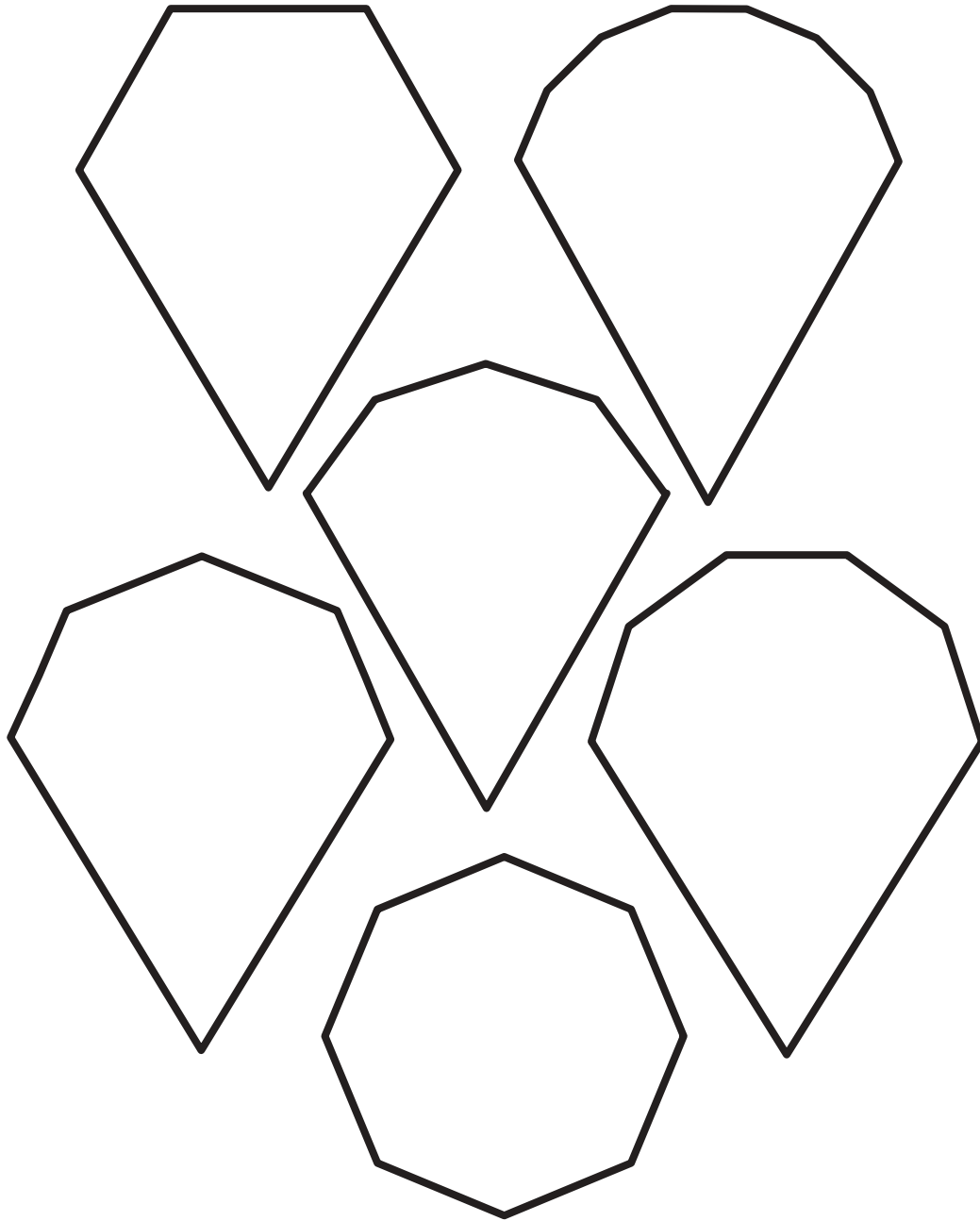
I am a good listener when...

.....

## Declaration of decline

1. Polite and to the point:  
*"No thanks"*
2. Be honest about your feelings:  
*"I'm not comfortable doing that"*
3. Repeat your answer:  
*"No thank you...No thanks...No...I'm not interested..."*
4. Lighten up your answer:  
*"I like my lung/brain/health (whatever is appropriate) the way it is"*
5. Turn the pressure around:  
*"Why do you need me to join you?"*
6. Accept the person, but not the behaviour:  
*"I like you as a friend, but I don't like doing that"*
7. Do not respond:  
*Simply walk away*
8. Change the subject:  
*"I have a suggestion, let's go to a movie instead"*
9. Lean on a friend nearby:  
*"I'm not interested, what about you?"*
10. Lean on your parents:  
*"My parents trust me and that's important to me"*
11. Prediction:  
*If you can see a difficult situation beginning to take place, avoid it*
- 12.
- 13.
- 14.

# Guarding your gemstones



# Generating goals

In the spaces provided below, write down an Important Life Area and the goal you hope to achieve in that area. Remember to consider:

- ⇒ Are your goals achievable or unrealistic?
- ⇒ What can you do today towards achieving your goals?
- ⇒ What results do you expect to see?
- ⇒ What changes can be made as a result of setting these goals?

Important Life Area: .....

Goal to achieve: .....

.....

.....

.....

Important Life Area: .....

Goal to achieve: .....

.....

.....

.....

Important Life Area: .....

Goal to achieve: .....

.....

.....

.....

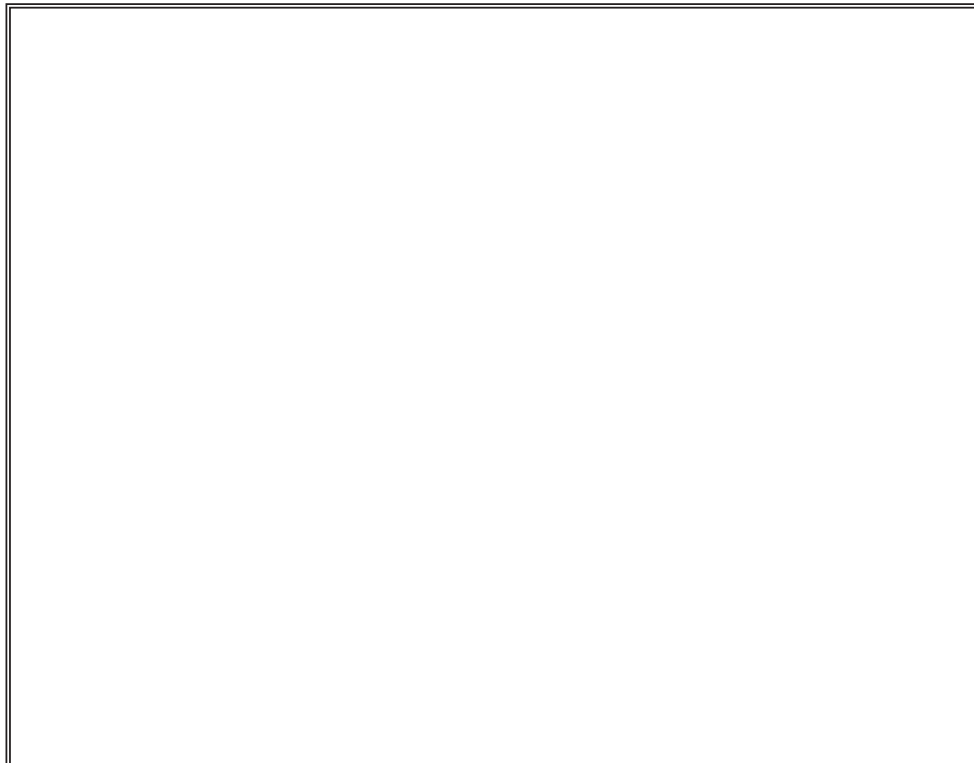
# Personal promise

I will make a personal commitment, which is a promise to myself. My personal commitment will help me reach the goals that I have set out to achieve. To be the person that I want to be, I will remember to:

- ⇒ Surround myself with supportive people
- ⇒ Believe in myself and recognize my strengths
- ⇒ Use relaxation techniques to manage stress
- ⇒ Figure out what is important in life and how alcohol, other drugs and gambling might hinder that

.....  
SIGNATURE

.....  
DATE





# AADAC

Alberta Alcohol and Drug Abuse Commission  
An Agency of the Government of Alberta

For more information, contact your local AADAC office,  
call 1-866-33AADAC, or check our website at [www.aadac.com](http://www.aadac.com).

## Definitions (Teacher's Copy)

1. Addiction — is when people depend so strongly on a drug (such as alcohol) or an activity (such as gambling), that they continue the behaviour, even though they may be hurting themselves or others. Addiction includes physical and psychological dependence.
2. Tolerance — is the body getting use to a drug or activity. This means that over time the body changes and needs more and more of the drug or activity to get the same effect.
3. Withdrawal — is a change in the body and mind when the person no longer gets the drug or does the activity. It is the body and mind trying to return to normal.
4. Alcohol — is a depressant drug that affects the way your mind and body function by slowing down the central nervous system.
5. Marijuana — is a mood-altering drug that is found in the cannabis sativa plant. It is the most widely used illegal drug in Canada.
6. Gambling — is risking money or something of value on an activity with an uncertain outcome.
7. Self-esteem — is having a good opinion of yourself and your abilities.
8. Stress — is a situation of being under pressure or tension.
9. Pressure — is when someone tries to influence or persuade you.
10. Goal — is an aim a person works toward achieving.
11. Commitment — is a promise or a pledge to do something.

