

# YOUTH SUBSTANCE ABUSE (W138) COURSE OVERVIEW

## COURSE OBJECTIVE

The objective is to present to youth a wide range of practical and cognitive skills that can assist them to be chemically free.

## COURSE CONCEPTS

UNIT 1: *BEGINNINGS* - A teen doesn't become fully cognizant until age 25.

UNIT 2: *VALUES AND BEHAVIOR* - Home and society script our values.

UNIT 3: *GROWTH vs. DECAY* - It is not all your fault.

UNIT 4: *LIFE* - Life is what we make of it.

UNIT 5: *AVOIDING ANGER* - Chemical dependence creates anger.

UNIT 6: *SKILLS FOR LIFE* - Nine powerful skills that can change your life.

UNIT 7: *LEADING LIFE* - If you don't control your life, it will control you.

## COURSE COMMENTS

The drug monster doesn't care who you are; it doesn't discriminate. Its main job is to get you addicted and ruin your life. Chemical addiction seeps into your body and hijacks your mind. It attacks your frontal lobe and other brain processes as well as organs in your body. Soon your whole self is caught up in revolving processes that often doesn't find conclusion until death. The only way back to sobriety is through the inner self, accompanied by strong determination and support from others. Youth playing around with drugs, is like playing Russian roulette, you never know when one will fire.

## COURSE CRIMINOGENIC NEEDS MET

(1) Antisocial cognitions (2) Antisocial companions (3) Antisocial personalities  
(4) Substance abuse

## COURSE REVIEW QUESTIONS

- How do chemical addictions sap the energy out of life?
- Why is using drugs like having a dimmer switch attached to your body?
- If you become addicted, and don't have a strong desire to change, what then?
- How can drugs turn you into a zombie, half alive and half dead?
- How do you keep from following your friends into the swamp of despair?
- Why do drug users lack intelligence?
- Why is the first time you take a street drug important?
- How does taking drugs destroy your freedom?
- Why are drug pushers a menace to society?
- If you don't protect your mind and body from drugs, what can happen?

NEW BEGINNINGS SUBSTANCE ABUSE - W 138

EXIT TEST

---

1.  
 0  
 137  
 0
2.  
 Curt  
 0  
 0
3.  
 0  
 family  
 0
4.  
 0  
 doesn't know right from wrong.  
 0
5.  
 0  
 lose control of their lives.  
 0
6.  
 0  
 0  
 observing what each produces, the results.
7.  
 0  
 seek out other \$2.00 people.  
 0
8.  
 0  
 0  
 has more power than the untruth.
9.  
 what you have done in the past.  
 0  
 0
10.  
 0  
 feel validated and secure.  
 0
11.  
 because there is no happiness in doing wrong.  
 0  
 0
12.  
 0  
 0  
 but I can't choose the consequences.
13.  
 0  
 0  
 when you live the truth.
14.  
 0  
 0  
 Volleyball
15.  
 0  
 0  
 made correct choices
16.  
 0  
 feel better.  
 0
17.  
 you can't change what happened.  
 0  
 0
18.  
 0  
 a secondary emotion.  
 0
19.  
 0  
 Tammy  
 0
20.  
 0  
 0  
 we have to change what we are doing.