

Lesson 3: Addiction

What can you remember about **Ketamine** from last lesson?

Define addiction

Is addiction caused by addictive drugs?



What makes someone addicted to a substance? There are three main theories:

- 1. Learning Theory:** views addiction as a learnt behaviour based on environmental factors
- 2. Disease model:** Views addiction as an illness
- 3. Choice model:** View drug use as rooted in personal choice

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Rat Park

Rat Park was conducted in the late 1970s by Bruce K. Alexander. In this TED Talk, Johann Hari talks about the way it reframed addiction...

Explain the experiment:

Which model do you think Rat Park supports?

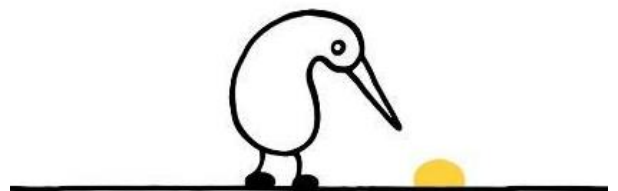


Key Quote

“The question is not why the addiction, but why the pain?”

Gabor Mate

What does **the video ('Nuggets')** tell us about the emotions involved in being addicted to drugs?



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Watch the start of Max's story

As you watch it, consider which factors contributed to Max's addiction to substances?



What words come to mind when you read the word:

ADDICT

Why is Max happy to call himself an addict and which model of addiction does he reject?

If you were to design an environment that would help an addict recover from drug misuse, what would it look like?



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As an addict, Max's recovery isn't a single moment, it's a lot of hard work over a long period of time. What sort of things does he do to help this?

How might an underdeveloped prefrontal cortex make someone more susceptible to addiction?



How do you think 'set' (mindset) and 'setting' (your environment) affect the likelihood of teenage addiction?

Set (mindset)

Setting (environment)

How do I know if I'm struggling with addiction?

If you answer **yes** to these questions, it might be that you need help:

- Do you lie about your **drug*** use?
- Do you take **drugs** alone?
- Have you ever tried to quit and been unable to?
- Do you continue taking **drugs** despite negative consequences?

** 'drugs' include legal drugs like alcohol, smoking and vaping too*

The great news about recognising an addiction in teenage years is that because the brain is still growing, it is often easier to recover with help.