

*iKeepSafe iHealth Curriculum***HEALTHY TECH CHOICES: AVOIDING ADDICTIONS, PART 2**

Purpose

To give students an opportunity to teach each other about how to avoid addiction and to inspire each other to stay addiction free or get help if they need it.

Key concepts

- How to avoid traps of addiction
- Hope for getting out of addiction
- Share hope with friends

Grades: Appropriate for Grades 8-10**Time required:** 45 minutes

Preparation

Equipment needed: projected video screen, dry erase board and markers, student presentations

Lesson Development***Introduction or Attention Activity***

Idea #1: [Video intro—“Maria’s Story”](http://vimeo.com/27256094) from Fight the New Drug.
[\[http://vimeo.com/27256094\]](http://vimeo.com/27256094)

Idea #2: Tie a red thread or yarn around a student. Ask him to break out of it. Begin again, wrapping many loops of thread around the student until it is impossible for him to break through. Ask the student to erase the whiteboard, dance with another student, get a pen out of his backpack. With scissors, cut through the bound threads. Mention that often addiction problems cannot be solved by our own and require the help of an expert.

Take-away: be grateful for your ability to be in control.

Lesson

Yesterday we discussed some consequences of being addicted. Let’s see what you came up with for avoiding the trap of addiction.

Once addicted, particularly to pornography, a person can almost never overcome alone. Recovery requires outside help. Once a person is recovered from an addiction, they are always “in recovery” because they are always susceptible to triggers. It is easiest to never start in the first place.

Watch student presentations. View all of them or the best of them, depending on time.

Your ideas were excellent. Just a couple ideas I wanted to add (make sure the items below are covered in the student presentations):

- Ask your friends: “Do you think I’m addicted to the internet (Facebook, gaming, pornography, etc.)?”
- Try a digital sabbatical: go a day or weekend without Internet or media.
- Set a goal for time limits. Can you keep that promise to yourself? If not, ask for help.

- Log your use—be honest with yourself.
- Ask your parents to install filters on home computers. These will also help you put limits on the time you spend online.
- Professional therapy is something to be proud of not ashamed of.
- School counselors can help you get started looking for help.

Quick Response to Inappropriate Images on Screen

- Turn off the screen, close the lid (laptop)
- Tell an adult.
- Don't click to exit or go back in your browser to exit adult sites. Some developers are sinister and trick you into going deeper into the site when you try to exit. Just close the lid (or turn off the screen), and let the adult who is responsible for the computer take care of it.

Support Each Other:

- Accountability Partner: Ask a friend to be your responsibility buddy. Help each other stay involved in real life and limit screen time. Take the Internet Addiction Test together. Report to each other. Celebrate your success.
- Intervene if you're worried about a friend. Talk to a teacher.
- Be positive with friends. Let them know that you are all for fighting addiction. Help them learn the tips that you know. Share your hope for the future with your friends.

Other Helps for Students

- Me! As a health teacher, it's my job to help you stay healthy.
- Community groups: free and anonymous 12 step programs
 - [Catholic Support Group for Sexual Addictions Recovery](#) (CSGSAR)
 - [12-Step Addiction Recovery Support Groups](#) (LDS): Many kinds of addictions addressed
 - [Heart t' Heart](#) (LDS)
- Counseling/paid services
 - [Lifestar Addiction Recovery](#)
 - [Candeo](#)
- Religious leaders

Wrap-Up

Let's review some of the important ideas you have for staying addiction free. (*Stay positive.*)

There are many resources in place to help kids who have started into an addiction, so don't waste any time. The good news is, NOW is the easiest time to beat an addiction. It will be much harder to quit in 5 years, 10 years, and the longer you go the harder it gets. So, if you've wondered about professional help, come talk to me. I'll help you find it. Counselors and doctors have made big improvements in treating these addictions, and they have great ideas for helping you live a healthy, non-addicted life.

Additional Resources

- [Internet Addiction Self-test](#): a free, online 20 question survey (no login required) to help students identify if they exhibit addictive behaviors with the Internet and media.
- [Center for Internet Addiction](#): more information on the many variations of Internet addiction.

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