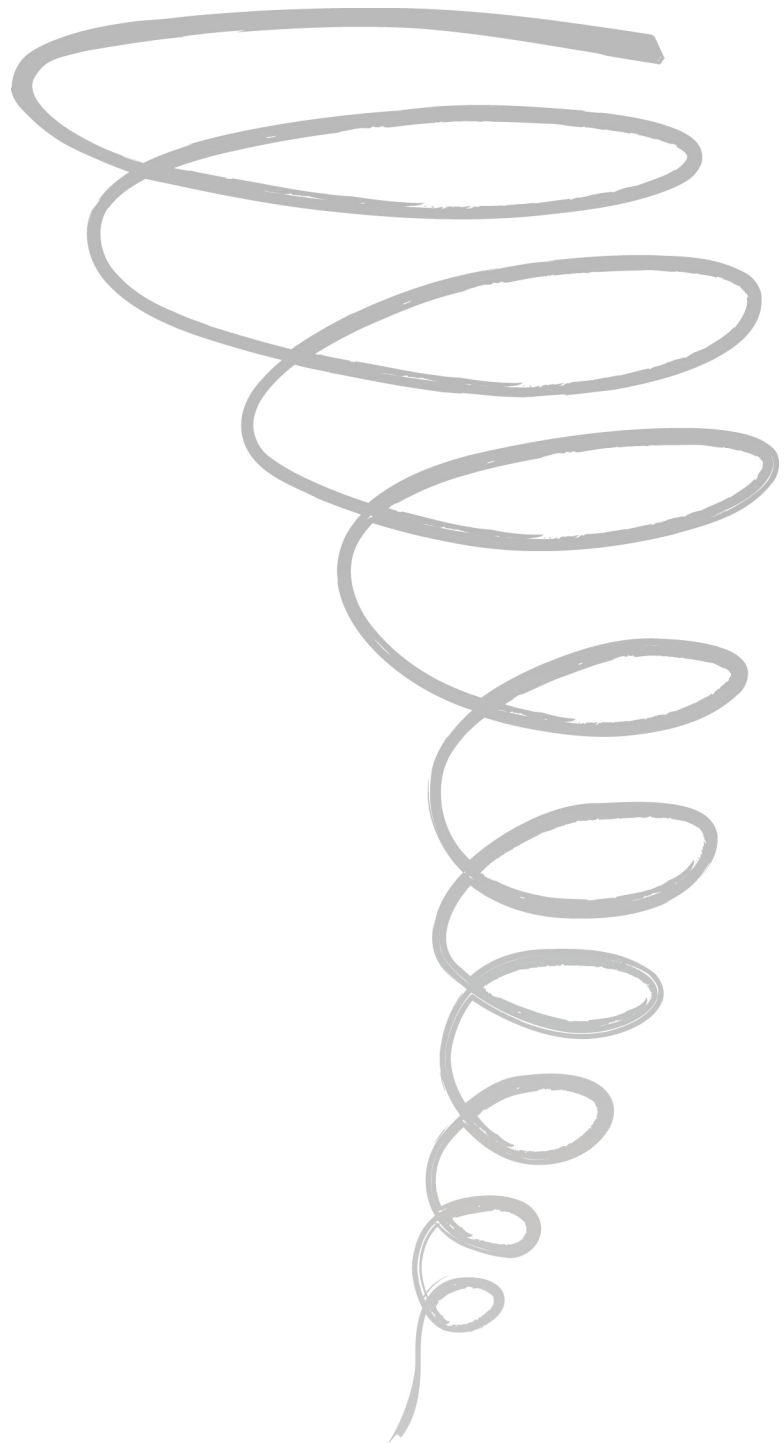


ACTIVITY 2B

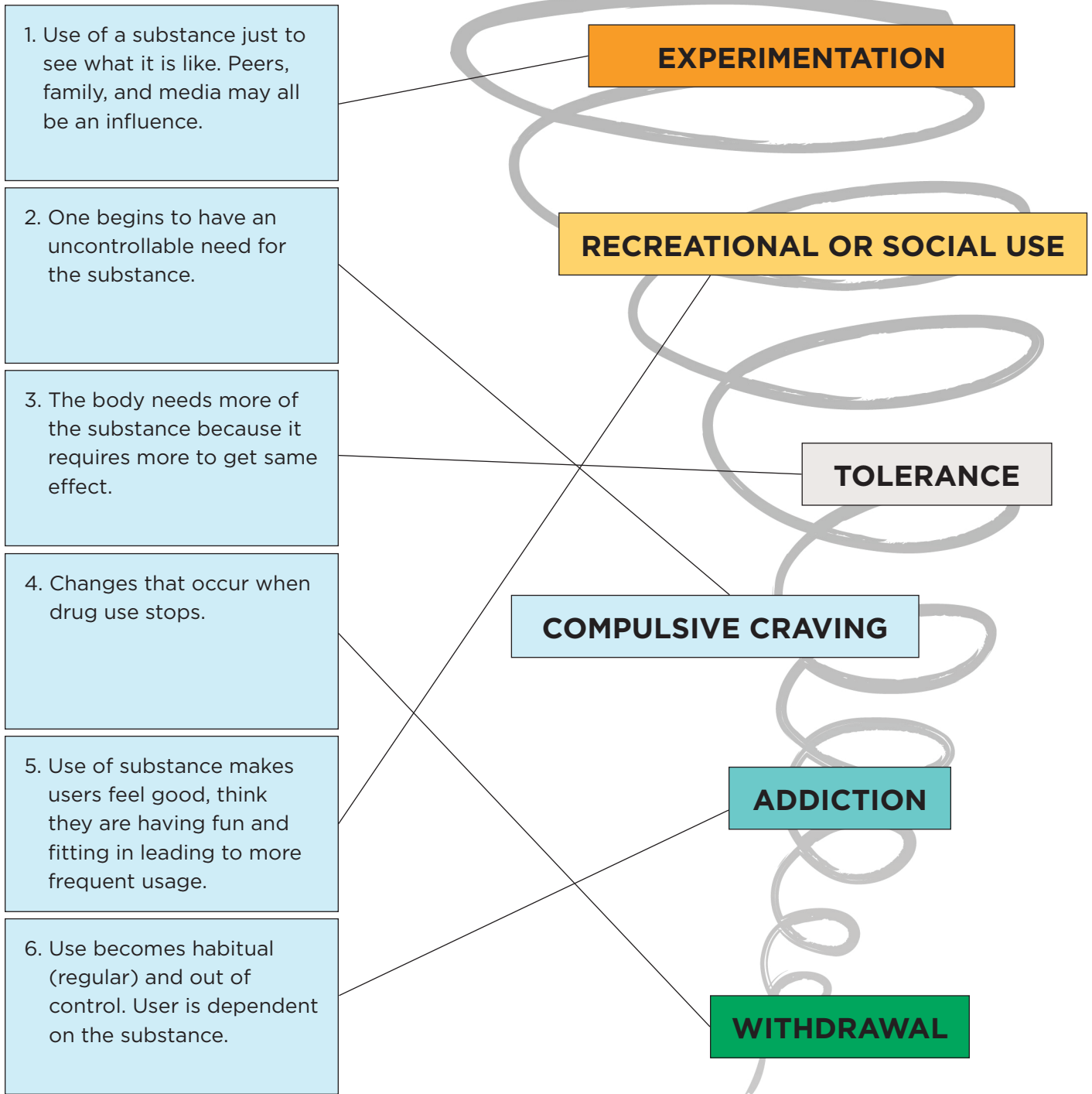
THE CYCLE OF ADDICTION

DOWNWARD SPIRAL OF DRUG ADDICTION

1. Use of a substance just to see what it is like. Peers, family, and media may all be an influence.
2. One begins to have an uncontrollable need for the substance.
3. The body needs more of the substance because it requires more to get same effect.
4. Changes that occur when drug use stops.
5. Use of substance makes users feel good, think they are having fun and fitting in leading to more frequent usage.
6. Use becomes habitual (regular) and out of control. User is dependent on the substance.



DOWNWARD SPIRAL OF DRUG ADDICTION Answer Key



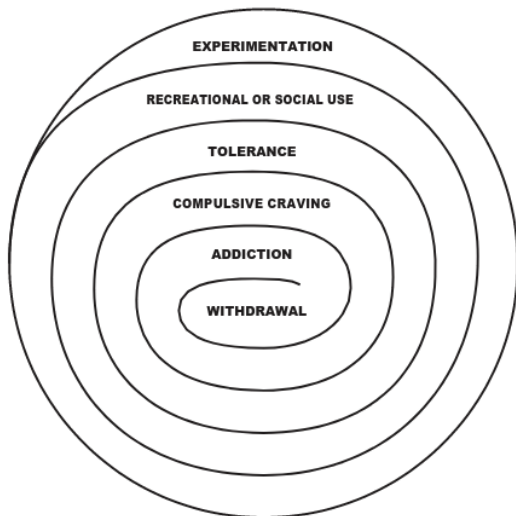
MAKING A DOWNWARD SPIRAL

Supplies:

- Paper plate
- Scissors
- Hole punch
- String or yarn
- Crayons, colored pencils, or markers

Directions:

1. Write the words from the **DOWNWARD SPIRAL OF ADDICTION Handout** on a paper plate. Write the word Experimentation on the outside edge and write Withdrawal in the very center. The other words need to be spaced evenly in between. (See example below.)
2. If time allows, plates can be decorated.
3. Starting at the outside edge of the plate, cut a spiral.



4. Punch a hole close to the area where the cutting started. Tie on a string and hang from a door, etc.
5. Have the youth take the spiral home and explain to their family what it means.