

ACTIVITY 8B

WHAT DO I DO? STUDENT HANDOUT

STEPS FOR HELPING A FRIEND Handout

MAKE A PLAN

LISTEN TO THEIR SIDE

RESEARCH THE TOPIC

TALK TO THE PERSON

**WRITE KEY TALKING
POINTS**

**CONTINUE THE
CONVERSATION**

**TALK TO PARENT OR
SUPPORTIVE PERSON**

PAGE 1

THE STORY OF JON

An Adventure Story

Go to next page

PAGE 2

This is a story about Jon - who recently moved to your town. Jon is 13 years old and misses his friends from his hometown. You have become good friends with Jon, but have noticed he doesn't seem happy with his new home or school. Jon doesn't participate in school activities and spends most of his time at home alone.

Go to next page

PAGE 3

Jon has told you that he drinks beer at home (alone) after school just to pass the time and get rid of his lonely feelings. Jon's attitude in school is bad and he doesn't talk to anyone.

What do you do?

Choice A

Nothing

Go to page 4

Choice B

Talk to an adult you trust

Go to page 7

Choice C

Talk to Jon

Go to page 8

PAGE 4

Jon keeps drinking after school. He gets drunk alone almost every day, but now the "high" isn't as much fun, and he wants to find something that will give him a "better high." Jon heard of some older kids who sell marijuana. He decides to buy some and starts to get high once a week, then 2-3 times a week. His grades are bad and he has flunked a couple classes. You noticed he doesn't want to be around friends anymore.

What do you do?

Choice A

Nothing

Go to page 5

Choice B

Talk to Jon

Go to page 8

PAGE 5

Jon comes to school stoned all the time. He wants to find more and more ‘thrills’ so he has started to try other drugs. You have heard he has tried heroin, LSD, and ecstasy. He wants other young people to join him in this risky behavior. He’s always hanging around kids who are known drug users and dealers. He invites you to join him at a rave this weekend.

What do you do?

Choice A

Nothing

Go to page 6

Choice B

Talk to Jon

Go to page 8

PAGE 7

You tell a trusted adult - parent, teacher, counselor, clergy - what you have seen and heard about Jon. They realize it’s very important that someone helps Jon sooner rather than later. Together, you research how best you can help. This is a scary time for you, as well, as you know this “talk” will be difficult, and you don’t know how your friend will act. You have doubts about what to do and what to say.

What do you do?

Choice A

Nothing

Go to page 4

Choice B

Talk to Jon

Go to page 8

Choice C

Let adult talk to Jon

Go to page 20

PAGE 6

Jon continues experimenting with drugs and becomes addicted to meth. He starts to beat his girlfriend. He flunks out of school at age 15. At age 16, he gets fired from his job and has no way to pay for drugs. He steals from his parents and siblings to get money to buy drugs. One weekend, he starts experimenting with lots of alcohol and drugs.

The combination is deadly. He OD’s in his room at home and dies at age 16.

If only someone had taken the time to talk with Jon about his addiction 3 years ago...

Go to page 1

PAGE 8

There are many ways you can “talk” to Jon to let him know you care about him and want him to stop drinking and/or using drugs. As you did some research, you wrote down some key talking points.

What do you do?

Choice A

Talk to Jon in the boy’s restroom in front of other friends

Go to page 9

Choice B

Plan a time to meet with Jon privately

Go to page 10

Choice C

Write Jon a handwritten note

Go to page 14

Choice D

Send Jon an email

Go to page 15

PAGE 9

Jon denies there's a problem and gets very mad. He screams that he hates you and doesn't want to be your friend anymore. He storms out of the bathroom and doesn't talk to you or look at you the rest of the day. He doesn't look at you or talk to you all week.

What do you do?

Choice A

Nothing

Go to page 4

Choice B

Talk to Jon again

Go to page 17

PAGE 10

Once you and Jon are alone, you talk to him about how he's been acting. You don't criticize but tell him you're worried about what's happening. You tell him that you think he's the greatest guy on Earth, but that the drugs seem to be changing the friend you know. You tell him that you'd like to help him find a counselor to talk to and help him. Jon could react in several ways. Two responses are below.

What do you do in each case?

1. Jon denies there is a problem

Go to page 11

2. Jon listens to what you say

Go to page 12

PAGE 11

Jon doesn't think he has a problem. He gets angry with you and doesn't want to be your friend.

What do you do?

Choice A

Nothing

Go to page 4

Choice B

Talk to Jon again

Go to page 12

Choice C

Talk to adult

Go to page 7

PAGE 12

This time, Jon listens to your concerns. He admits he's scared and doesn't know what to do. He knows he has a problem, but he doesn't feel there is anything he can do. He needs your help.

What do you do?

Choice A

Nothing

Go to page 18

Choice B

Together you find Jon a counselor to talk to

Go to page 13

PAGE 13

Jon continued to see a counselor on a regular basis to help with his addiction. After months of drug and alcohol counseling, he started participating in many school activities. He studied hard and made the Honor Roll almost every semester. At age 16, he became actively involved in the Teen Volunteer program with his 4-H group, helping younger youth understand the dangers of alcohol and drug addiction, and sharing his personal story.

THANK YOU

Go to page 22

PAGE 14

Jon receives your note. Although he may be a little angry and scared that someone has noticed, he realizes that someone really cares. He is scared about drinking again, but you're not sure what he plans to do.

What do you do?

Choice A

Nothing

Go to page 18

Choice B

Talk to Jon in person

Go to page 10

PAGE 15

Jon receives your email. Although he may be a little angry and scared that someone has noticed, he realizes that someone really cares. He is scared about drinking again but you're not sure what he plans to do.

What do you do?

Choice A

Nothing

Go to page 4

Choice B

Talk to Jon another way

Go to page 16

PAGE 16

You realize that some ways of talking to Jon are better than others. You go online and find various websites that give you ideas on how best to talk with your friend. After researching and thinking about all this information ...

What do you do?

Choice A

Nothing

Go to page 4

Choice B

Talk to Jon

Go to page 17

PAGE 17

Some ways are better than others when it comes to talking to your friend about this sensitive issue.

Choice A

Talk to Jon in the boy's restroom in front of other friends

Choice B

Plan a time to meet with Jon privately

Go to page 10

Choice C

Write Jon a handwritten note

Go to page 15

Choice D

Send Jon an email

Go to page 16

PAGE 18

Jon will probably not go ahead and get help because it will be hard to admit he has a problem to a stranger and/or counselor. He could continue in the downward spiral of his addiction.

DOWNWARD SPIRAL OF ADDICTION

Go to page 4

PAGE 19

You decide to talk with Jon in person and let him know you want to help him any way you can.

Once the two of you are alone, you tell him how worried you are about what is happening and that you've talked with a trusted adult who also will help. You want him to know that you think he's really a great guy, but that all the drugs seem to have changed him.

Choice A

Jon finds a counselor on his own

Go to page 13

Choice B

Together you find Jon a counselor to talk to

Go to page 13

PAGE 20

The trusted adult talks with Jon and his parents.

The trusted adult also encourages you to talk to Jon as well.

What do you do?

Choice A

Talk to Jon

Go to page 19

Choice B

Decide to let the adult help Jon

Go to page 21

PAGE 21

Although you may not decide to talk with Jon yourself, you've made an important step in the right direction by talking to someone who can help Jon.

THANK YOU

Go to page 22

PAGE 22

Jon thanks you, his friend, for having the courage to help change his life for the better.

THE END

WHERE TO FIND HELP HANDOUT

Many resources are available for tobacco, alcohol, and drug counseling. Some are professional services; others are available to guide you in the right direction.

LOCAL INDIVIDUALS WHO MIGHT HELP:

- Pastor, teacher, coach, your parents, other adults you know and respect, school counselor, alcohol or drug counselor

LOCAL AGENCIES AND ORGANIZATIONS THAT MIGHT HELP:

- Check the yellow pages online for local resources. Resources may be listed under Alcoholism Information & Treatment, Drug Abuse Information & Treatment, Alcoholics Anonymous and other similar organizations, alcohol, or drug treatment centers

INTERNET AND 800 NUMBERS FOR FURTHER INFORMATION:

- Al-Anon toll-free at 1-888-4al-anon (888) 425-2666) or www.al-anon.org Find a meeting
<https://al-anon.org/al-anon-meetings/>
- The Partnership at Drugfree.org, toll-free at 1-855-DRUGFREE (1-855-378-4373)
or www.drugfree.org
- SAMHSA (The Substance Abuse and Mental Health Services Administration)
<http://www.samhsa.gov/>

ACTIVITY 8B
HANDOUT



THE STORY OF JON

An Adventure Story



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3



Jon has told you that he drinks beer at home alone after school just to pass the time and get rid of his lonely feelings. Jon's attitude in school is bad and he doesn't talk to anyone.

What do you do?

CHOICE A
Nothing

CHOICE B
Talk to an adult you trust

CHOICE C
Talk to Jon

4



Jon keeps drinking after school. He gets drunk alone almost every day, but now the “high” isn’t as much fun and he wants to find something that will give him a “better high.” Jon heard of some older kids who sell marijuana. He decides to buy some and starts to get high once a week, then 2-3 times a week. His grades are bad and he has flunked a couple classes. You notice he doesn’t want to be around friends anymore.

What do you do?

CHOICE A
Nothing

CHOICE B
Talk to Jon

5



Jon comes to school stoned all the time. He wants to find more and more “thrills,” so he has started to try other drugs. You have heard he has tried heroin, LSD and ecstasy. He’s wanting other young people to join him in this risky behavior. He’s always hanging around kids who are known drug users and dealers. He invites you to join him at a rave this weekend.

What do you do?

CHOICE A
Nothing

CHOICE B
Talk to Jon

6



Jon continues experimenting with drugs and becomes addicted to meth. He starts to beat his girlfriend. He flunks out of school at age 15. At age 16, he gets fired from his job and has no way to pay for drugs. He steals from his parents and siblings to get money to buy drugs. One weekend, he starts experimenting with lots of alcohol and drugs. The combination is deadly. He OD's in his room at home and dies at age 16.

If only someone had taken the time to talk with Jon about his addiction 3 years ago ...

Home

7



You tell a trusted adult – parent, teacher, counselor, clergy – what you have seen and heard about Jon. They realize it's very important that someone helps Jon sooner rather than later. Together, you research how best you can help. This is a scary time for you, as well, as you know this “talk” will be difficult and you don't know how your friend will react. You have doubts about what to do and what to say.

What do you do?

CHOICE A
Nothing

CHOICE B
Talk to Jon

CHOICE C
Let adult talk to Jon

8



There are many ways you can “talk” to Jon to let him know you care about him and want him to stop drinking and/or using drugs. As you did some research, you wrote down key talking points.

What do you do?

CHOICE A

Talk to Jon in the restroom in front of other friends

CHOICE B

Plan a time to meet with Jon privately

CHOICE C

Write Jon a hand-written note

CHOICE D

Send Jon an email

9



Jon denies there’s a problem and gets very mad. He screams that he hates you and doesn’t want to be your friend anymore. He storms out of the bathroom and doesn’t talk to you or look at you the rest of the day. He doesn’t look at you or talk to you all week.

What do you do?

CHOICE A

Nothing

CHOICE B

Talk to Jon again

10



Once you and Jon are alone, you talk to him about how he's been acting. You don't criticize but tell him you're worried about what's happening. You tell him you think he's the greatest, but the alcohol and drugs seem to be changing the friend you know. You tell him you'd like to help him find a counselor to talk to and to help him. Jon could react in several ways. Two responses are below.

What do you do?

1.
Jon denies there's a problem.

2.
Jon listens to what you say.

11



Jon doesn't think he has a problem. He gets angry with you and doesn't want to be your friend.

What do you do?

CHOICE A
Nothing

CHOICE B
Talk to Jon again

CHOICE C
Talk to adult

12



This time, Jon listens to your concerns. He admits he's scared and doesn't know what to do. He knows he has a problem, but he doesn't feel there is anything he can do. He needs your help.

What do you do?

CHOICE A
Nothing

CHOICE B
Together you find Jon a
counselor to talk to

13



Jon continued to see a counselor on a regular basis to help with his addiction. After months of drug and alcohol counseling, he started participating in school activities. He studied hard and made the Honor Roll almost every semester. At age 16, he became actively involved in the Teen Volunteer Program with his 4-H group, helping younger youth understand the dangers of alcohol and drug addiction, and sharing his personal story.

Thank you!

14



Jon receives your note. Although he may be a little angry and scared that someone has noticed, he realizes someone really cares. He's scared about drinking again but you're not sure what he plans to do.

What do you do?

CHOICE A
Nothing

CHOICE B
Talk to Jon in person

15



Jon receives your email. Although he may be a little angry and scared that someone has noticed, he realizes someone really cares. He's scared about drinking again but you're not sure what he plans to do.

What do you do?

CHOICE A
Nothing

CHOICE B
Talk to Jon another way

16



You realize that some ways of talking to Jon are better than others. You go online and find various websites that give you ideas on how best to talk with your friend. After researching and thinking about all this information ...

What do you do?

CHOICE A
Nothing

CHOICE B
Talk to Jon

17



Some ways are better than others when it comes to talking to your friend about this sensitive issue.

What do you do?

~~**CHOICE A**
Talk to Jon in the restroom in front of other friends~~

CHOICE B
Plan a time to meet with Jon privately

CHOICE C
Write Jon a hand-written note

CHOICE D
Send Jon an email

18



Jon will probably not go ahead and get help, because it will be hard to admit he has a problem to a stranger and/or counselor. He could continue in the downward spiral of his addiction.

Downward spiral of addiction

19



You decide to talk with Jon in person and let him know you want to help him any way you can. Once the two of you are alone, you tell him how worried you are about what is happening and that you've talked with a trusted adult who also will help. You want him to know that you think he's really a great guy but all the drugs seem to have changed him.

CHOICE A

Jon finds a counselor
on his own

CHOICE B

Together you find Jon a
counselor to talk to

20



The trusted adult talks with Jon and his parents. The trusted adult encourages you to talk to Jon as well.

What do you do?

CHOICE A
Talk to Jon

CHOICE B
Decide to let the adult help Jon.

21



Although you may not decide to talk with Jon yourself, you've made an important step in the right direction by talking to someone who can help Jon.

Thank you!

22



**Jon thanks you, his friend, for having the courage
to help change his life for the better.**

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