

Why people use drugs

Type of exercise:	Introduction	Drug Information	Related Information
	<u>Attitudes</u>	Skill Development	
Suitable for:	Christian	Secular	<u>Both</u>
Approximated time:	10-20 minutes		
Age range:	12+		
Equipment:	Flip chart		
Learning outcome:	Encourage learners to think of the different reasons for drug-taking in society. Note that there are many reasons, not only 'addiction'		
Tips/information:			

Description of exercise:

There are a variety of ways you can do this - either as a whole group, or in small groups, as outlined below:

In small groups, ask the participants to write down on flip chart paper as many reasons as they can as to why people use drugs (including alcohol and tobacco).

If appropriate, ask them first to write down reasons for young people and then the reasons for adults. They can then compare the different reasons and discuss. Another way is to let one group write reasons for young people and the other to write about adults. The different groups then compare their answers.

The list below suggests possible answers. It is quite likely that if the group does do a comparison between young people and adults that the reasons will be very similar! Leave plenty of time for discussion and questions.

Be careful with stereotypes. Challenge all 'sweeping statements', which might be made during this exercise.

If working with adult groups, you can now ask them to think of ways they can help their children/pupils/youth group achieve the 'why' without having to use a drug. (E.G. if someone uses drugs for confidence, how else could they get confident?) This helps people see how good parenting skills/youth work skills can help with drug prevention.

Possible Reasons include:

- Dependence
- To rebel
- Attention seeking
- To relax
- Remove worries
- To look good
- To be happy
- To stay awake
- Experimentation
- Enjoyment
- Relieve stress
- Peer pressure
- Curiosity
- Everyone else is
- To be sociable
- To impress
- To relieve pain
- They are prescribed
- Fun
- For the experience
- Available
- Danger & excitement
- Why not?
- Boredom

