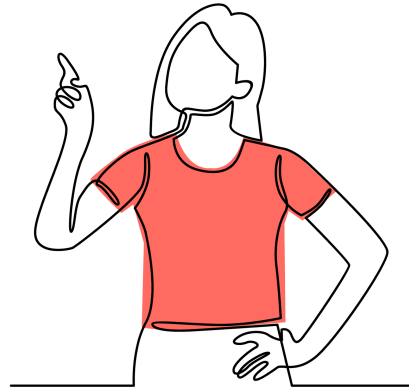


# WHAT IS ADDICTION?

In this lesson you will investigate your habits and behaviour, define key words and learn how behaviour becomes addiction.

You will develop strategies to replace bad habits with healthy habits.



## 2.1 Connect habit and addiction to everyday lives

### 2.1.1 Discuss with the class. Answer the questions.

Is it hard not to eat foods like chips, chocolate or lollies when they are in front of you? Once you start eating these kinds of foods, do you find it hard to stop? Why do you think it is hard to stop?

Can you name 10 things people get addicted to, or have an unhealthy habit around? eg junk food

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

What are some strategies you can think of for avoiding addiction or bad habits?

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## 2.2 Define key words: habit, trigger, behaviour and addiction

### 2.2.1 Match the key terms to the correct definition

<b>trigger</b>	<b>habit</b>	<b>addiction</b>	<b>behaviour</b>
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	A behaviour you do quite automatically, you don't usually think about it consciously.
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	The thing that makes you want to do the behaviour.
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	The way a person responds to the particular situation or stimulus.
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	Not being able to stop doing something when you want to. Repeatedly using a substance or engaging in an activity, even if it causes harm or interferes with your everyday life. You feel loss of control.
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### 2.2.2 Give an example for each definition. Think about something from your own life.

<b>behaviour</b>	
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trigger	
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habit	
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addiction	
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## 2.3 How behaviour becomes addiction

### 2.3.1 Watch the video 'Nuggets'

 Nuggets

Think about how addiction happens.

### 2.3.2 Answer the questions about the video 'Nuggets'

What is the kiwi bird's behaviour when it encounters the first 1-2 nuggets? What words would you use to describe its feelings?

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What is the trigger in this video?

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Can the bird help itself? What choice does it have?

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How quickly do you think the nugget becomes a habit for the kiwi bird?

What does the change in colour represent in this video?

At what point would you say the kiwi bird is addicted to the nuggets?

The bird has dug a hole for itself. What would the bird need to do to get out of this hole?

If this was your friend, how could you help? Who would you talk with to get support?

## 2.4 Build healthy habits

How can we change behaviour to avoid bad habits and addiction?

### 2.4.1 Introduce or elicit strategies from the class

Avoidance	Avoid the situation/ place/ thing/ person e.g. don't go to a party where you know everyone will be drinking
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Swap for good	Change by adding a good habit rather than trying to resist a bad habit e.g. swap Solo soft drink for a mineral water with lemon
Willpower	Say NO
Remove the trigger	e.g. don't have the phone in your room
Tell your friends	then they can support you
Change your thinking	e.g. instead of thinking how much you enjoy smoking, think of how bad it is for your health

### Changing habits and behaviours

**2.4.2 Make a plan to change habits and behaviours using the strategies above.**

<b>What is the habit or behaviour that you would like to change?</b>	<b>What plans and strategies could you put in place to change your habit or behaviour?</b>
1.	
2.	
3.	
4.	
5.	

## CHECK YOUR LEARNING



- Do you have a better understanding of your habits and behaviours?
- Can you define the key words: habit, trigger, behaviour and addiction?
- Do you understand how behaviour becomes addiction?
- Can you replace some of your bad habits with healthy habits?