

CRACK

ACTIVITIES AND DISCUSSION GUIDE

5 Minutes

Introductory Group Discussion (Prior to viewing the video)

- What is the difference between crack and cocaine?
- Why is crack considered the most addicting drug?
- Who is the typical crack user?

Things to think about while watching the video

- What is different about crack than most other drugs?
- Is it possible to use crack casually?

VIEW THE VIDEO

15 Minutes

GROUP DISCUSSION QUESTIONS

25 Minutes or Longer

- What problems did you see in the video that you can identify with?
- What connection is there between crack and homelessness?
- Why do we convince ourselves that addiction won't happen to us?
- What does Tracy mean by, "Crack will bring you to your knees?"
- What does "go through the feelings" mean?
- What does the expression "blocking pain" mean?
- Why would using crack leave you with no self esteem?
- What do you think about the trust issue between Tracy and her parents?
- What makes a person trustworthy?
- Do you think Beadi (the woman who lost her children) is a bad person?
- What made her neglect her children?
- Why would someone begin using a drug if they already know the dangers associated with that drug?
- If drugs are so expensive, why would someone offer you crack for free?

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FAST FACTS

These facts contain information that is supplementary to what is in the video. They can be used to stimulate more discussion, written on the board, or incorporated into the discussion generated by the Group Discussion Questions.

- Crack is almost instantly addictive.
- One use could cause a fatal heart attack.
- Repeated use may cause insomnia, hallucinations, seizures, and paranoia.
- The euphoric effects of crack last only a few minutes.
- Crack possession and use are illegal in all 50 states.
- There are more hospitalizations per year resulting from crack use than any other illicit substance.
- 80% of youths who use crack also sell it.
- Drug dealers are always looking for new people to get hooked on crack as source of income to support their own habits.
- Often the first few hits are free.

Differences between cocaine and crack

COCAINE: powder, snorted or injected, often cut with other powders, high lasts 15 to 40 minutes, relatively expensive, sold by the gram.

CRACK: rock, almost pure, usually smoked, instantaneous effect that lasts only a few minutes. Very cheap per hit, but short lived high creates a craving for more. A compulsive user can easily spend at least \$500 a day.

ACTIVITIES FOR ANOTHER SESSION

Role-Play

Try this role-play with your students after they have thoroughly discussed the video. It can be presented as a skit, written assignment, or a small group discussion topic.

Characters: 2 good friends.

Situation: They are discussing a weekend party when there will be crack. One friend wants to try it, the other friend doesn't.

Discussion After Role-Play

- Who's argument was most convincing? Why?
- Was the scene realistic? If not, what do you think you happen in reality?
- What could happen to this friendship?

Rap

Break the class up into small groups and allow 20 minutes for this activity.

Write and perform a rap about why not to use crack. You must put at least 3 facts in the song. Discuss the songs and take a vote on whose group had the best song.

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SELF ESTEEM QUESTIONNAIRE

Self esteem problems are some of the major factors leading to drug abuse. Whether generated by poor family relationships or difficulties with peers, students should be aware of their negative images of themselves. The papers should not be collected, as this questionnaire is meant for individual reflection but it can be used as an instrument for discussion.

Directions: Answer whether the following statements are true of you by using this key: (A) Always, (O) Often, (S) Sometimes, or (N) Never.

Circle One:

- | | |
|---|---------|
| 1. I do my own thinking and make my own decisions. | A O S N |
| 2. I rationalize my mistakes and defeats. | A O S N |
| 3. I let others be "wrong" without trying to correct them. | A O S N |
| 4. I experience envy, jealousy, or suspicion. | A O S N |
| 5. I am free of guilt, shame, and remorse. | A O S N |
| 6. Losing causes me to feel "less than" others. | A O S N |
| 7. I willingly accept the consequences of my actions. | A O S N |
| 8. I am concerned about what others think of me. | A O S N |
| 9. I feel warm and friendly toward most people. | A O S N |
| 10. I am sensitive to other's opinions, attitudes, and comments. | A O S N |
| 11. I express my feelings freely. | A O S N |
| 12. I am prejudiced toward religious, racial or ethnic groups. | A O S N |
| 13. I am comfortable with new people. | A O S N |
| 14. I am embarrassed when others praise my accomplishments. | A O S N |
| 15. I speak up for my own opinions and beliefs. | A O S N |
| 16. I exaggerate and lie to make people think I am someone I'm not. | A O S N |
| 17. I look forward to new things. | A O S N |
| 18. I am fearful of a new or changing situation. | A O S N |
| 19. I brag about my achievements and myself. | A O S N |
| 20. I am critical of others. | A O S N |
| 21. I do what I think is right. | A O S N |
| 22. I try hard to please people. | A O S N |
| 23. I accept compliments and gifts without embarrassment. | A O S N |
| 24. I am embarrassed by the actions of my family or friends. | A O S N |