

LSD/ACID

Hallucinogens Part II

ACTIVITIES AND DISCUSSION GUIDE

5 Minutes

Introductory Group Discussion (Prior to viewing the video)

- What is acid?
- How much do you need to take to begin a trip?
- What happens on a bad trip?
- What are the factors that predict a bad trip?
- How long does an acid trip last?

Things to think about while watching the video

- Do you know anyone like the two main people in this video?
- Why would a person continue doing a drug if he or she knows it is unsafe?

VIEW THE VIDEO

15 Minutes

GROUP DISCUSSION QUESTIONS

25 Minutes or Longer

- Was there anything surprising in the video?
- Could you relate to any of the people in the video?
- If you had to describe LSD in one word, what would it be?
- What advice would you give to someone who thinks that tripping is safe?
- What is denial?
- Dr. Brooks talked about paranoia and delirium. What did he mean?
- What do you think made Andrea throw the knife at her mother?
- What does "burnout" mean to you?
- Why would tripping a lot interfere with your relationships at home?
- What is the most convincing argument against trying LSD even once?
- Have your impressions about LSD changed since viewing the video?

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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.

- An LSD Trip lasts from 12 hours to 3 days.
- Some LSD users experience severe, terrifying thoughts and feelings, fear of losing control, fear of insanity and death, and despair while under the influence of the drug.
- Flashbacks: Many LSD users experience flashbacks, a recurrence of certain aspects of a person's drug experience without the user having taken the drug again. A flashback occurs suddenly, often without warning, and may occur within a few days or even years after LSD use.
- LSD users may manifest relatively long-lasting psychoses, such as schizophrenia or severe depression.
- The body develops a tolerance to LSD. So the more you use it, the more you need to get high. Given the unpredictability of the drug, the chances of overdose are greatly increased.

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 friends waiting for a bus.

Situation: One friend is describing the trip he/she took at a party last weekend, and tries to talk his/her friend into tripping with him. The other friend has to find a way to say no thanks and give reasons why.

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DENIAL AND DEFENSES QUESTIONNAIRE

Tristan talked about denial in the video. Denial is avoiding reality. One of the ways people avoid reality is to become defensive.

Once students have filled out the questionnaire below, lead a discussion about how defensive behavior can hold a person back in life. Ask for examples: hypothetical or real for each question.

Listed below are behaviors that we might use when we are defensive. Read each one and use the number from the key which best describes how often you find yourself using these defenses.

KEY

- 1. Never**
- 2. Sometimes**
- 3. Most of the time**
- 4. Almost all of the time**

1. I find reasons that make it OK to do whatever I am doing. _____
2. I make things sound less serious than they really are. _____
3. I blame other people, places and things for my problems. _____
4. I avoid people who might hassle me. _____
5. I break the rules, just to break the rules. _____
6. I answer questions by "talking around" them. _____
7. I have a hard time facing the facts. _____
8. I get into a lot of arguments with my parents and teachers. _____
9. I make excuses for myself. _____
10. I yell at people or use a loud voice to keep them off my back. _____
11. I give dirty looks to parents, teachers, and/or other kids when they make me angry. _____
12. I give people the silent treatment when I am angry or hurt. _____