

# **SPEED**

## **ACTIVITIES AND DISCUSSION GUIDE**

**5 Minutes**

### **Introductory Group Discussion (Prior to viewing the video)**

- Why do they say “speed kills?”
- Is speed more or less dangerous than other drugs?
- Is speed addictive?

### **Things to think about while watching the video**

- Why would a person take a drug that he or she knows is dangerous?
- At what point did the people in the video lose control of their lives?
- Who else was affected by the user’s abuse of drugs?

## **VIEW THE VIDEO**

**15 Minutes**

## **GROUP DISCUSSION QUESTIONS**

**25 Minutes or Longer**

- Was there anything that surprised you in the video?
- Could you relate to any of the issues discussed by the people in the video?
- What were the reasons that the three kids started doing speed?
- Alissa says, “You go insane” when you take speed after hiding from your feelings for so long. What choices are available when it’s time to stop hiding from feelings?
- Many young people who get into hard drugs are doing it because they have problems at home. What are some alternatives to drugs and alcohol when you feel alienated from your family?
- Both girls in the video say that their boyfriends abused them. What are some possibilities for why this happened?

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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.**

- Toxic effects of amphetamines: suicidal or homicidal behavior, convulsions, skin lesions, brain hemorrhage, shock, extreme body temperature.
- Frequent side effects of smoking methamphetamine crystals are hyperactivity, euphoria, impaired judgement, delirium, acute psychotic behavior similar to schizophrenia, severe paranoia, incoherent speech, hallucinations, and uncontrollable behavior lasting up to 48 hours.
- Potential for addiction: Experiments with self-administration on laboratory animals show them choosing the drug over food and water until seizures and death occur.

## **ACTIVITIES FOR ANOTHER SESSION**

### **Small Group Project**

**The Honda Anti-Drug Program is based on diversion. Using your own concept of diversion, develop an anti-drug program that would be more interesting to kids than taking drugs. When you are ready, present it to the class.**

Please note that half the time should be devoted to meeting in small groups to develop the concept for this program and working on as detailed of a plan as possible. The rest of the time should be presentations and Q&A between the class and the presenters.

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## 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: Girl whose boyfriend has just broken up with her, a guy who is an acquaintance of the girl (they're not friends, but not strangers).

Situation: Back room at a party. Girl is upset and is talking to the guy about her boyfriend, and tells him that she's fighting a lot with her mom because her grades are bad. She feels horrible. The guy has some speed to share, and he wants her to do a few lines with him. The girl has to decide what to do.

## PERSONAL INVENTORY OF DRUG USE

**This can be done in class or as homework. It does not have to be handed in. After everyone has answered the questions, ask them to look over their answers. Ask them if it seems they have a problem with drugs. Lead a discussion about how many "yes" answers can point to a problem.**

1. Do you sometimes feel angry when someone is giving a talk on drugs?
2. Do many or most of your friends use drugs?
3. Do you feel pressured to do drugs because "everyone does it?"
4. Have you ever gotten into trouble with the police because of drugs?
5. Do you have completely different friends than you had two years ago?
6. Have you ever cut a class to use drugs?
7. Have you ever gotten in trouble at school because of drugs?
8. Have your grades gone down because of using drugs?
9. Have you ever stolen money or belongings to buy drugs?
10. Have you ever stayed high for a whole day or more?
11. Do you ever get high alone?
12. Does it bother you if someone suggests you have a problem?
13. Have you ever lost a friend or almost lost a friend because of drugs?
14. Have you ever gotten high in the morning just to get through the day?
15. Do you worry about your drug use?