

Chapter 22 Lesson 4: Living Drug Free

Introduction:

In this lesson you learned about the benefits of living a drug free life. Why do some teens become drug abusers while others remain drug free throughout their lives? Scientists have identified several risk factors that increase a teen's chances of becoming involved with drugs. They have also identified protective factors that reduce teens' risk of drug use. You can learn more about protective factors and risk factors in this report published by the National Institute on Drug Abuse (NIDA).

Links to Explore:

Preventing Drug Abuse Among Children and Adolescents: Risk Factors and Protective Factors

<http://www.drugabuse.gov/Prevention/risk.html>

Directions:

- Follow this link to the NIDA report and read the section on protective factors and risk factors for drug abuse.
 - Then answer the following questions:
1. Does having one or more risk factors guarantee that a teen will abuse drugs?
 2. What are the five domains (settings) in which risk factors and protective factors appear?
 3. What types of family situations may protect children from later drug abuse?
 4. What is the most immediate risk for exposing adolescents to drug abuse and delinquent behavior?
 5. At what age are children most likely to encounter drugs for the first time?
 6. What steps can educators take to reduce students' risk of drug abuse?

Answers:

1. No, most individuals at risk for drug abuse do not start using drugs or become addicted.
2. Individual, family, peer, school, and community
3. Family situations that can increase the risk of future drug use include:
 - A strong bond between children and parents
 - Parental involvement in the child's life
 - Clear limits and consistent enforcement of discipline
4. Association with drug-abusing peers
5. In early adolescence (the transition from elementary school to middle school)

6. They can help students overcome aggressive behaviors and poor concentration, which put them at risk for later drug abuse.

Additional Links to Explore:

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

Protective Factors Can Buffer High-Risk Youths from Drug Use

http://www.drugabuse.gov/NIDA_Notes/NNVol11N3/Protective.html

Risk and Protective Factors for Substance Use

http://www.oas.samhsa.gov/NHSDA/NAC97/Table_of_Contents.htm