

## Drug Prevention Strategy – Time Out for Reading

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### **Abstract**

The purpose of this teaching strategy is to demonstrate the experience of drug dependency for adolescents through the use of broken story telling. The strategy ends with a debriefing session.

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*Keywords: addiction, drug induced high, lesson plan, teaching strategies*

**Lesson Plan Title:** Drug Prevention Strategy – Time Out for Reading

**Topic:** Addiction and Being High

**Method:** Educational Activity, Oral Presentation, Discussion

**Time:** 20 minutes

**Grade Level:** Grade 4

### **Background Information**

When someone gets hooked on a drug such as heroin, the person becomes a slave to it, and needs it every four to eight hours. It eventually consumes the person to the point where drug use, especially for the depressant category, is all that they think about and want to do. They have such a need for using the drug that it is nearly impossible to do activities of daily living. As a result, they miss out on many important and enjoyable activities in life.

### **Goal**

To increase awareness that drug addiction interrupts enjoyable activities of daily living and takes over the life of the person.

**Learning Objectives-** *By the end of the lesson, the student will be able to:*

1. Discuss how the book reading session interrupted by the kitchen timer is analogous to a drug addict's need for drugs and how it interrupts the addict's daily activities.
2. Explain how they felt when they were not able to understand the whole story because they only heard certain pieces of the story.
3. Describe the implications of how drugs effect their daily functioning.

### **Materials Needed**

- Kitchen timer with one-minute increments
- Enjoyable book that is developmentally appropriate for the class

## Activity

1. Have the class relax and listen carefully to a story from a developmentally appropriate book.
2. Set a timer to go off at four-minute intervals.
3. Begin reading aloud to the participants until the timer goes off, and then read **silently** to yourself for one minute. Then begin reading aloud again without going back to where you left off when the timer went off. Repeat this sequence for 20 minutes. After doing the sequence for 20 minutes, have a discussion about this activity with the participants.

## Discussion Ideas:

- How might this story have been more enjoyable?
- How did you feel when the timer went off?
- Would prefer to hear the story the way it was read, or would you like to hear the whole story?
- How is the method in which the story was read to you relevant to someone's life when they have an addiction to a drug such as heroin?
- If you had to go through life similar to this experience, what is your attitude toward drug use?

## Evaluation

1. Explain how the interruption of the reading of the book by the kitchen timer is like a person having their lives effected by drug use.
2. How did you feel when you did not hear the story being read when the kitchen timer went off?
3. Describe how drugs might effect a person's daily functioning in life.
4. Do you think that if you took drugs they would disrupt your daily life? If yes, how would they disrupt your life?
5. If I took drugs such as heroin, my life would be worse than it is now.  
\_\_\_ Strongly Agree \_\_\_ Agree \_\_\_ Not sure \_\_\_ Disagree \_\_\_ Strongly Disagree
6. If I took a drug such as heroin, the drug would control my life.  
\_\_\_ Strongly Agree \_\_\_ Agree \_\_\_ Not sure \_\_\_ Disagree \_\_\_ Strongly Disagree
7. If I took a drug such as heroin, the drug would hurt my life.  
\_\_\_ Strongly Agree \_\_\_ Agree \_\_\_ Not sure \_\_\_ Disagree \_\_\_ Strongly Disagree

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