

What is Addiction?

- Have you ever had a bad habit that you managed to stop? How did you stop?
- Do you ever get very specific cravings for certain types of food?
- What's the most addictive TV show/book/video game you know?
- What are the most common addictions? Do you think they are harmful?
- Do you think nicotine addiction (cigarettes) is more mental or chemical?



1. You are going to watch a video about addiction that contains the words in the box. Put the words in the correct sentence below.

hooked	cold turkey	crave	recovering
chemical	heal	heroin	withdrawal
bond	habits	junkies	addictive

- Pregnant women often *crave* really strange food.
- The *chemical* that makes coffee addictive is caffeine.
- One day my dad just quit smoking *cold turkey*, and he's never touched a cigarette again.
- A hangover is just your body *recovering* from alcohol.
- That new show is so *addictive*, I was up until 2am watching it.
- He doesn't have any sympathy for addicts, he calls them *junkies*.
- Heroin* is an extremely dangerous drug.
- Going camping with new people is a great way to *bond* with them.
- If you break your arm, you need to wear a cast so it will *heal* properly.
- If you want to be successful it's important to develop good work *habits*.
- People who quit hard drugs have to go through months of *withdrawal*.
- It's a great book, I couldn't stop reading. I was *hooked* from the very first page.

 2. Watch the video “Addiction (Kurzgesagt Archived video)”¹ and answer the questions.

1. How many days does it take to become addicted to Heroin? *21 days*
2. What is Diomorphine? *Heroin*
3. What usually happens if you put a rat in a cage with clean water and water laced with heroin? *It will drink the laced water until it dies*
4. How many rats overdosed in the "Rat Park"? *None*
5. What percentage of US soldiers used heroin in the Vietnam war? Why did this worry people? *20%. Because they thought there would be hundreds of thousands of addicts coming home from Vietnam.*
6. Why didn't the soldiers have much trouble quitting heroin? *Because they had other things to bond with such as friends and family*
7. Do Americans have more friends now than they did in the 1950s? *No*
8. According to the video, what is the opposite of addiction? *Connection*

 3. Pair work: Ask your partner the following questions and discuss their answers.

- a) Was there anything in the video you found surprising? Was there anything you disagree with?
- b) Do you think the problem of drug addiction has gotten better or worse in recent years?
- c) What could your country do better to help drug addicts and reduce addiction rates?

¹ https://www.youtube.com/watch?v=tdJAQZxJ6vY&ab_channel=ArunSharma