

2 Legend



Strong, smart and addiction-free.

AADAC



2

Legend

(The Basics)

Special preparation

Before this session select students to perform the pre-scripted role-plays, *Interviews with Vampires* (Aid 2.1). Encourage and facilitate rehearsal of these interviews prior to this session. The students will perform better and the class will both enjoy and remember the basic facts presented about alcohol, tobacco, marijuana and gambling.

Goals of session

- Establish a basic understanding of substances and gambling.
- Identify common real-life situations in which use and gambling can occur.
- Introduce concept of positive and negative peer influence.
- Consider, and start developing day by day, a personal commitment to abstention.

Content and time

2.1 Control buttons: Effects of drugs and gambling (20 min.)

2.2 Sharp curves: Situations in which use and gambling can occur (5 min.)

2.3 Strong winds: Positive and negative peer influence (20 min.)

2.4 Side attractions

Presentation aids

- 2.1 *Interviews with Vampires* (four scripts for students)
- 2.2 *Possible Risky Turns* (poster)
- 2.3 *OYZ Risk Role-Playing Cards* (role-playing game)
- 2.4 *Directions* (multiple choice quiz)

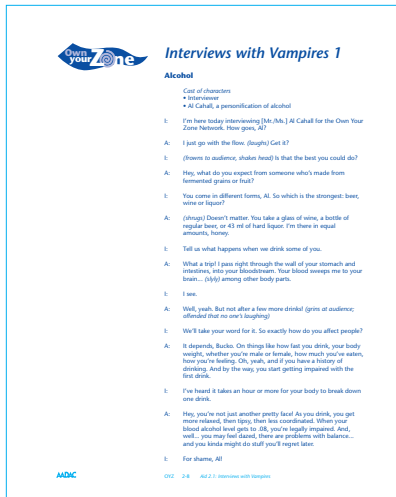
Supplementary research resources

- AADAC, *Quick Facts About Alcohol and Other Drugs, and Problem Gambling* (9th ed. 2001)
- www.aadac.com
- www.aadac4kids.com
- www.zoot2.com
- Alberta Tobacco Reduction Alliance: <http://www.atra.ab.ca>
- Alberta Health and Wellness: <http://www.health.gov.ab.ca/public/document/tobacco/tobayou.htm>
- Health Canada: <http://www.quit4life.com/html/splash.html>

Lesson plan

2.1 Control buttons: Effects of drugs and gambling (20 min.)

Welcome everyone to the second leg of our journey. Remind them that you'll be getting to their take-away activity from last time (list of situations) later on in the session.



2.1 Interviews with Vampires

Invite or enlist students to participate in pre-scripted role-plays, *Interviews with Vampires*, (Aid 2.1), to be performed in front of the class. Each of these three-minute episodes requires a pair of students, one playing a TV reporter and the other playing a personification of (1) alcohol, (2) tobacco, (3) cannabis or (4) gambling. Because of time constraints, you should consider choosing less than all of these topics, omitting the one(s) least relevant to the school or community.

Pay special attention to your casting for the first role-play, as it's important to involve energetic students to set the tone for others to follow.

These episodes will highlight the properties and effects of each of the topics, the major points of which draw from the points listed below. If time permits, you may wish to summarize (or have audience members do so) the most important points rising out of each interview, which are as follows:

Alcohol

- A drink made by fermenting or distilling grains and fruit.
- A glass of wine, a bottle of regular beer and 43 ml (1.5 oz.) of hard liquor have the same amount of alcohol.
- When you drink alcohol, it passes directly through the wall of your stomach and intestines into the bloodstream; your blood quickly takes the alcohol to your brain and other body parts.
- How alcohol affects you depends on things like how fast you drink, your size, whether you are male or female, how much you have eaten, how you are feeling and if you have a history of drinking.
- Your body always needs time to break alcohol down.
- Some studies show moderate, low-risk use of red wine can help prevent some types of heart disease, but doctors recommend achieving the same effect through less risky methods like more exercise, better nutrition and not smoking.
- Hangover symptoms include headache, nausea, vomiting, thirst and shaking.
- Impairment begins with the first drink and does not wait for the legal impairment level.
- Long-term effects of alcohol abuse include damage to the stomach lining leading to vomiting, diarrhea, pain and bleeding; severe liver damage; serious depression; blackouts; brain damage; raised blood pressure and increased risk of stroke; impotence, lost body hair and reduced testicle size in men, and menstrual irregularities and infertility in women.
- Addiction and damage to the body can occur in months for adolescents, rather than the years it can take for adults to get addicted.
- If pregnant women drink, the alcohol crosses the placenta housing her fetus, potentially damaging a developing baby's body and brain. In some cases, a baby may be born with fetal alcohol syndrome, a disability affecting how the child looks, thinks, acts and learns for the rest of its life.

Tobacco

- Cigarette smoke contains over 4,000 different chemicals, 50 of which produce cancer.
- Carbon monoxide absorbed from smoking a single cigarette stays in the bloodstream for up to six hours, forcing the lungs to work harder trying to supply the body with enough oxygen.
- Nicotine, one of the main ingredients, is a stimulant, raising heartbeat and blood pressure; its addictiveness is a major reason why it's so tough to quit smoking.
- Tar (the solid particles from smoke), interferes with the normal exchange of oxygen and carbon dioxide in the lungs; contributes to shortness of breath; and increases the risk of lung cancer.
- Smokeless tobacco products have nicotine and carcinogens; they can cause oral cancer and other diseases of the mouth, teeth and gums.
- New users can experience coughing, dizziness and a dry, irritated throat.
- Short-term effects are feelings of stimulation and relaxation.
- Long-term effects include heart disease, strokes, emphysema, chronic bronchitis, aneurysms, cancers of the lung, throat, stomach, bladder, kidney and pancreas (causes 30% of all cancers and 85% of lung cancers).
- Exposure to second-hand tobacco smoke increases non-smokers' risk of lung cancer and heart disease (kills 300 Canadians each year).
- Children whose parents smoke are more likely to get bronchitis, pneumonia, ear infections and asthma attacks.
- Teens who start smoking tend to become more dependent than people who start smoking after age 20.

Cannabis

- Cannabis (marijuana, hashish and hashish oil) comes from a plant, and is a mind-altering drug, changing moods, perceptions and sensations.
- Marijuana smoke contains many of the irritants in tobacco smoke.
- Use impairs mental functioning, short-term memory and learning ability.
- Decreased motivation can lower performance at school and other areas.
- Use impairs physical coordination and performance of complex visual tasks like driving a car; it makes you clumsier and slow to react.
- Use increases heart rate and induces feelings from well-being and exhilaration to anxiety and fear, and panic and disorientation.
- Heavy use creates physical and psychological dependency.
- Long-term use damages lungs, contributes to respiratory diseases and can cause lung cancer.
- Heavy users can become mentally and physically dependent on, or addicted to, how it makes them feel.
- Possession, production and trafficking of cannabis are criminal offences punishable by fines and jail terms.

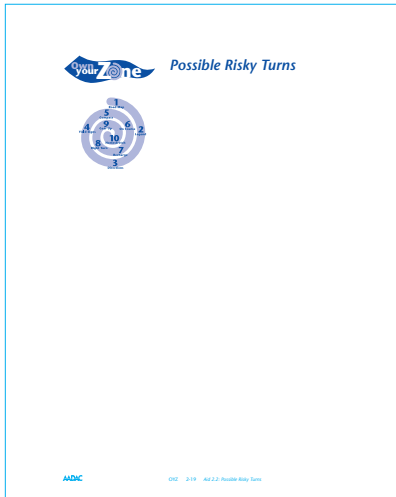
- Cannabis can be taken to decrease nausea caused by anti-cancer drugs, and to increase appetite in people with AIDS (a few people have been granted permission to use by Health Canada).

Gambling

- Gambling isn't just bingo, casinos, VLTs or racetracks.
- Gambling includes playing cards or video games for money, buying raffle tickets, betting on a game of pool or the outcome of a sports event.
- It's just fun for most, but a problem for some when it affects their personal, family or school life.
- Problem gamblers can experience reduced initiative, lower feelings of self-worth, depression, outbursts of rage, feelings of being out of control; stress; neglected responsibilities; and isolation from family and friends.
- Signs of problem gambling include spending more time and money gambling than intended; going back to try to win back losses; feeling badly about what happens; exaggerating success; hiding signs of gambling; and mounting debts.
- The risk of developing a gambling problem increases if a person starts young or if gambling is frequent among family or friends.
- Problem gambling is higher among adolescents than among adults in Alberta (8% vs. 5%).
- In Alberta, there are 5,965 VLTs in 1,266 locations, 1,266 ticket lottery terminals, 4,352 slot machines, 16 charitable casinos, and 2 racing entertainment centres.
- 95% of adult Albertans do not experience problems related to gambling (90% among Aboriginal Albertans).
- 77% of Albertans 12-17 have no gambling-related problems, but 15% are at risk for developing such problems.

1995 survey of Albertans 12-17

- 45% did not drink alcohol at least once in preceding 12 months, and 93% did not drink frequently.
- 70% did not use tobacco at least once in preceding 12 months, and 83% were not daily tobacco users.
- 84% reported not using cannabis, and 96% did not use cannabis one or more times per week.
- 85% reported no problems with family or friends due to alcohol or drug use.
- 95% had not operated a motor vehicle when drunk or high.
- 96% had not been in trouble with the police because of their substance use.
- 6% reported ever wanting help to stop drinking or using drugs and only 3% sought help.



2.2 Possible Risky Turns

2.2 Sharp curves: Situations in which use and gambling can occur (5 min.)

Refer the students to the list of situations they were asked to compile as a side attraction at the end of Session 1 (see Section 1.5). Lead a rapid-fire group review of situations in which there may be a risk of using drugs or gambling. Possible situations could include some of the following:

- schoolyard after school
- gym locker room
- home while parents out
- a friend's house
- video arcades
- the mall

Write the students' responses on the *Possible Risky Turns* (Aid 2.2) poster for later reference. Tell the class you will return to this list later in the OYZ journey. Keep the poster until then, or post it in the classroom.



2.3 OYZ Risk Role-Playing Cards

2.3 Strong winds: Positive and negative peer influence (20 min.)

Define the notion of a “peer” as a person of equal standing with another, especially in age, grade or status. Briefly introduce the notions that people can be influenced by their peers, and that these influences can be subtle or strong, and both positive and negative. Examples of such influences are:

Influence Positive

- A friend who always helps others
- A classmate who overcomes a disability
- A teammate who sets a provincial athletic record
- A friend who's kind to their kid sister
- A classmate who dresses “cool”
- An opposing team member who practices regularly

Negative

- A friend who gets you in trouble
- A classmate who harasses you so much, you take it out on others
- A friend who always shows up late
- A classmate who slacks off on schoolwork

Select five students to perform for the whole class the prompted role-play “Party,” and hand out a set of the **OYZ Risk Role-Playing Cards** (Aid 2.3) to these students. Review the situation and the roles for “Party,” summarized as follows:

Party

Chris (Grade 7 student, slightly inclined to drink, more inclined towards Lee)

Riley (Chris’ best friend, shy, sworn off drinking)

Kelly (host of unchaperoned party)

Leslie (party animal, eager to please group with beer)

Lee (Chris’ gorgeous classmate, seems to go along with group, eyes Chris’ reaction)

After the students perform the role-play, discuss how the positive and negative peer influence affected the situation just performed. What could have happened to change that peer influence?

Break the class into groups of four, and invite them to perform (within their own group) the prompted role-play “Community hall rink.” Hand out a set of the **OYZ Risk Role-Playing Cards** (Aid 2.3) to each group. Give them a brief summary as follows:

Community hall rink

Sam (Grade 7 student, ambivalent about use, eager to fit in with older crowd)

Pat (Grade 9 student, hanging with two buddies, goading Sam into having a smoke)

Bill/Jill (aggressive and taunting toward Sam)

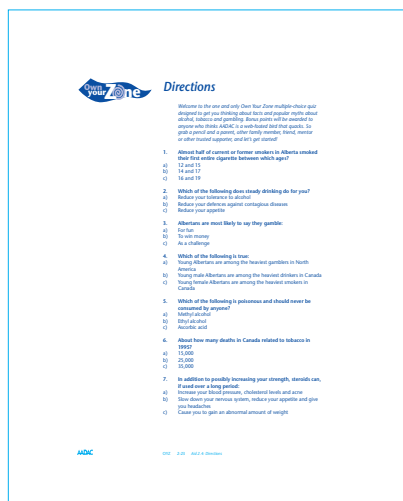
Ben/Jen (asthmatic, potentially sympathetic to Sam)

Explain the five rules of OYZ role-plays:

- 1) Be respectful of your fellow actors.
- 2) Take a couple of minutes to study the character on the role-play card you receive.
- 3) Stay in character throughout the role-play, whether or not you would act that way in real life.
- 4) No pushing, shoving or unwanted physical contact, please.
- 5) Everybody freezes when the director (you) calls for quiet on the set.

Invite each group to feel free to ad lib. Turn the groups loose to play the assigned roles for 5-10 minutes, then invite each group, through the characters, to share both the situation and the result of their role-play with the class. Note any common themes as they relate to the workings of peer pressure and behaviours which accept or reject it. Questions you may wish to address include:

- 1) How did you feel in your situation?
- 2) Did you feel like you were controlling or being controlled?
- 3) Did you feel that others were controlling or being controlled?
- 4) Who were the positive influences, and why?
- 5) Who were the negative influences, and why?
- 6) Did the situation turn out the way you wanted it to? Why or why not?
- 7) How could you have behaved for the situation to turn out better?



2.4 Side attractions

Hand out the brief multiple-choice test of drug/gambling truths and myths, *Directions* (Aid 2.4). Invite the students to take the test with a family member or friend, and to bring their completed sheet to the next session.

Also, as a second assignment, ask them to bring or note examples of media ads promoting or warning against drugs or gambling. They should come prepared to talk about these in the next part of our journey.

2.4 Directions



Interviews with Vampires 1

Alcohol

Cast of characters

- Interviewer
- Al Cahall, a personification of alcohol

I: I'm here today interviewing [Mr./Ms.] Al Cahall for the Own Your Zone Network. How goes, Al?

A: I just go with the flow. *(laughs)* Get it?

I: *(frowns to audience, shakes head)* Is that the best you could do?

A: Hey, what do you expect from someone who's made from fermented grains or fruit?

I: You come in different forms, Al. So which is the strongest: beer, wine or liquor?

A: *(shrugs)* Doesn't matter. You take a glass of wine, a bottle of regular beer, or 43 ml of hard liquor. I'm there in equal amounts, honey.

I: Tell us what happens when we drink some of you.

A: What a trip! I pass right through the wall of your stomach and intestines, into your bloodstream. Your blood sweeps me to your brain... *(slyly)* among other body parts.

I: I see.

A: Well, yeah. But not after a few more drinks! *(grins at audience; offended that no one's laughing)*

I: We'll take your word for it. So exactly how do you affect people?

A: It depends, Bucko. On things like how fast you drink, your body weight, whether you're male or female, how much you've eaten, how you're feeling. Oh, yeah, and if you have a history of drinking. And by the way, you start getting impaired with the first drink.

I: I've heard it takes an hour or more for your body to break down one drink.

A: Hey, you're not just another pretty face! As you drink, you get more relaxed, then tipsy, then less coordinated. When your blood alcohol level gets to .08, you're legally impaired. And, well... you may feel dazed, there are problems with balance... and you kinda might do stuff you'll regret later.

I: For shame, Al!

- A: Hey, you think I ask people to abuse me? Did you know some studies show that the moderate, low-risk use of red wine can help prevent some types of heart disease in adults?
- I: That's great, Al. But don't doctors recommend getting the same result in less risky ways like more exercise, better nutrition and not smoking?
- A: Smarty-pants.
- I: So what about the symptoms of going overboard? Tell us about hangovers.
- A: Ouch. Well, if you push me too hard, you'll get stuff like headaches, nausea, vomiting, thirst and the shakes. But of course, that goes away. *(pause)* After awhile.
- I: What about the long-term effects of alcohol abuse?
- A: Double-ouch, Cookie. We're talking stuff like mucking with your stomach lining, diarrhea, pain and bleeding; *major* liver damage; serious depression; blackouts; brain damage; raised blood pressure, increased risk of stroke –
- I: Um, we get the point, Al...
- A: I'm not finished. If you're a guy, there's *(loud whisper)* impotence, lost body hair and reduced testicle size. And if you're a gal, you get *(loud whisper)* menstrual irregularities and infertility. *(shudders)* Eeewww, yuck!
- Q: Is it true that kids our age become addicted and experience physical harm much quicker than adults?
- A: *(shrugs)* Yeah. It can take only months instead of years, like it can for adults.
- I: What about girls drinking you when they're pregnant?
- A: I wouldn't recommend it, Sweetie. See, I cross the placenta, where the fetus hangs out until birth time and all that. I don't mean to, of course, but I can do a lot of harm to a developing baby's body and brain. Ever hear of fetal alcohol syndrome?
- I: I do the Qs here, Al. Why don't *you* tell us?
- A: It's a disability affecting how the baby looks, thinks, acts and learns – for the rest of its life.
- I: Harsh.
- A: You should see what happens to people who like to drink me, and then go for car rides. Like the almost one out of every four Alberta drivers killed in collisions in 1999. I hate to say this, but I also had a hand in one out of every three reported incidents of family violence that year.

I: *(shakes head)* I guess you're pretty popular in this province.

A: Hey! Three-quarters of adult Canadians drink responsibly. Can I help it if some people lose control? I've got rights, too, you know.

I: There's a sobering thought.

A: Hey! *You* do the questions. *I* do the jokes!

I: Sorry, Al. Thanks for being with us today. Ladies and gentlemen, [Mr./Ms.] Al Cahall. *(lead applause)*



Interviews with Vampires 2

Tobacco

Cast of characters

- Interviewer
- T. Leaf, a personification of tobacco

I: Here we are with [Mr./Ms.] T. Leaf. How's it with you, T?

T: Ssssssmokin'. Ha-ha. I kill me!

I: And a few others, too, I guess.

T: Watch it. I've got lawyers, you know.

I: So tell us a bit about yourself.

T: Not much to tell, really.

I: Is it true that when you become a cigarette, your smoke contains over 4,000 different chemicals?

T: Sure, but only 50 of them cause cancer. You could look it up.

I: So how do you affect smokers?

T: Well, the carbon monoxide you absorb from smoking a single cigarette stays in your bloodstream for up to six hours. That forces your body to work harder to supply your lungs with enough oxygen to keep breathing.

I: What's all the fuss about nicotine?

T: Nicotine is one of my main ingredients. It's a stimulant. It raises your heartbeat and your blood pressure. Its addictiveness is a major reason why it's so tough to dump me.

I: What about tar?

T: Oh, that's the solid particles from the smoke. It messes with the normal exchange of oxygen and carbon dioxide in the lungs... contributes to shortness of breath... increases the risk of lung cancer... that kind of stuff.

I: So what can new smokers expect?

T: Well, you often start with coughing, dizziness and a dry, irritated throat. Plus, smoking me can lead you to other problems. But hey, check these great short-term effects: you can feel stimulated and relaxed!

I: Is that the whole story?

- T: *(sheepishly)* Well, not exactly...
- I: Well?
- T: Okay, okay. You get a **little** stinky breath, hair and clothes. Yellow teeth and fingers. More coughing, illness, asthma attacks and bronchial infections than normal. And it sets you back, what, seven bucks a pack. No big deal, right?
- I: Yeah, **right**. So what about the long-term effects of smoking?
- T: I've got a poem about that.
- I: Did you say, a **poem**?
- T: Absolutely. I know I've been getting bad press since that darned U.S. Surgeon General's report came out back in the Sixties. So my motto is, when life hands you lemons, make lemonade... and when life hands you tobacco, make smoke. *(whispers to Interviewer)* Now introduce me!
- I: Uh, okay. Ladies and gentlemen, now reading from [his/her] poetic works, please welcome the amazing... T. Leaf!
- T: Thank you, thank you. *(blows kisses)* I love you all! *(clears throat, then breaks into extended hacking cough)*
- I call this poem, **Going Wacky Over Tobaccy**
- When it comes to giving you long-term effects,
 Ya gotta give ol' T. Leaf some respect.
 While some products are selfish and give ya nothin', nowhere,
 When ya smoke me, I've got **tons** of stuff to share!
 I'll give ya heart disease, strokes, you know what I mean-uh
 Aneurisms, chronic bronchitis, even emphysema.
 Ya get cancers of the lung and throat to make ya sadder,
 Plus cancer of the stomach, kidney, pancreas and bladder.
 But hey, to all bad things I'm not the answer;
 I cause only 30% of all cancers –
 And don't get me shot, don't get me hung –
 Just 85% of cancer of the lung.
 And I don't play favourites, you understand.
 My smoke can also get ya second-hand!
- I: Thanks, T. That was really, um, special.
- T: A pleasure. Y'know, I find that whole second-hand cancer thing a bit overblown. According to my research, every year I kill 30,000 Canadians who smoke, but I **only** kill 300 Canadians second-hand. That's, what, barely six people a week? I mean, that's sad, but it could be much worse.
- I: No kidding, eh? Speaking of mouthfuls, what's the skinny on chewing tobacco?

- T: Smokeless tobacco products have nicotine, carcinogens, stuff like that. They can cause oral cancer and other diseases of the mouth, teeth and gums. And let's be honest here. Chewing me isn't gross. It's *macho*. Got it?
- I: Yeah, right. So what about kids? What do you say to us?
- T: Well, I won't sugar-coat it for ya. Teens who start smoking do tend to become more dependent than types who start smoking after age 20. And if your parents smoke, you're more likely to get things like bronchitis, pneumonia, ear infections and asthma attacks.
- I: *(looks at audience)* Well, that's about out all *I* can take.
- T: At least you're not under *fire*. *(laughs)* Get it? You use fire to light me up!
- I: As if. T, thanks for joining us here on the Own Your Zone Network. Ladies and gentlemen, [Mr./Ms.] T. Leaf. *(lead applause)*



Interviews with Vampires 3

Cannabis

Cast of characters

- Interviewer
- Con Abyss, a personification of cannabis

- I: Hi there, and welcome to our segment on illegal drugs. With me is Con Abyss. Wassap, Con?
- C: The first thing you've got to know about me is, I come from a plant, man. I'd be marijuana, hashish and hashish oil. We're talking mind-altering drugs, in case you cats didn't know.
- I: What do you mean by mind-altering?
- C: I mean changing your perceptions, your moods, your feelings. That's what a drug is, man. It changes the way your body works. *(laughs)* And you thought I wasn't paying attention in the first session!
- I: Really good, Con. So exactly what do you do to people who smoke you?
- C: *(holds up four fingers)* Three things, man. I mess with your central nervous system, your cardiovascular system, and your psychological functioning.
- I: Let's start with the nervous system thing.
- C: Well, your brain gets impaired, your learning ability takes a hit, and... uh... *(looks dazed for 5 seconds)* ... oh, yeah. You experience short-term memory loss. Your motivation goes down, and you tend to do, uh, not as good as before at school and stuff like that.
- I: I've heard that smoking you screws up people's physical coordination.
- C: *(annoyed)* Yeah, yeah. Okay, so I make it hard to do "complex visual tasks" like driving a car, or running machinery. I make you clumsier, and slow to react. And if you mix me with, say, my pal Al Cahall, then **whoa**. Look out, man.
- I: How about the heart thing?
- C: Dig this. You use me, you get an increased heart rate and changes in your blood pressure. Variety is the spice of... uh... the spice of...
- I: Life?

- C: That's it, man. Gimme a high-five! (*tries to high-five Interviewer, but misses badly*) Sorry, man. Too "visually complex" for me.
- I: Uh-huh. That leaves the psychological thing.
- C: Here's the totally beautiful part of it. You get a whole kaleidoscope of feelings. Everything from well-being and exhilaration to anxiety and fear. Even panic and disorientation. It heightens the senses, man. Like wow.
- I: These are **good** things?
- C: Far out! Like I always say, man, live life to the... uh... live life to the...
- I: To the max?
- C: (*confused*) Max who?
- I: Never mind. So is it true that cannabis is less harmful than tobacco?
- C: Where you been, man? My smoke contains many of the same irritants as tobacco smoke. I ain't taking no back seat to some sissy **legal** weed.
- I: Hmm. Tell us if you're addictive.
- C: Am I addictive? Am I addictive? Come on, man. I grow on you so good, if you use me heavily, you'll be physically **and** mentally dependent on how I make you feel. When heavy users try to give me the kiss-off, they often go through withdrawal.
- I: What's that like?
- C: You know, irritability, sweating, tremors, upset stomach, diarrhea. The usual, man.
- I: Any other health risks we should know about?
- C: Oh, sure. Long-term use damages your lungs. Inflames the sinuses and bronchial tubes. Helps you get respiratory diseases like chronic bronchitis. Like I said, the usual, man.
- I: What about lung cancer?
- C: Hey! Hey! There's no conclusive proof of that yet, man. Of course, there is growing evidence. (*laughs*) **Growing!** Are you hip?
- I: We're all hip here, Con. Other effects of heavy use?
- C: Well, you might lose motivation and interest in doing stuff. Plus, there's the memory thing. (*pause*) Or did I mention that already?
- I: I think you did mention it, yes.

- C: Okay. Okay. Then there's the memory thing. *(stares at own hands for 5 seconds, then snaps out of it)* And then there's the concentration thing. Hard on the grades, man.
- I: Is it true that you're the most-used illegal drug in Alberta?
- C: *(proudly)* You know it, man. In a survey of kids aged 12 to 17 a few years back, 15% of them had tried me.
- I: So 85% didn't bother?
- C: *(offended)* I guess. What's up with that anyway?
- I: Is it true that hanging with you is against the law?
- C: Well, yeah. Technically. Even if you're only in possession of me. *(shrugs)* So you get a criminal record, maybe a fine, or even do a little time. No big deal, right?
- I: Whoa.
- C: Hey, I've got a good side! I decrease nausea caused by anti-cancer drugs, and increase appetite in people with AIDS. Anybody here with cancer or AIDS? Don't be shy...
- I: Anything you want to add in closing, Con?
- C: Yeah, man. I just want to say hi to my fellow illegal drugs: cocaine, heroin, amphetamines and hallucinogens. *(waves to ceiling)* Hey, guys!
- I: We appreciate your answering our questions here on the Own Your Zone Network. Ladies and gentlemen, [Mr./Ms.] Con Abyss! *(leads applause)*



Interviews with Vampires 4

Gambling

Cast of characters

- Interviewer
- Hi Roller, a personification of gambling

I: Good day, game-players. I'm standing here with [Mr./Ms.] Hi Roller.

H: That's right, kids. And I'll wager you're really happy I'm here, too! *(scans audience)* Whoops, the legal age for gambling in Alberta is 18. Sorry about that!

I: So tell us a bit about yourself, Hi.

H: Glad to, glad to! First off, I'm not just bingo, casinos, racetracks or video lottery terminals – that's "VLTs" to us insiders, you know.

I: No kidding? Tell us more.

H: I'd be delighted! See, I'm about all kinds of stuff. Everything from playing cards or video games for money, and buying raffle tickets, to betting on a game of pool, or the outcome of a sports event, and so much more. The fun never ends. Wheel!

I: Pardon me, Hi. But if you're such a kick, why are we talking about you here, on the Own Your Zone Network?

H: Details, details. Look, I'm just simple, good fun for the vast majority of folks. But I can become a problem for some people when I affect their personal, family or school life. Y'see, I'm so much fun, I can get... well...

I: Addictive?

H: Yeah. *(wipes forehead)* Whew, I'm glad you said it, not me.

I: So what kind of problems are we talking here, Hi?

H: Well, folks who have problems with me can experience less motivation to do things. Lower feelings of self-worth. Depression. Then there's outbursts of rage, feelings of being out of control; stress; neglected responsibilities. And isolation from family and friends. That's a real bummer.

I: Is it true that people who have trouble with you have problems in other areas of their lives that they need to work out? You know, stuff like feeling lonely or arguing with parents?

H: Yeah. What's your point?

- I: My point was that you're an outlet for people's problems, but you can make them even worse.
- H: Whoa there! I didn't come here to be insulted! *(to self)* Well, five bucks says I didn't, anyway.
- I: That's a sucker bet, Hi. So tell us. How do we spot problems in the making?
- H: Watch for the signs. Spending more time and money on me than intended. Placing larger and more frequent bets. Pinning hopes on the big win. Returning to try to win back losses. Feeling badly about what happens.
- I: No kidding. Any others?
- H: Sure. Frequent highs and lows. Exaggerating winnings. Hiding signs of me. Promising to cut back, but never doing it. Always looking for new places to meet me. And climbing debts – that's a big one.
- I: Are *you* big in Alberta?
- H: Well, I've got 5,959 VLTs in 1,238 locations; 2,013 ticket lottery terminals; 3,742 slot machines; 16 charitable casinos; 2 racing entertainment centres; and 63 bingo associations. In 1999-2000, the provincial government take from VLTs, slot machines, and lottery tickets was \$856 million. So you tell me!
- I: Point taken, Hi. But most Albertans don't have problems with you, do they?
- H: Snake eyes on that! 95% of adults don't have trouble with me at all. The figure among Aboriginal Albertans is 90%. And catch this action: 92% of Albertans aged 12 to 17 have no problems related to li'l ol' me. But 15% of those are at risk for developing problems.
- I: What puts those leaders of tomorrow at risk?
- H: It's like this. Your risk of problems with me goes up if you start young and if your family or friends often get involved with me. *(checks watch or clock)* Whoops, where *does* the time go? You'll have to excuse me, I've gotta run. Happy hour's coming up, and a bunch of guys in a bar really need me.
- I: Thanks for your time, Hi.
- H: *(proudly)* You bet!
- I: *(shakes head)* Ladies and gentlemen, that was [Mr./Ms.] Hi Roller! *(leads applause)*



Possible Risky Turns





Risk Role-Playing Cards

Community hall rink

Cast

Sam, a Grade 7 student

Pat, the Grade 9 schoolyard boss

Bill/Jill, a buddy of Pat’s

Ben/Jen, another buddy of Pat’s

Sam

You are a Grade 7 student who’s made a smooth shift to junior high. You’ve heard of other Grade 7s being picked on by Grade 9s, but nothing has happened to you – yet – and you don’t want any trouble, especially with kids who are bigger and older. You just want to fit in and get on with your life. You haven’t smoked before and don’t have strong feelings about it either way.



Risk Role-Playing Cards

Community hall rink

Cast

Sam, a Grade 7 student

Pat, the Grade 9 schoolyard boss

Bill/Jill, a buddy of Pat’s

Ben/Jen, another buddy of Pat’s

Pat

You are a Grade 9 student who’s the unchallenged boss of the schoolyard, along with your buds, Bill/Jill and Ben/Jen. You’ve been pushed around a bit by your older siblings, so you don’t see what’s wrong with flexing a bit of muscle. Showing Grade 7s their place is a favourite hobby. You see smoking as a way to relax and feel in control.



Risk Role-Playing Cards

Community hall rink

Cast

Sam, a Grade 7 student

Pat, the Grade 9 schoolyard boss

Bill/Jill, a buddy of Pat’s

Ben/Jen, another buddy of Pat’s

Bill/Jill

You’re one of Pat’s buddies, and the one Pat counts on to do most of the dirty work because you’re big for your age and not afraid to show people who’s boss (except Pat, of course). You’re proud of the fact that you started smoking even before Pat did. You see smoking as a way to separate the tough kids from the wusses.



Risk Role-Playing Cards

Community hall rink

Cast

Sam, a Grade 7 student

Pat, the Grade 9 schoolyard boss

Bill/Jill, a buddy of Pat’s

Ben/Jen, another buddy of Pat’s

Ben/Jen

You’re one of Pat’s buddies, and the one Pat and Bill/Jill count on as “the brains of the group” because you get good grades without appearing to do a lot of work. Both your parents are smokers and you’ve become asthmatic, so you don’t smoke yourself. You’re not as keen on harassing Grade 7s as Pat and Bill/Jill, but you go along with it most of the time because they’re your buddies.





Risk Role-Playing Cards

Party

Cast

Chris, a Grade 7 student
Riley, Chris' best friend
Kelly, host of the unchaperoned party
Leslie, a party animal
Lee, Chris' gorgeous classmate

Chris

You're a Grade 7 student invited to the first big party of the year at Kelly's house. You've never been to a junior high party, and you want to fit in and have fun. You've heard there may be beer there, and no parents. You're cool with that, but you're even more interested in Lee, your gorgeous classmate, whom you've been admiring from afar all year.



Risk Role-Playing Cards

Party

Cast

Chris, a Grade 7 student
Riley, Chris' best friend
Kelly, host of the unchaperoned party
Leslie, a party animal
Lee, Chris' gorgeous classmate

Riley

You've been Chris' best friend since kindergarten. You're more shy than Chris about the whole socializing thing, so you're a little nervous about the big party. You understand why Chris likes Lee, but you don't want to lose Chris as a friend. You tried drinking before Chris, but after your first hangover, you've sworn off alcohol.



Risk Role-Playing Cards

Party

Cast

Chris, a Grade 7 student
Riley, Chris' best friend
Kelly, host of the unchaperoned party
Leslie, a party animal
Lee, Chris' gorgeous classmate

Kelly

You're Chris' classmate and hosting this party is your big chance to make a good impression and do something fun for everybody. Your parents, who are out catching a show, know you're having "a few friends" over, but word got out and now most of the grade is coming. Nobody said anything about serving alcohol, so you're a little nervous about Leslie bringing beer.



Risk Role-Playing Cards

Party

Cast

Chris, a Grade 7 student
Riley, Chris' best friend
Kelly, host of the unchaperoned party
Leslie, a party animal
Lee, Chris' gorgeous classmate

Leslie

You're Chris' classmate and a major party animal. You want to be liked by everybody, and you see yourself as a leader type. Some of your classmates know you can get beer through an older cousin. They're counting on you to deliver the goods at the party, and you don't want to let them down. You've had beer before and you like it.





Risk Role-Playing Cards

Party

Cast

Chris, a Grade 7 student

Riley, Chris' best friend

Kelly, host of the unchaperoned party

Leslie, a party animal

Lee, Chris' gorgeous classmate

Lee

You're Chris' gorgeous classmate and definitely the quiet type, playing your cards close to the vest. Your motto is to keep to yourself and basically get along with people. You're not sure where the beer thing will go, so your antenna are up, checking how everyone else reacts. You notice Chris, who seems reasonable, and are especially interested in how Chris reacts to the beer.





Directions

Welcome to the one and only Own Your Zone multiple-choice quiz designed to get you thinking about facts and popular myths about alcohol, tobacco and gambling. Bonus points will be awarded to anyone who thinks AADAC is a web-footed bird that quacks. So grab a pencil and a parent, other family member, friend, mentor or other trusted supporter, and let's get started!

- 1. Almost half of current or former smokers in Alberta smoked their first entire cigarette between which ages?**
 - a) 12 and 15
 - b) 14 and 17
 - c) 16 and 19

- 2. Which of the following does steady drinking do for you?**
 - a) Reduce your tolerance to alcohol
 - b) Reduce your defences against contagious diseases
 - c) Reduce your appetite

- 3. Albertans are most likely to say they gamble:**
 - a) For fun
 - b) To win money
 - c) As a challenge

- 4. Which of the following is true:**
 - a) Young Albertans are among the heaviest gamblers in North America
 - b) Young male Albertans are among the heaviest drinkers in Canada
 - c) Young female Albertans are among the heaviest smokers in Canada

- 5. Which of the following is poisonous and should never be consumed by anyone?**
 - a) Methyl alcohol
 - b) Ethyl alcohol
 - c) Ascorbic acid

- 6. About how many deaths in Canada related to tobacco in 1995?**
 - a) 15,000
 - b) 25,000
 - c) 35,000

- 7. In addition to possibly increasing your strength, steroids can, if used over a long period:**
 - a) Increase your blood pressure, cholesterol levels and acne
 - b) Slow down your nervous system, reduce your appetite and give you headaches
 - c) Cause you to gain an abnormal amount of weight

- 8. Adolescents with gambling problems are more likely than non-problem gamblers to be:**
- a) Frequent and heavy drinkers
 - b) Smokers and users of cannabis
 - c) All of the above
- 9. Can coffee and cold showers help reduce the effects of a hangover?**
- a) Yes
 - b) No
 - c) It depends
- 10. A common reason people use drugs is:**
- a) To punish themselves
 - b) To seek adventure
 - c) To change the way they feel or think
- 11. Is inhaling second-hand (“sidestream”) smoke even deadlier than inhaling exhaled (“mainstream”) smoke?**
- a) Yes
 - b) No
 - c) About the same
- 12. In addition to increasing your alertness, caffeine:**
- a) Worsens your mood
 - b) Raises your blood pressure
 - c) Increases your appetite
- 13. Alcohol and other drugs are used by:**
- a) Younger, wealthier Albertans
 - b) Older, less wealthy Albertans
 - c) Albertans of all ages and social classes
- 14. Do “light” cigarettes deliver less carbon monoxide, nicotine and tar than regular cigarettes?**
- a) Yes
 - b) No
 - c) About the same as regular cigarettes
- 15. In addition to a rush of energy and hallucinations, the “ecstasy” drug may give you:**
- a) Nausea, anxiety attacks and blurred vision
 - b) Headaches, dizziness and a reduced sense of touch
 - c) Improved powers of concentration

Thanks very much for playing. Please remember to bring this paper back with you for our next session.

*Best wishes,
Your OYZ Tour Guide*