



“How Did This Happen to Me” Curriculum Program Session at-a-glance [v.1](#)

Session 1

How did this happen to me?

- Student Pre-program survey
- Why some people become addicted and others don't
- "The Craving Experiment"
- Addiction=loss of control
- The pleasure system model

Session 2

What science has discovered

- The chemistry of addiction
- Risk factors
 - Genetic
 - Environmental
 - Early use
- Who has a higher probability of becoming addicted?

Session 3

What are the signs of addiction?

- 18 Tell-tale signs of addiction
- When to talk to the friends/family who exhibit these signs?
- Can addiction be treated successfully?
- Student Post-program survey

Nuggets Video

An animation that succinctly and elegantly sums up the addictive cycle:

- Neuroadaptation
- Tolerance
- Withdrawal

Vaping Video

- An animation by UCLA medical school on the dangers of vaping and nicotine on the adolescent brain
- Big Tobacco's manipulation of teens
- Chemicals in e-liquids
- Vaping resources listings

Home Experiments

Hot & Cold Brain Experiment:

- Neuroadaptation, tolerance & withdrawal on display!

Brain Highways Experiment:

- Why is the early use of a drug such a crucial risk factor for the teen brain?
- Why is doing healthy activities like sports so important during teens?

Optional Modules:

*Vaping module

*Fentanyl Module

*Nuggets Module

*Home Experiments

*Reusal Skills & Role Playing Module

*Gateway to Rehab Module