



Educator Guide: Road Trip Game

Recommended for Grades:

6th

Time:

5 minutes

Prerequisites:

For students to be successful in the game, they would benefit from participating in the following lesson:

- Addiction Lesson

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this game students will be able to:

1. Identify how a person can go from using a drug for the first time to becoming addicted to that drug.
2. Identify at least two ways prescription drugs can be abused.

Game Description:

In this game students first choose a vehicle and destination. Then they will be presented with a road map, and they will answer questions about addiction at checkpoints on the road to their destination. When a question is answered correctly, they are given more fuel for their journey. After each question they must choose which path to take to the next checkpoint. The goal is to make it to their destination before running out of fuel.



Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Road Trip Game. You may choose to use this list in any way that fits your needs.

- Abuse – to use improperly, or to misuse
- Addiction – a complex disease where a person's body is so dependent on a drug that it is difficult to stop using the drug, and the person will use that drug despite harmful consequences to themselves or others around them
- Alcohol – a liquid drug that is a depressant, meaning it slows down the body. Alcoholic drinks can include beer, wine or hard liquor.
- Cocaine – a drug made from the dried leaves of the coca plant. It is a stimulant that affects the central nervous system, giving users a quick, intense feeling of power and energy.
- Dose – a specific amount of medicine prescribed to be taken at one time
- Drug – a chemical that changes the way a person's body works
- Drug abuse – misuse of illegal or legal drugs
- Heart – the organ in the body responsible for pumping blood to every other part of the body. The heart is part of the circulatory system.
- Heroin – a drug that comes from the dried milk of the opium poppy, which is also used to create painkillers, such as codeine and morphine. Heroin is extremely addictive and easy to overdose on.
- High – a short period of time when a person feels happy, euphoric or carefree after using drugs
- Illegal – something that is against the law
- Inhalants – substances that are inhaled to get a quick high. Examples of inhalants include glue, paint thinner, gasoline, felt-tip markers, white-out, hair spray, cleaning products, etc.
- Legal – something that follows the law
- Marijuana – a drug made from dry, shredded leaves, stems and flowers of the cannabis sativa plant
- Opiates – types of drugs that are typically used to relieve pain
- Prescription drugs – medications that a doctor prescribes to a person for a particular illness or condition
- Snus – a type of smokeless tobacco made from the leaves of the tobacco plant that comes in a small pouch, like a tiny tea bag full of tobacco. The pouch is placed between the upper gum and lip.
- Sudden sniffing death syndrome – occurs when the heart beats quickly and irregularly and then suddenly stops. This can happen any time a person uses an inhalant.

- Tolerance – occurs when a person uses a drug regularly, and they end up needing more of the drug to get the same high they experienced the first time
- Withdrawal symptoms – a wide range of physical or emotional disorders, including irritability, headaches, insomnia, cravings, etc. that occur when a person addicted to a drug stops using the drug

Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Resources and Services: Alcohol and Other Drug-Use Prevention

- American Lung Association Lung Help Line, 1-800-LUNG-USA (800-586-4872)
- Children's Wisconsin, www.childrenswi.org
- KidsHealth, www.kidshealth.org
- LifeStance Health, www.lifestance.com
- National Institute on Drug Abuse (NIDA), www.drugabuse.gov
- Partnership to End Addiction, www.drugfree.org
- Rogers Behavioral Health, www.rogersbh.org
- The Tobacco Control Resource Center for Wisconsin, www.tobwis.org
- United States Government-Drug Enforcement Administration (DEA), www.getsmartaboutdrugs.gov
- Wisconsin Tobacco Quitline, 1-800-QUIT-NOW

Transcript

How to Play

Your goal is to drive from home to your destination without running out of fuel.

At each checkpoint along the way, you will be asked a question about addiction or prescription drugs. If you answer it correctly, you will earn more fuel for your trip.

At some checkpoints, you will be able to choose which path to take after answering the question. The longer paths allow you to skip checkpoints but will cost you more fuel so use them carefully.

Ready to begin your trip?

Checkpoint Questions

*Questions will appear in random order

Medications that are prescribed to a person by a doctor are called:

- a. Over the counter drugs (Not quite. Over the counter drugs don't need a prescription.)
- b. **Prescription drugs** (That's right!)
- c. Illegal drugs (Nope. Medications prescribed by a doctor are called prescription drugs.)
- d. Safe drugs (Incorrect. While prescription drugs can be safe when taken exactly as the doctor prescribes them, they're very dangerous when abused.)

What is one way people abuse prescription drugs?

- a. Taking too little of the drug (Nope. One way a person may abuse prescription drugs is by taking too much of the drug.)
- b. Forgetting to take the prescribed drug (Nope. Forgetting to take a prescribed drug isn't considered abusing it.)
- c. Taking the drug exactly as prescribed (Nope. This wouldn't be considered abuse.)
- d. **Taking someone else's prescription drug** (Correct! You should never take someone else's prescription drug. It can be very dangerous.)



Is it legal to take someone else's prescription drug?

- a. Yes (Sorry, but it's actually illegal to take someone else's prescription drug.)
- b. **No** (That's right. Not only is it illegal, but it's also very dangerous.)
- c. It depends on the drug (Sorry, but it doesn't matter what type of drug. It's not legal to take someone else's prescription drug.)
- d. It depends on how old you are (Sorry, but it doesn't matter how old you are. It's illegal to take someone else's prescription drug.)

Is taking too much of a prescribed drug considered abusing it?

- a. **Yes** (That's right. A person should never take more than what's prescribed by their doctor.)
- b. No (Sorry but taking too much of a prescribed drug is considered abusing it.)
- c. It depends on the drug (Nope. It doesn't matter which drug it is. Taking too much of any prescribed drug is considered abusing it.)
- d. It depends on how old you are (Nope. It doesn't matter how old you are. Taking too much of any prescribed drug is considered abusing it.)

Which of these can be a long-term health effect of abusing prescription drugs?

- a. Mood changes (Not quite. These are all considered long-term effects of abusing prescription drugs.)
- b. Addiction (Not quite. These are all considered long-term effects of abusing prescription drugs.)
- c. Heart failure (Not quite. These are all considered long-term effects of abusing prescription drugs.)
- d. **All of the above** (Correct!)

Often, people who are addicted to heroin first became addicted to what?

- a. Alcohol (Not quite. People who are addicted to heroin usually first became addicted to prescription drugs.)
- b. Snus (Not quite. People who are addicted to heroin usually first became addicted to prescription drugs.)
- c. **Prescription drugs** (Correct. People who are addicted to heroin often start out using prescription drugs.)
- d. Inhalants (Not quite. People who are addicted to heroin usually first became addicted to prescription drugs.)



When someone who is addicted to a prescription drug stops using that drug they may experience diarrhea, shaking, vomiting and body aches. These are called:

- a. Tolerance symptoms (That's incorrect. They're actually called withdrawal symptoms.)
- b. Alcohol poisoning (That's incorrect. They're actually called withdrawal symptoms.)
- c. **Withdrawal symptoms** (That's correct.)
- d. Short-term effects (That's incorrect. They're actually called withdrawal symptoms.)

Which drug is so addictive that a person might only use it once or twice before becoming addicted to it?

- a. Inhalants (Sorry, the correct answer is heroin.)
- b. Marijuana (Sorry, the correct answer is heroin.)
- c. Alcohol (Sorry, the correct answer is heroin.)
- d. **Heroin** (That's right. It doesn't take much to become addicted to heroin.)

As a person uses a drug, like alcohol, more often, it takes more of that drug to give them the same high that they experienced the first time. This is called:

- a. Addiction (Not quite. It's actually called tolerance.)
- b. **Tolerance** (Correct!)
- c. First use (Not quite. It's actually called tolerance.)
- d. Sudden Sniffing Death Syndrome (Not quite. It's actually called tolerance.)

As a person uses a drug more often, it takes less of the drug to give them the same high that they experienced the first time.

- a. True (Nope. The opposite actually happens. It takes more of the drug to give them the same high.)
- b. **False** (Correct! The opposite actually happens. It takes more of the drug to give them the same high.)

People can only become addicted to illegal drugs.

- a. True (No way! A person can become addicted to legal drugs too, like prescription drugs.)
- b. **False** (You're right! A person can become addicted to legal drugs too, like prescription drugs.)

Some drugs are more addictive than others.

- a. **True** (That's correct!)
- b. False (Sorry, but it's true. Some drugs are more addictive than others.)



Drugs like cocaine and heroin are so addictive that they might only be used once or twice before the user loses control and becomes addicted.

- a. **True** (That's right! Scary, but true.)
- b. False (Sorry, but it's true.)

When is taking someone else's prescription drugs ok?

- a. Always (No way! It's never safe to take someone else's prescription drugs.)
- b. **Never** (You're right! It's never safe to take someone else's prescription drugs.)
- c. When you're sick or in pain (Nope. Because every person is different, it's never safe to take someone else's prescription drug.)

Prescription drugs are:

- a. Medications you can buy over the counter (Not quite. You need a prescription from your doctor to buy prescription drugs.)
- b. **Medications that a doctor prescribes to a person** (Correct!)
- c. Not addicting (Sorry, but prescription drugs can be addicting.)

One way people may abuse prescription drugs is by crushing the pills and snorting the powder.

- a. **True** (Unfortunately, that's true.)
- b. False (Nope. Unfortunately, that's true.)

Taking a prescription drug without a prescription, or sharing a prescription drug with someone else, is breaking the law.

- a. **True** (That's right!)
- b. False (Actually, that's true.)

People who abuse prescription drugs often have trouble:

- a. At school (Not quite. There's usually trouble other places too.)
- b. At home (Not quite. There's usually trouble other places too.)
- c. With friends and family (Not quite. There's usually trouble with other things too.)
- d. **All of the above** (Correct. Abusing prescription drugs can affect all areas of a person's life.)

Once a doctor writes a prescription for a drug like Oxycontin or Vicodin, the person can always get that drug.

- a. True (Nope. Doctors won't usually authorize a refill for a prescription without first examining the person to make sure that he or she isn't getting addicted.)
- b. **False** (Correct. Doctors won't usually authorize a refill for a prescription without first examining the person to make sure he or she isn't getting addicted.)



Prescription drugs that are considered opiates, such as Oxycontin and Vicodin, can have effects similar to heroin, when taken in higher doses.

- a. **True** (That's right!)
- b. False (That's incorrect. It's actually true.)

People cannot overcome addiction.

- a. True (That's incorrect. Overcoming addiction isn't easy, but it can be done with the right help.)
- b. **False** (That's right. Overcoming addiction isn't easy, but it can be done with the right help.)

Final Screen Message

*Students will receive one of the following messages depending on whether they won or lost and what destination they chose.

Game over. You didn't have enough fuel to get to the beach.

Game over. You didn't have enough fuel to get to the amusement park.

Game over. You didn't have enough fuel to get to the movie theater.

Great job! You made it to the beach with fuel to spare!

Great job! You made it to the amusement park with fuel to spare!

Great job! You made it to the movie theater with fuel to spare!

Acknowledgements

Children's Wisconsin gratefully acknowledges the contributions and support provided by the Wisconsin Department of Public Instruction for the research, development and delivery of the 6th grade Alcohol and Other Drug-Use Prevention lessons, activities and games.

Children's Wisconsin would also like to acknowledge the following individuals for serving as subject matter experts during the development of the 6th grade Alcohol and Other Drug-Use Prevention lessons, activities and games:

Julie Allard – Cornerstone Counseling Services

Eileen Hare, MS – Wisconsin Department of Public Instruction

Keri Schneider – American Lung Association in Wisconsin

Melissa Vukovich, NP – Children's Wisconsin





Contact us:

**Children's Wisconsin
E-Learning Center**

(866) 228-5670

healthykids@childrenswi.org

