

Content Area: Chemical Dependency & the Family

Task: **Who's Feeling What?**

(20 minutes)

As a large group, brainstorm feelings you experience when you are around someone who is using or is chemically dependent. We will list these on one flip chart.

Now brainstorm feelings you experience when you are around someone who is healthy/not using chemicals. We will list these on a different flip chart.

- How do the two lists differ?
- What is the overall tone / feel of the first list? The second?
- If someone has the first list as a baseline, how might they react/interact with others who have the second as their baseline?
- How does this relate to the lives/experiences of the students you work with?

### Points to make

According to national statistics, one in four kids is directly affected by someone's substance use. For these kids, the first list makes up their baseline.

These kids grow up to be adults: co-workers, family, etc.