

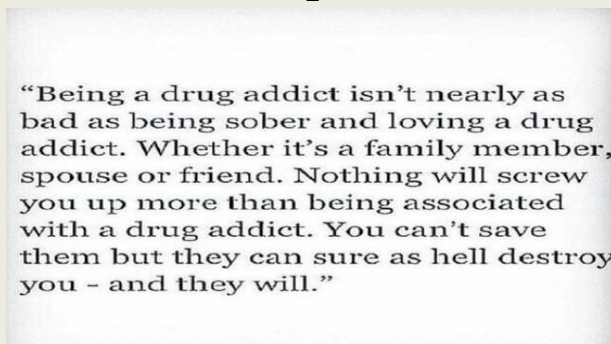
## TOPIC 3: ADDICTIONS

**TASK 1A** Discuss the following the message communicated by the below posters. Would you add another picture?

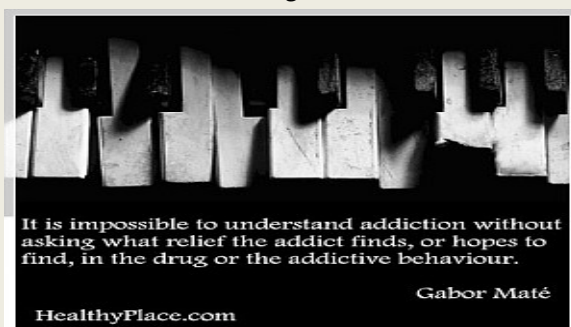
1



2



3



4

**“I am not addicted to alcohol or drugs, I am addicted to escaping reality.”  
unknown**

5

**“Drug use, within entire teams continues unabated. It is planned and deliberate cheating, with complex methods, sophisticated substances, techniques and the active complicity of doctors, scientists, team officials and riders. There is nothing accidental about it.”  
Richard Pound**

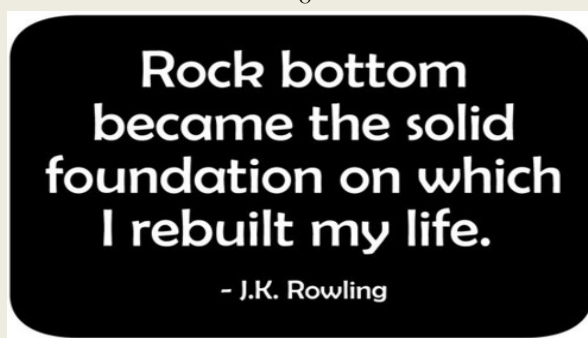
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7



8



Picture 1 taken from: <http://www.thefreshquotes.com/drugs-quotes-and-slogans/a-friend-in-deed-wont-make-you-smoke-that-weed/>

Picture 2 taken from: <https://letmeseemykids.wordpress.com/>

Picture 3 taken from: <https://cz.pinterest.com/pin/321796335847042809/>

Picture 4 taken from: <https://cz.pinterest.com/pin/384917099376670659/>

Picture 5 taken from: <http://www.brainyquote.com/quotes/quotes/r/richardpou393900.html>

Picture 6 taken from: <https://cz.pinterest.com/pin/485896247270102136/>

Picture 7 taken from: <https://quotesgram.com/inspirational-quotes-drug-addiction/>

Picture 8 taken from: <https://cz.pinterest.com/explore/addiction-recovery-quotes/>

**TASK 2A** In pairs discuss the following.

- 1 What is addiction?
- 2 What are the impacts of addiction on the individual's life (physical, mental, social)?
- 3 What are people typically addicted to?
- 4 Can you name the groups of addictive substances?
- 5 What are common addictive activities?
- 6 Can a person develop an addiction to another person (if so, how)?
- 7 What are the differences between hard and soft drugs? –
- 8 What are common side effects of drug abuse?
- 9 What are typical withdrawal symptoms?
- 10 Do you know what the following expressions mean?

*to roll a joint* = \_\_\_\_\_

*to get high* = \_\_\_\_\_

*to become addicted to* = \_\_\_\_\_

*to die of overdose* = \_\_\_\_\_

*to come off drugs* \_\_\_\_\_

*to become an addict / to become a drug addict* = \_\_\_\_\_

**TASK 3A** Read the following text. If you were on the panel, would you come to the same conclusion?

**Grass is good for you**

A panel of doctors, economists, parents and police officers in the United States has decided that drugs should be made legal. Their conclusions took into account factors of crime, medicine and even prison space. "We have a prison population of over 10 million in this country. Many of those are in jail for drug-related crime, such as the sale or possession of illegal substances", said an officer of the Chicago Police Force. Because of new, tough laws, currently 3 out of 5 people in prison are there because of drug-related crimes, which means little space is left for violent criminals, the ones the public would really like to see locked away.

But there were more reasons raised for legalising drugs. "There are cancer patients out there who are wandering around dark streets at night trying to buy marijuana for pain relief," said one of the doctors on the panel. "They should be able to get what they need without entering the criminal underworld." The effectiveness of marijuana on patients going through chemotherapy has long been known by the

medical profession, but political conservatives still raise opposition. One senator spoke out against the panel's conclusions. "I can sympathise with the patients, but the fact is, marijuana is addictive and harmful and we don't want that kind of thing in our communities," he said. But the panel disagreed. They argued that, although marijuana was admittedly a potentially addictive substance, research has proved that legal substances such as nicotine and alcohol are far more addictive and harmful. "Marijuana actually does some good. The same cannot be said of cigarettes and alcohol." On other substances, the panel agreed that drugs such as heroin and cocaine did not serve the community in the same way-marijuana could, but argued that keeping those substances illegal meant money for criminals. "We don't have people shooting each other over tequila or controlling prostitutes with Marlboros," said a teacher on the panel. "Keeping drugs illegal allows people to do illegal things." The panel will shortly be presenting its findings to the government.

*Taken from: MacAndrew, R. & Martínez, R. (2001). Taboos and Issues. Thomson, Heinle, pp. 37.*

**TASK 3B** What are some of the reasons for legalizing drugs mentioned in the above article. Tick those which are mentioned. Say which you agree with and which you disagree with.

- 1 Drugs can help people who are ill.
- 2 Drugs keep criminals in business.
- 3 Making drugs legal means that they can be taxed, and that means revenue for the government.
- 4 Drugs-trafficking is not as serious as violent crime, according to many people
- 5 Legalising drugs could make the job of law enforcement officers much easier.
- 6 Alcohol and cigarettes are more addictive and more harmful and are already legal.

**TASK 3C WORDFORMATION.** Complete the gaps made from the words in brackets.

- 1 The panel was composed of doctors, \_\_\_\_\_ and parents. (ECONOMY)
- 2-5 Some say the \_\_\_\_\_ of marijuana in treating certain diseases has long been proved. (EFFECT) The other argue, marijuana is potentially \_\_\_\_\_ and \_\_\_\_\_. (HIGH, ADDICT, HARM)
- 6-7 He was accused of the sale and \_\_\_\_\_ of marijuana and other \_\_\_\_\_ substances. (POSSESS, LEGAL)

**TASK 4A PREPOSITIONS.** Complete the gaps with the correct prepositions.

- 1 There are health risks associated \_\_\_\_\_ drugs.
- 2-3 I see the point \_\_\_\_\_ people worried \_\_\_\_\_ the harm drugs can cause.
- 4 They want to stop the trade \_\_\_\_\_ opium.
- 5 There seemed to be too many drugs \_\_\_\_\_ (=existed, were available).

**TASK 4A WORKAHOLISM.** In pairs or small groups discuss work-life balance. In doing so you may want to use the following vocabulary.

- heavy workload (too much to do in the limited time available)
- lack of management support (managers do not provide the necessary help and resources)
- work-pay imbalance (not getting enough money for your work)
- home-work imbalance (not enough time for family, personal interests, etc.)
- the need to rebalance your life (to change priorities in your life)
- frustration
- burn-out
- suicide rate higher for people having a stressful job
- time when people are most productive

First five items adapted from: Mascull, B. (2004). *Business Vocabulary in Use. Advanced*. Cambridge: Cambridge University Press

**TASK 4A OTHER ADDICTIONS.** Brainstorm other addictions that people might have. Do they have a “label” in English?

Addiction to alcohol = alcoholism.  
 Addiction to...

**TASK 4B** Use the given words and phrases to complete the sentences.

<p><i>addictive, alcoholic, addict, alcohol, addicted, alcoholism, addiction</i></p> <p>1 A surprising number of people are _____ to gambling.</p> <p>2 He checked into a clinic to try to get over his drug _____.</p> <p>3 I've never met anyone who is actually a drug _____.</p> <p>4 Both heroin and crack cocaine are extremely _____ substances.</p> <p>5 She realised he was an _____ when he started drinking at breakfast time.</p> <p>6 The problem got so bad he started hiding _____ around the house.</p> <p>7 Overcoming _____ is a daily process. It means saying 'no' to drink every day for the rest of your life.</p>	<p><i>seek professional help, get withdrawal symptoms, kick the habit, have a drink problem, take an overdose</i></p> <p>1 I think my boss _____. You can smell alcohol on his breath first thing in the morning.</p> <p>2 She died after accidentally _____ of sleeping pills.</p> <p>3 A lot of people want to give up smoking, but it's very difficult to _____.</p> <p>4 When he wasn't able to get hold of any drugs for a few days, he started to _____.</p> <p>5 When he realised he was addicted to alcohol, he decided to _____.</p>
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Taken from: MacAndrew, R. & Martinez, R. (2001). *Taboos and Issues*. Thomson, Heinle, pp. 40.

**TASK 5A THE LOST YEARS. VIDEO.** You are going to watch a video showing Kristina Wandzilak and her mother Constance Curry discussing Kristina's struggle with alcohol and drug addiction (<http://www.youtube.com/watch?v=S8ZNArCof8k>.) Before you watch the video and answer the questions, discuss in pairs the meaning of the following phrases.

- 1 to pick up sb (*informal*: to arrest sb and take them away in a car) =
- 2 treatment facility =
- 3 to live a life of recovery =
- 4 to recover from an addiction to sth =
- 5 to make a life choice =
- 6 to disclose a criminal activity =
- 7 to become unemployable =
- 8 her ability to maintain sth became impaired =
- 9 to be drunk and disorderly =
- 10 to descend into the depths of addiction =



**TASK 5B Listen to the video and answer the following questions.**

- 1 How does Kristina describe the beginning of her drinking?
- 2 How did her parents try to help her in the very beginning with her addiction?
- 3 Describe the scene when Kristina ran from her third treatment facility. What was her mother's reaction?
- 4 Give the mother's perspective on the scene. Why did she do it? How did it feel? Did the mother have any experience of the work of treatment centres?
- 5 What did Kristina do afterwards? Does she disclose a criminal activity?
- 6 How does Kristina describe her moment of clarity? What did she do?
- 7 What did she do after that?
- 8 Who wrote the book?

**TASK 5C Discuss the following.**

- 1 What is your response to Kristina's story? Do you believe it was a true story?
- 2 Do you think Constance made a right decision when she didn't allow Kristina to return home?
- 3 Would you do the same if you were in the same situation as a parent?
- 4 How did the drug and alcohol experience affect Kristina's future life?
- 5 How did it affect her relationship with her mother?
- 6 Can they make up for the lost years?

**HOMEWORK WORDBUILDING. Complete the gaps with words made from the words in brackets.**

- 1 He took an \_\_\_\_\_ amount of drug and died as a result. (EXCESS)
- 2 He never talks \_\_\_\_\_ and \_\_\_\_\_. He avoids giving a clear answer. (HONEST, DIRECT)
- 3 These drugs are highly \_\_\_\_\_. (ADDICT)
- 4 He died of/ from heroin \_\_\_\_\_. (DOSE)
- 5 Their \_\_\_\_\_ or in other words \_\_\_\_\_ on drugs will cost them their lives. (ADDICT, DEPEND)
- 6 The government wants the \_\_\_\_\_ of a \_\_\_\_\_ controlled system. (INTRODUCE, CARE)
- 7 Narcotics used to pass from country to country with minimal \_\_\_\_\_. (INTERFERE)

8 The \_\_\_\_\_ to \_\_\_\_\_ the \_\_\_\_\_ of soft drugs has been discussed in the studio. (PROPOSE, LEGAL, POSSESS)

9 Soft drugs are sometimes seen as less \_\_\_\_\_ than hard drugs. (HARM)

10 Drugs \_\_\_\_\_ according to the potential harm they can cause people. (CLASS)

## VOCABULARY

(to) abuse	/ə' bju: s/ /ə' bju: z/	zneužívání, zneužívat
to accuse sb of (doing) sth	/ə' kju: z/	obvinít někoho z něčeho
addict	/' ædɪ kt/	osoba drogově závislá
addiction	/ə' dɪ kf (ə)n/	závislost
addictive	/ə' dɪ ktɪ v/	způsobující závislost
anxiety	/æŋ' zai əti/	úzkost, úzkostlivost
authority	/ɔ : ' θɒ rəti/	řad
beneficial	/, benɪ ' fɪ ʃ (ə)l/	blahodárný
(to) burn out	/bɜ : (r)n/ /aʊ t/	vyhořet, vyhoření
to classify sth into sth	/' klæsɪ faɪ /	klasifikovat něco na
to disrupt sth/sb	/dɪ s' rʌ pt/	narušit něco
drug-related offence/crime	/ə' fens//kraɪ m/	přesupek /trestní činnost související s drogami
excessive	/ɪ k' sesɪ v/	nadměrný
frustration /	frʌ ' streɪ ʃ (ə)n/	frustrace
guilty	/' gɪ lti/	vinný, vinen
harmful	/' hɑ : (r)mf(ə)l/	škodlivý
illegal	/ɪ ' li: g (ə)l/	nezákonný, ilegální
to inject sth	/ɪ n' dʒ ekt/	píchat si něco
legalization	/, li: g əlaɪ ' zeɪ ʃ (ə)n/	legalizace
to legalize	/' li: g əlaɪ z/	legalizovat
overdose	/' əʊ vɔ(r), dəʊ s/	nadměrná dávka, předávkování
substance	/' sʌ bstəns/	látka
to possess sth	/pə' zes/	vlastnit, držet něco
possession of sth	/pə' zeɪ ʃ (ə)n/	vlastnění, držení něčeho
to punish sb for sth	/' pʌ ni ʃ /	trestat
punishment for sth	/' pʌ ni ʃ mənt/	trest
to recover from sth	/rɪ ' kʌ və(r)/	zotavit se z
to replace sth (with sth)	/rɪ ' pleɪ s/	nahradit něco (něčím)
(to) research	/rɪ ' sɜ : (r)tʃ / /' ri: sɜ : (r)tʃ /	výzkum, provádět výzkum
to resist (doing) sth	/rɪ ' zi st/	odolat něčemu
to seek sth/sb	/si: k/	hledat, vyhlédávat něco/někoho
to suffer from sth	/' sʌ fə(r)/	trpět něčím
to suffer sth	/' sʌ fə(r)/	utrpět něco
substance	/' sʌ bstəns/	látka
suicide rate	/' su: ɪ saɪ d/ /reɪ t/	počet sebevražd
treatment	/' tri: tmənt/	léčba
withdrawal symptom	/wɪ ð' drɔ : əl/ /' si mptəm/	abstinenční příznak
workaholism	/, wɜ : (r)kə' hɒ lzm/	workoholizm

Pronunciation transcripts taken from: [www.macmillandictionary.com](http://www.macmillandictionary.com)

## SELECTED PHRASES

to accuse sb of the illegal possession of drugs  
 to accuse sb of the sale of drugs  
 addictive substance  
 to become addicted to sth  
 to classify drugs into soft and hard

– obvinít někoho z nezákonného držení drog  
 – obvinít někoho z prodej drog  
 – návyková látka  
 – vytvořit si návyk na  
 – klasifikovat drogy na měkké a tvrdé

<i>to come off drugs</i>	– přestat s drogami
<i>to commit a crime</i>	– spáchat trestný čin
<i>to commit an offence</i>	– spáchat přestupek
<i>to carry out criminal activity</i>	– provádět trestnou činnost
<i>to carry out/ conduct research into</i>	– provádět výzkum
<i>to die of overdose</i>	– zemřít na předávkování
<i>to disrupt the work-life balance</i>	– narušit rovnováhu mezi soukromým a pracovním životem
<i>to draw conclusions from sth</i>	– vytvářet z něčeho závěry
drug abuse	- zneužívání drog
drug-related crime	– trestný čin mající souvislost s drogami
law enforcement officers	– osoba zajišťující veřejný pořádek
effectiveness of treatment	– účinnost léčby
excessive amount of drug	– nadměrné množství drog
<i>to feel guilty for</i>	– cítit se vinný za/kvůli
<i>to get withdrawal symptoms</i>	– mít abstinenční příznaky
harmful and beneficial effects of	– škodlivé a blahodárné účinky
illegal addictive substance	– nelegální návyková látka
<i>to inject heroin</i>	– píchat si heroin
<i>to legalize drugs</i>	– legalizovat drogy
<i>to possess drug</i>	– vlastnit, držet drogy
possession of drugs	– držení drog
<i>to recover from an addiction to sth</i>	– zotavit se ze závislosti na
<i>to relax drug laws</i>	– zmírnit zákony týkající se drog
<i>to release sb without a charge</i>	– propustit někoho bez obvinění
<i>to receive treatment</i>	– podstoupit léčbu
<i>to replace strict punishments with community service</i>	– nahradit přísné tresty veřejnými pracemi
<i>to resist (doing) sth</i>	– odolat něčemu
<i>to seek professional help</i>	– vyhledat profesionální pomoc
state authorities	– státní úřady
<i>to suffer from heavy workload</i>	– trpět pracovní přetížením