

Spectrum of Addiction Activity

<u>Purpose & Preparation</u>	<u>Procedure</u>
<p>Purpose:</p> <p>To understand the progressive nature of addiction and learn about the “Hooked on Nicotine (HONC) Checklist” that is used clinically to determine the degree of nicotine dependence.</p> <p>Materials Needed:</p> <p>Print and cut out quote cards (you can do the cigarette or e-cig/vape version), enough sets for the number of groups you will divide the class into.</p> <p>Handouts:</p> <ul style="list-style-type: none"> ○ Cigarettes - Spectrum of Addiction Quote Cards ○ Cigarettes - HONC Worksheet ○ E-Cig/Vape - Spectrum of Addiction Quote Cards ○ E-Cig/Vape - HONC Worksheet 	<p>Procedure:</p> <p>Working in small teams of three or four, students will arrange quotes describing various degrees of nicotine dependence in order of “Not addicted” to “Completely addicted to nicotine.”</p> <p><u>Teacher Talking Points:</u></p> <ul style="list-style-type: none"> ○ <i>Addiction is a complicated concept and many people have misconceptions about what the word actually means.</i> ○ <i>Today we will explore levels of nicotine dependence by sorting quotes that represent different degrees of nicotine addiction.</i> ○ <i>In small groups you will be organizing the quotes in order. Starting on your left, place the card that says, “Not Addicted” and “Completely Nicotine Addicted” on your far right to create the two ends of the Addiction Spectrum.</i> ○ <i>In your groups, discuss each quote and decide where in the Addiction Spectrum that quote fits.</i> <p><u>Teacher Talking Points after the exercise:</u></p> <ul style="list-style-type: none"> ○ <i>What do you notice about the quotes that you arranged?</i> ○ <i>Is there an obvious point at which an individual goes from being “not addicted” to “addicted”?</i> <p><i>More directions below, please continue reading.</i></p>



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- *The development of addiction is not always an obvious shift. And although these quotes do show varying levels of nicotine dependence, there actually isn't one correct way to arrange them.*
- *Why do you think there isn't a correct order to these quotes?*
 - **Response: Addictions develop differently for different people, there isn't one exact way it happens.**
- *Which quote did you place last? Why?*
- *Which quotes did you and your team have a hard time placing?*

Hooked on Nicotine Checklist

Next, students will work on creating their own checklist that they might use to measure an individual's degree of dependence on nicotine and later will compare it to the "Hooked on Nicotine Checklist (HONC)."

Teacher Talking Points:

- *Based on the quotes we discussed earlier, and other information that you know about addiction, what are some of the signs of addiction?*

Write responses on the board

- *Now I want you to imagine that you are working in a clinical setting and your job is to come up with a way to assess a patient's level of nicotine dependence.*
- *Working in your small groups, create a 10-point questionnaire that contains questions that can help you determine an individual's degree of addiction to nicotine.*



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Share all responses as a class or take a few volunteers, depending on time.

- *What similarities are there between the checklists your groups have made?*
- *What differences are there?*
- *Now we are going to take a look at the Hooked on Nicotine Checklist, abbreviated HONC.*
- *The HONC is a series of questions that are used to assess nicotine dependence.*
- *If the individual answers yes to any one question on the checklist it indicates that the individual has lost control of their ability to stop using tobacco.*
- *This loss of control can happen extremely quickly after a person uses a cigarette or an e-cigarette/vape for the first time.*

Show HONC.

- *What do you notice about the HONC compared to the checklist you made?*
- *Would you add anything to your checklist?*
- *Would you change anything on the HONC? Why?*
- *Do you agree with designating someone as “nicotine dependent” if they answer yes to any one question?*
- *How might this checklist be useful to young people who use tobacco or are thinking about using tobacco?*



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- *What does the HONC tell you about how difficult or not it is to quit using tobacco products once you have developed a dependence?*

- *What are some places someone could go for support if they are thinking about quitting?*
 - 1-800-NOBUTTS
 - nobutts.org
 - Text “DITCHJUUL” to 887-09 to get daily tips on how to quit vaping/using e-cigarettes
 - Call 1-800-QUIT-NOW (1-800-784-8669) to see what quitting resources are available in your state
 - If living in California, call 1-844-8-NO-VAPE (1-844-866-8273) for free individual counseling and coaching
 - If living in Colorado, Massachusetts, Michigan, Montana, North Dakota, Nevada, Ohio, Pennsylvania, or Utah text “Start My Quit” to 855-891-9989 to receive live coaching sessions through multiple communication tools

