

Wants, Needs, and Addiction Activity

<u>Purpose & Preparation</u>	<u>Procedure</u>
<p>Purpose:</p> <p>To learn how to label behaviors and feelings as wants, needs, desires, habits or addiction, and then compare student definitions of addiction with medical definitions of addiction, so that students gain a better understanding of and misperceptions related to addiction.</p> <p>Students will be able to define and distinguish between the terms “want,” “need,” and “addiction” and will be able to articulate the difference. This activity also allows the educator to see what students already know about addiction and what misconceptions they may have about it.</p> <p>Preparation:</p> <p>Move the desks so that there is space for students to easily move around the room.</p> <p>Create three large signs: one saying “WANT,” one saying “NEED,” and one saying “ADDICTION.” Tape the signs in separate areas of the room before beginning the activity.</p> <p><i>More directions below, please continue reading.</i></p>	<p>Procedure:</p> <p>Read each of the statements below aloud to the students. With each question ask students to move to the area of the room that matches their feelings about what you read.</p> <p>Likely students will feel differently about each statement. When there are differences being voiced by students as to what they consider “wants,” “needs,” or “addictions,” choose a few students to discuss why they have taken that position.</p> <p>This is a great opportunity to reinforce want vs. addiction definitions and to acknowledge the differences in opinions. Since there will likely be a divergence of opinions, remind the participants that each of them must allow for disagreement in a respectful manner.</p> <p><u>Teacher Talking Points:</u></p> <ul style="list-style-type: none"> ○ <i>I am going to read a list of objects and activities.</i> ○ <i>After I read it, walk to the poster that you think best describes the example given.</i> ○ <i>Let’s begin:</i> <ol style="list-style-type: none"> 1. Your cell phone. 2. Your computer. 3. Fast food.



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Review the list below and decide if all of the examples are applicable to the students and add any other examples you think would be relevant.

Materials Needed: Large Post-its paper; markers/pens; "[Wants, Needs, and Addiction Activity PowerPoint](#)" (Optional)

4. A date to the -----[choose upcoming appropriate events for your school, such as prom, a dance, football game]
5. People who smoke (1-2 cigarettes, 5 cigarettes, more than 5 cigarettes) need/want to smoke tobacco.
6. People who smoke marijuana need/want to smoke marijuana.
7. Teenagers need/want to drink to be socially acceptable.
8. People who use heroin need/want their heroin.
9. People who use cocaine need/want their cocaine.
10. Play video games more than 2 hours a day.
11. Facebook
12. Twitter, Instagram, Snapchat
13. Friends
14. Food
15. Water

Now, divide students into groups of 3-5 depending on the size of the class and give each group a large post-it sheet.

Have each group select someone to record/take notes. Have each group generate a quick definition of the words "want," "need," and "addiction and write them on the post-it.

Give students 10 minutes to get something written on large pieces of paper so that all students in the room can read it. Put the definitions up around the room and give the students time to read all of them.

Discussion Points: Discuss the definitions and identify where there are agreements and disagreements across the definitions. Read the following dictionary definitions out loud and have students discuss any differences they notice between their definitions and the dictionary definitions.

See definitions below.



Wants, Needs, and Addiction Activity

Want (*noun*)

- the state or condition of not having any or enough of something
- something that is desired or needed
- the state or condition of being poor

Need (*noun*)

- a situation in which someone or something must do or have something
- something that a person must have
- something that is needed in order to live or succeed or be happy
- a strong feeling that you must have or do something

Addiction (*noun*)

- compulsive need for and use of a habit-forming substance (as heroin, nicotine, or alcohol)
- characterized by tolerance and by well-defined physiological symptoms upon withdrawal
- persistent compulsive use of a substance known by the user to be harmful

