Unit 2 - Lesson 2

**Drug Use Continuum**

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| **Non Use:** | Never used a particular drug. |
| Why might someone move to this next stage? |  |
| **Experimental Use:** | **Has tried a substance once or several times. Use is motivated by curiosity about the drug effect and peer influence.** |
| Why might someone move to this next stage? |  |
| **Occasional Use:** | **Use is infrequent and irregular, usually confined to special occasions (holidays, birthdays, etc.). Or when opportunities I present themselves directly. Availability, accessibility and affordability influence use.** |
| Why might someone move to this next stage? |  |
| **Regular Use:** | **Use has a predictable pattern, which may entail frequent or infrequent use. The user actively seeks to experience the drug effect, of to participate in the drug-taking activities of the peer group. Usually s/he feels in control of the drug use. (i.e. s/he can take it or leave it)** |
| Why might someone move to this next stage? |  |
| **Dependence Use:** | **Use is regular and predictable and usually frequent. The user experiences a physiological and/or psychological need for the drug. S/he feels out of control vis-a-vis its use, and will continue to use despite adverse consequences. Drugs are often used alone and daily activities may be planned around drug use.** |

(Adapted from: OPHEA Health and Physical Education: Grade 9-10 Module 3 Substance Use and Abuse, p.34)

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Consequences of Substance Use & Abuse

2.0 REF

**Answers - Drug Use Continuum**

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| **Non Use:** | **Never used a particular drug.** |
| Why might someone move to this next stage? | - see parents doing it  - easy access to substance  - friends talking about having tried it  - satisfy curiosity |
| **Experimental Use:** | **Has tried a substance once or several times.**  **Use is motivated by curiosity about the drug effect and peer influence** |
| Why might someone move to this next stage? | - see teens using on TV  - music videos show frequent substance use in videos (imitate role models)  - see it as the “norm” to do at parties  - to fit in  - feel pressured because it is perceived that friends are doing it  - don’t see it as harmful so use substances with friends and family  - parents allow it as long as they do it in their home  - to rebel or defy parents  - to deal with shyness or lack of confidence  - to create a positive social image |
| **Occasional Use:** | **Use is infrequent and irregular, usually confined to special occasions (holidays, birthdays, etc.) Or when opportunities present themselves directly. Availability, accessibility and influence use.** |

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| --- | --- |
| Why might someone move to this next stage? | - boredom  - to seem more mature  - no harm in having a little fun  - perception that this is the only way to have some fun.  - friends do it  - to gain attention from family or friends  - to be able to talk with strangers or feel comfortable in large groups  - to control pain  - to control weight  - to stay awake |
| **Regular Use:** | **Use has a predictable pattern which may entail frequent or infrequent use. The user actively seeks to experience the drug effect, or to participate in the drug-taking activities of the peer group. Usually s/he feels In control of the drug use (ex. s/he can take it or leave it)** |
| Why might someone move to this next stage? | - has become a habit  - to avoid loneliness  - stressful events in life  - boredom  - friends use all the time  - low self-esteem, feeling of worthlessness  - to avoid family arguments or family problems  - to stay awake  - to feel more creative  - to forget disappointments |
| **Dependence Use:** | **Use is regular and predicable and usually frequent. The user experiences a physiological and/or psychological need for the drug. S/he feels out of control vis-a-vis its use, and will continue to use despite adverse consequences. Drugs are often used alone and daily activities may be planned around drug use.** |

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