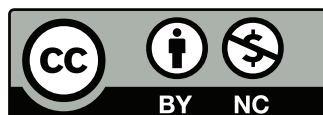


Planning

Sex, Drugs, and Decisions

OPEN SCHOOL BC



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Viewing Your PDF Learning Package

This PDF Learning Package is designed to be viewed in Acrobat. If you are using the optional media resources, you should be able to link directly to the resource from the pdf viewed in Acrobat Reader. The links may not work as expected with other pdf viewers.



Download Adobe Acrobat Reader: <http://get.adobe.com/reader/>

Overview

Section Organization

Lessons

Lessons have a combination of reading and activities to give you a chance to process the material while being an active learner. Each lesson is made up of the following parts:

Activities

Throughout some lessons you see self-checking activities.

If your learning package contains self-check activities, you will mark these activities using the solutions at the end of the section.

Lesson Summary

This is a brief summary of the lesson content as well as some instructions on what to do next.

At the end of this section you will find:

Solutions

This contains all of the solutions to the Activities.

Icons

Throughout the section you will see a few icons used on the left-hand side of the page. These icons are used to signal a change in activity or to bring your attention to important instructions.



Planning online resource (optional)

This indicates a resource available on the internet. If you do not have access, you may skip these sections.



Solutions

Sex, Drugs, and Decisions

There are many myths about drug and alcohol use, addiction, birth control and sexually transmitted infections. To make good choices, you need to know the facts and how to use the information to make the right decision for yourself. In the lessons that follow you will learn about these topics and be given strategies to help you defend your choices about alcohol, drugs, and sex. The different scenarios and case studies will help you practise the decision-making model.

In this section you will:

- Discover how drugs and alcohol affect a person's body, opportunities, life and friendships
- Describe the stages and symptoms of addiction
- Explain how to protect yourself against HIV and other Sexually Transmitted Infections
- Practise using a decision-making model

Lesson A

Drugs and Alcohol

Overview

A drug is any substance that changes the way the body and the mind work. This includes tobacco, alcohol, caffeine, over-the-counter and prescription medications, as well as illegal drugs like marijuana, heroin, and cocaine.

There are many myths about drug and alcohol use. To make good choices, you need to know the facts.

The Facts About Drugs and Alcohol

What do you know about drugs? Do this self-quiz. Cover the right hand column and circle Yes or No. Then check your answers by uncovering the right hand column.

Myth or Fact	YES or NO	Answers
All prescription drugs are safe if used as directed.	YES or NO	No, prescription drugs can have very bad effects. That is why it is important to be under the care of an “expert” (a doctor) when taking them.
Drugs that are illegal are more dangerous than prescription drugs.	YES or NO	Not necessarily. What makes them dangerous is the possibility of impurities and the uncontrolled use.
Only males have problems with drugs.	YES or NO	No, drug use among young women is rising.
If young people use drugs it’s because there is something seriously wrong with them.	YES or NO	No, youth often use drugs to fit in with their peer group.
If you live in a nice neighbourhood you will not be exposed to drugs.	YES or NO	No, drug use occurs in all segments of society.
Drugs are against the law so they must be more dangerous than alcohol or tobacco.	YES or NO	No, alcohol and tobacco are dangerous and cause serious health problems.

Myth or Fact	YES or NO	Answers
Young people know lots about drugs.	YES or NO	Yes, they may know a lot but they may also only have inaccurate information they have picked up from friends.
Marijuana is harmless.	YES or NO	No. Marijuana use can lead to significant health, social, learning, and behaviour problems at a crucial time in a young person's development. It may have lasting effects on brain function. Getting high also impairs judgement, which can lead to risky decision making on issues like sex, criminal activity, or driving with someone who is under the influence of drugs or alcohol.
You can't get addicted to marijuana.	YES or NO	No. Research shows that marijuana use can lead to addiction. Each year, more kids enter treatment with a primary diagnosis of marijuana dependence than for all other illicit drugs combined.
Recreational drug use has no effect on the person or society.	YES or NO	No. Every time someone uses a drug, their body is affected and they may be affecting the people closest to them.

Activity 1**How Do Drugs Affect My Body?**

How did you do on the quiz? Do you think you know all about substance use and misuse? Use this activity to learn more about the whole subject.



If you have access, you can view *The Effects of Drugs* as an online media resource (<http://media.openschool.bc.ca/osbcmmedia/pl10/pl105/pl1052a1a001.html>). If you do use the media, after you have completed the table you can skip ahead to the Summary.

Step 1:

Read *The Effects of Drugs* either using the media link above, or on the pages that follow.

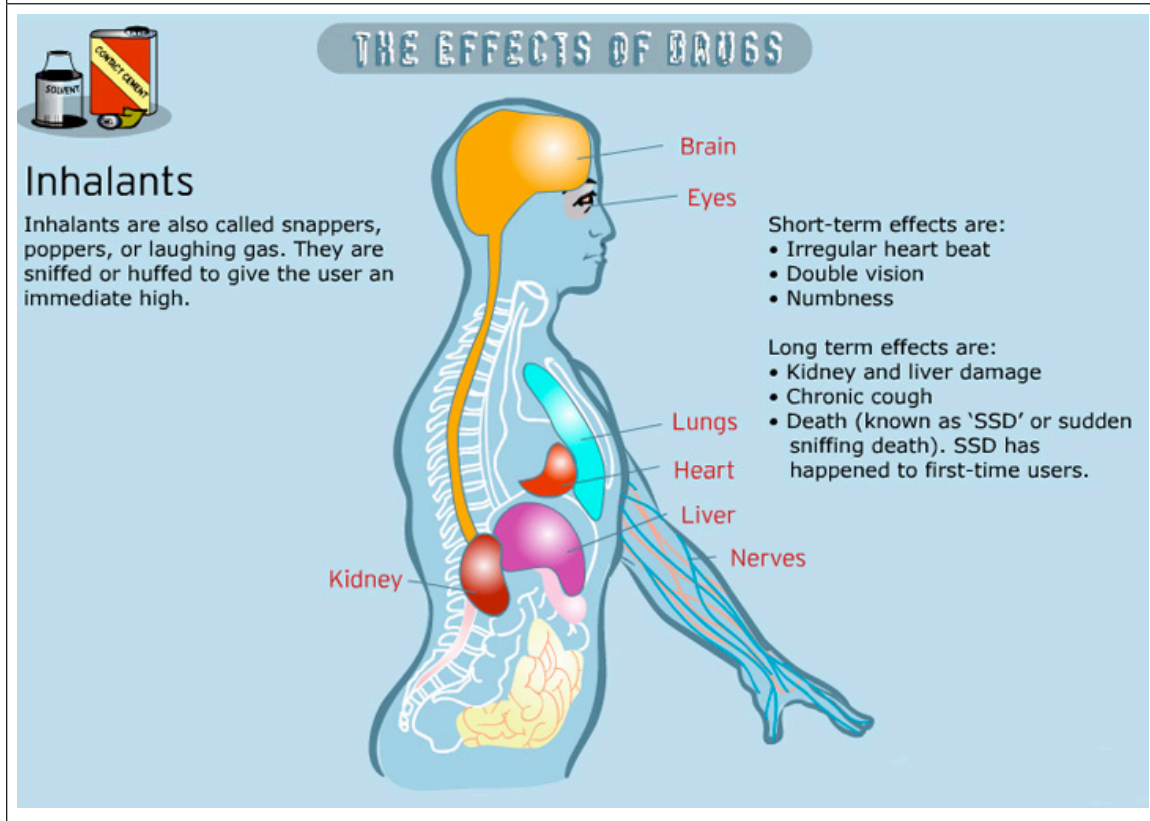
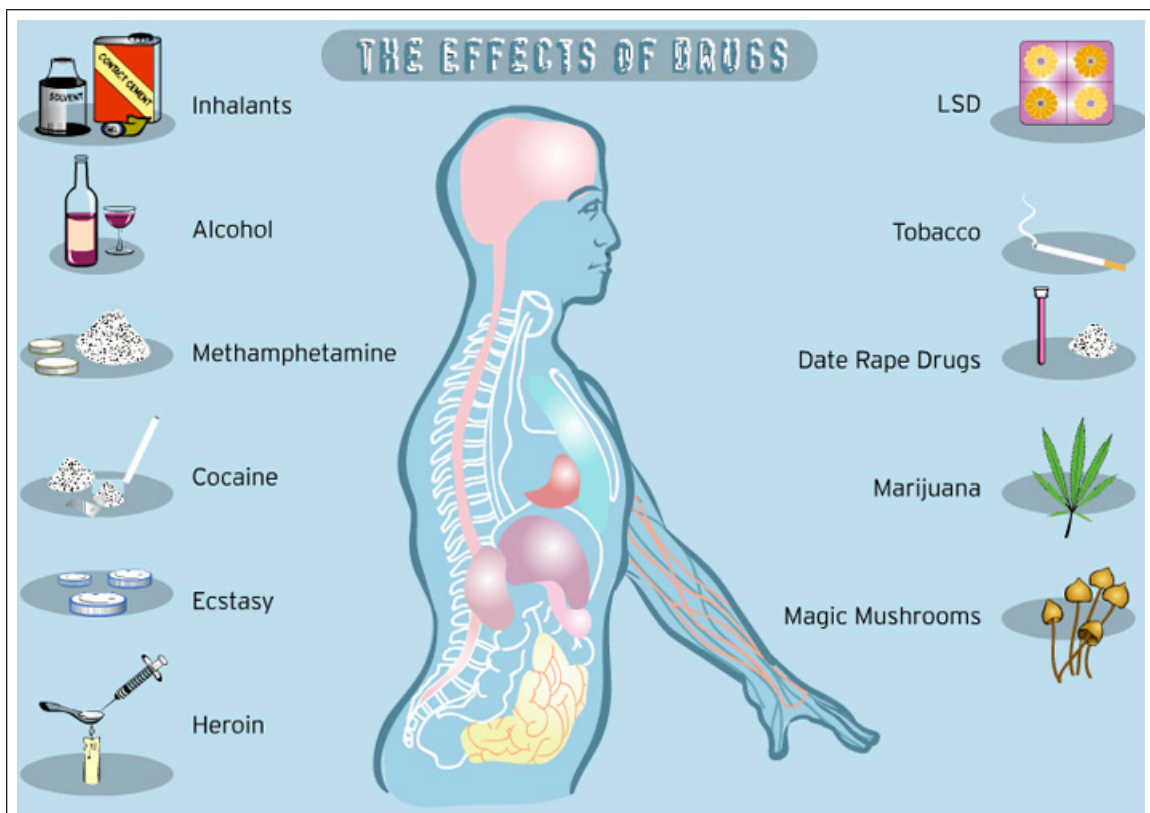
Step 2:


Create a table like the following one.

Official Drug Name	Street Names	Forms of the Drug	Short-term Effects	Long-term Effects
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				

Step 3:

Fill in the information for eight of the drugs mentioned in *The Effects of Drugs*, using the headings as a guide.





THE EFFECTS OF DRUGS

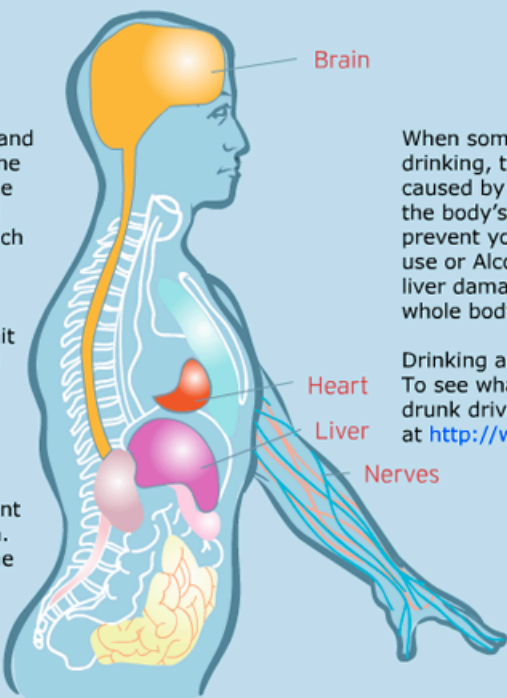
Alcohol

Alcohol, 'spirits', booze, coolers, and beer are all drinks that depress the nervous system. The extent of the depression depends on the Blood Alcohol Concentration (BAC), which is the amount of ethyl alcohol in your bloodstream. BAC depends on your size, gender, build, and metabolism. The legal driving limit is a BAC of 0.08%, however, you can be charged at any level if your judgment is altered.


Most people feel relaxed after one drink, as the first area to be affected by alcohol is the judgment and reasoning center of the brain. The next area to be affected is the vision and speech centers of the brain, then muscular control, and finally the last area to be affected is the respiration and heartbeat centers.

When someone passes out from drinking, they are actually in a coma caused by alcohol poisoning. This is the body's safety mechanism to prevent you from dying. Long-term use or Alcoholism results in severe liver damage, which makes the whole body suffer.

Drinking and driving don't mix. To see what happens to victims of drunk driving, visit the trauma room at <http://www.partyprogram.com>



Brain
Heart
Liver
Nerves



THE EFFECTS OF DRUGS

Methamphetamine

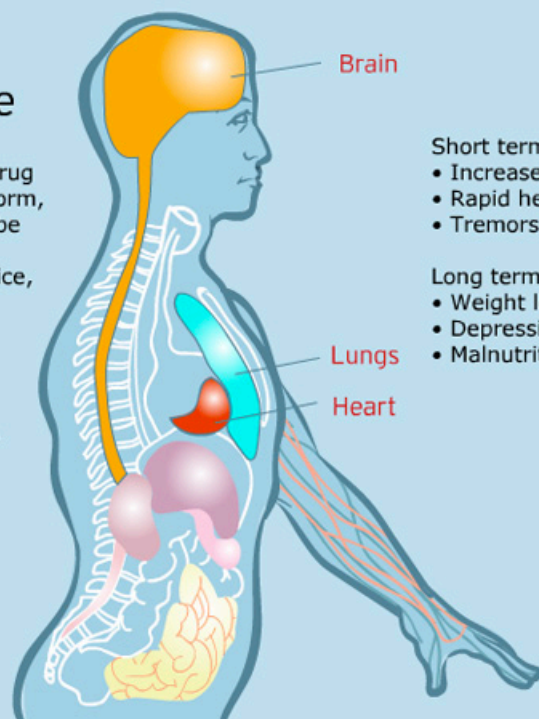
Methamphetamines, speed, and crank are names for a popular drug used at raves. It comes in pill form, or in a powdered form that can be injected or snorted. Crystallized methamphetamine is known as ice, glass, or crystal meth. It is a smokable, more powerful form of the drug. Chronic use of this drug can cause permanent psychiatric problems or, when mixed with another drug, death.

Short term effects are:

- Increased talkativeness
- Rapid heartbeat and breathing
- Tremors


Long term effects are:

- Weight loss
- Depression
- Malnutrition



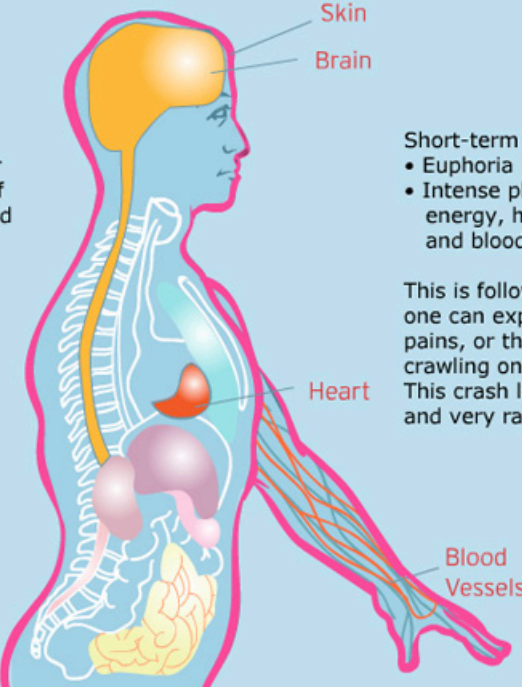
Brain
Lungs
Heart

THE EFFECTS OF DRUGS



Cocaine

Cocaine/Crack or Charlie, nose candy, or blow, is a white powder that comes from the coca plant of South America. It is either snorted or injected intravenously.




Short-term effects are:

- Euphoria
- Intense pleasure, increased energy, heart rate, breathing, and blood pressure.

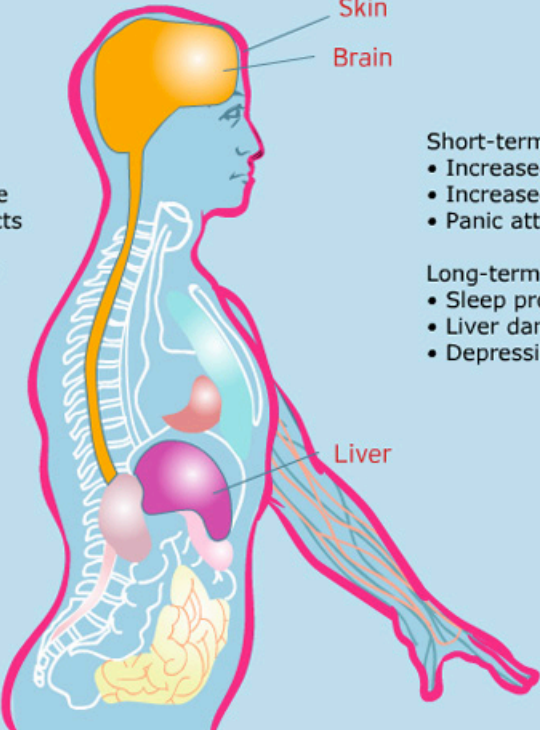
This is followed by a 'crash' where one can experience twitching, chest pains, or the feeling that bugs are crawling on their skin (coke bugs). This crash leads to frequent dosing and very rapid addiction.

THE EFFECTS OF DRUGS



Ecstasy

Ecstasy/MDMA or E, love doves, and Adam are most commonly found in tablet form but can come in gel caps and powder. The effects depend on the person as well as the purity of the ecstasy. Usually effects are felt within 20 to 40 minutes and can last up to four hours. Complications arise when body temperature rises and dehydration sets in. People have died as a result of these complications.



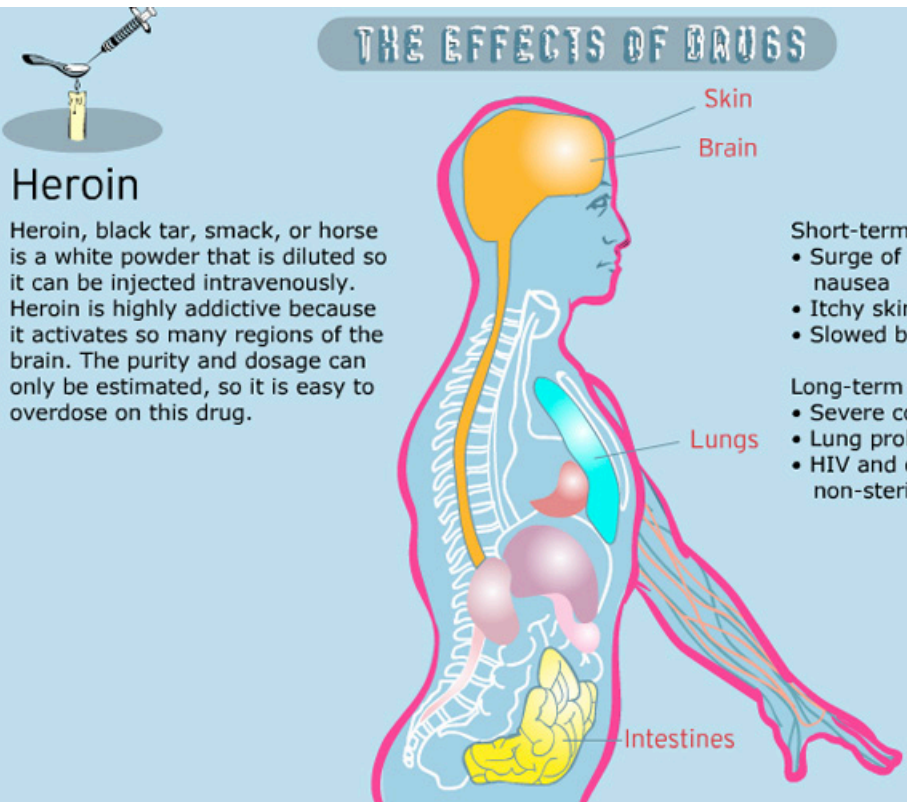
Short-term effects are:

- Increased sense of touch
- Increased energy
- Panic attacks and nausea

Long-term effects are:

- Sleep problems
- Liver damage
- Depression

THE EFFECTS OF DRUGS



Heroin

Heroin, black tar, smack, or horse is a white powder that is diluted so it can be injected intravenously. Heroin is highly addictive because it activates so many regions of the brain. The purity and dosage can only be estimated, so it is easy to overdose on this drug.

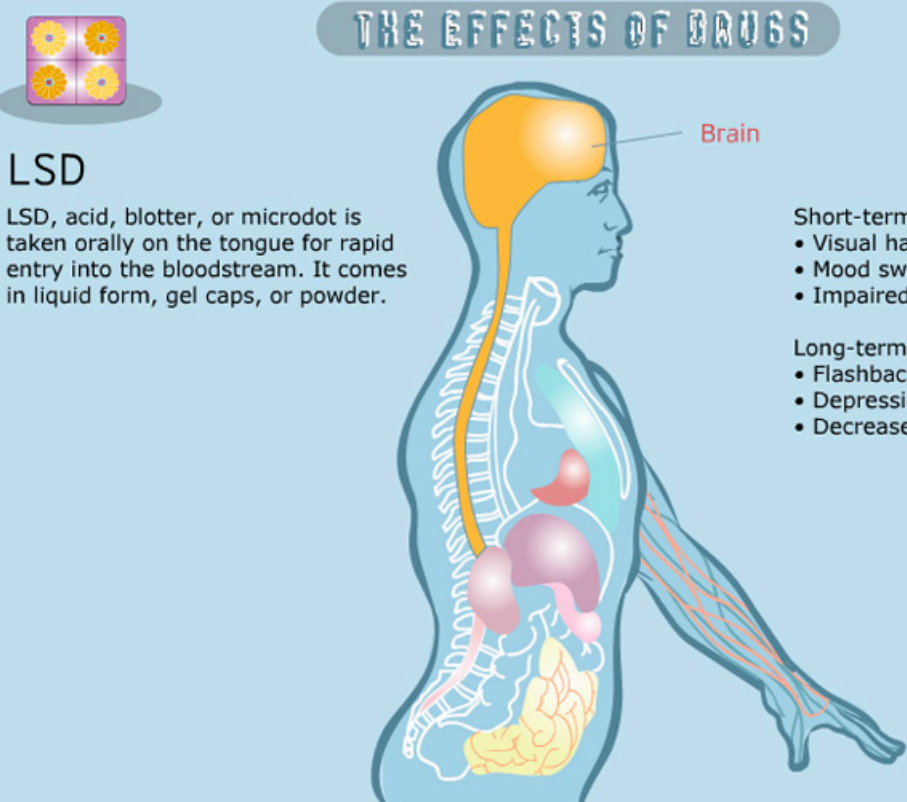
Short-term effects are:

- Surge of pleasure followed by nausea
- Itchy skin
- Slowed breathing

Long-term effects are:

- Severe constipation
- Lung problems
- HIV and other infections from non-sterile needles

THE EFFECTS OF DRUGS



LSD

LSD, acid, blotter, or microdot is taken orally on the tongue for rapid entry into the bloodstream. It comes in liquid form, gel caps, or powder.


Short-term effects are:

- Visual hallucinations
- Mood swings
- Impaired short-term memory

Long-term effects are:

- Flashbacks
- Depression
- Decreased motivation

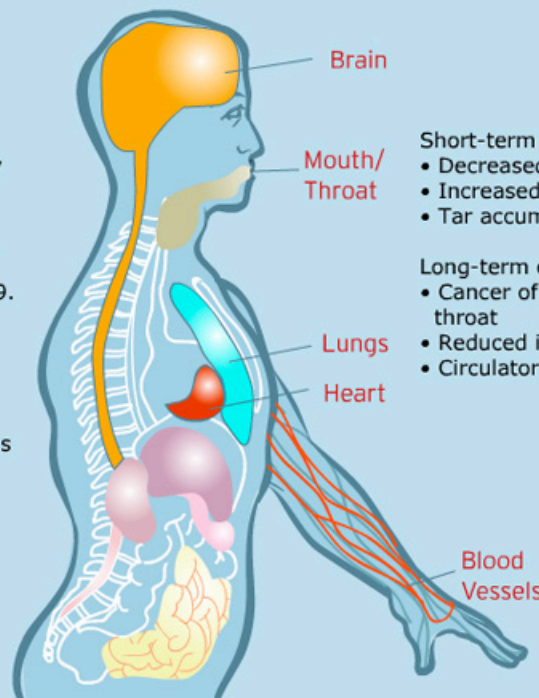
THE EFFECTS OF DRUGS



Tobacco

Nicotine, smokes, and chewing tobacco are legal in Canada only if you are over 19 years of age. Nicotine is the addictive drug in cigarettes and chewing tobacco, and it is highly addictive. Most smokers start before they are 19.

Tobacco companies want your money. If you get hooked at a young age you will spend more money, so their advertising campaigns are aimed at preteens and teenagers.




Short-term effects are:

- Decreased appetite
- Increased blood pressure
- Tar accumulation in lungs.

Long-term effects are:

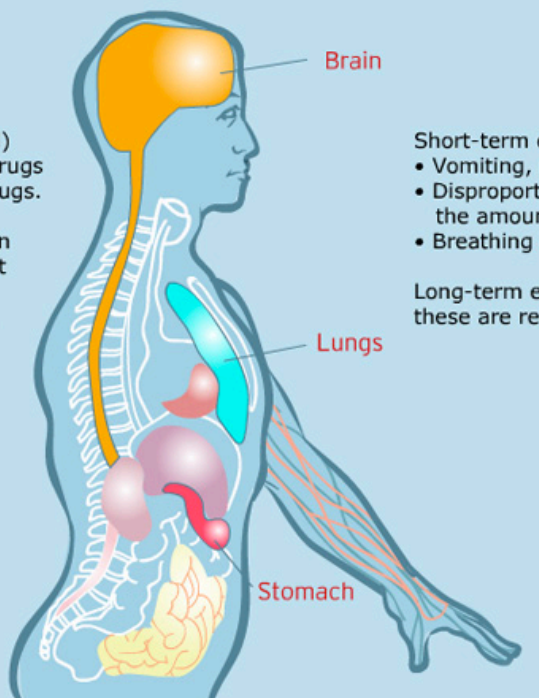
- Cancer of the lungs, mouth, and throat
- Reduced immunity
- Circulatory disease, emphysema

THE EFFECTS OF DRUGS



Date Rape Drugs

GHB (cherry meth, soap, zonked) and rohypnol (roofies) are two drugs often referred to as date rape drugs. They are called date rape drugs because once someone has taken them, they are unable to prevent sexual assault. Both drugs are colourless and odorless and can easily be slipped into alcoholic and non-alcoholic beverages. Date rape drugs, like other depressants, can turn a small amount of alcohol into a lethal amount.




Short-term effects:

- Vomiting, nausea
- Disproportionately intoxicated to the amount of alcohol consumed
- Breathing difficulties

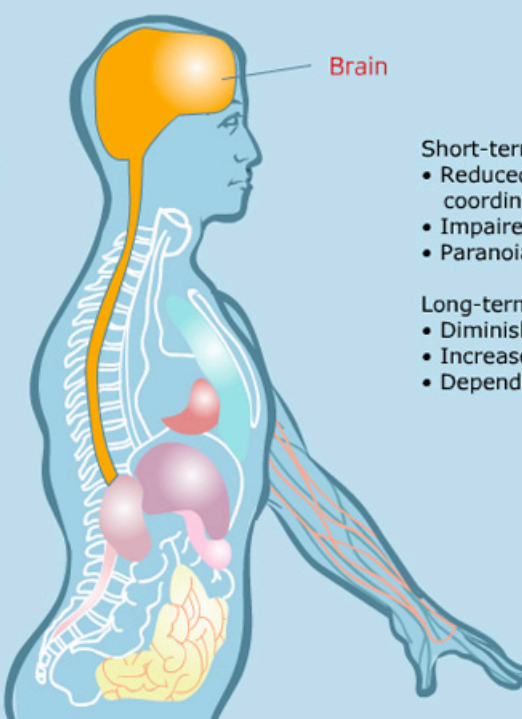
Long-term effects are unknown as these are relatively new drugs.

THE EFFECTS OF DRUGS



Marijuana

Marijuana, hash, weed, or pot is the most widely used, illicit drug in North America.




Brain

Short-term effects are:

- Reduced concentration and coordination
- Impaired short-term memory
- Paranoia and hallucinations

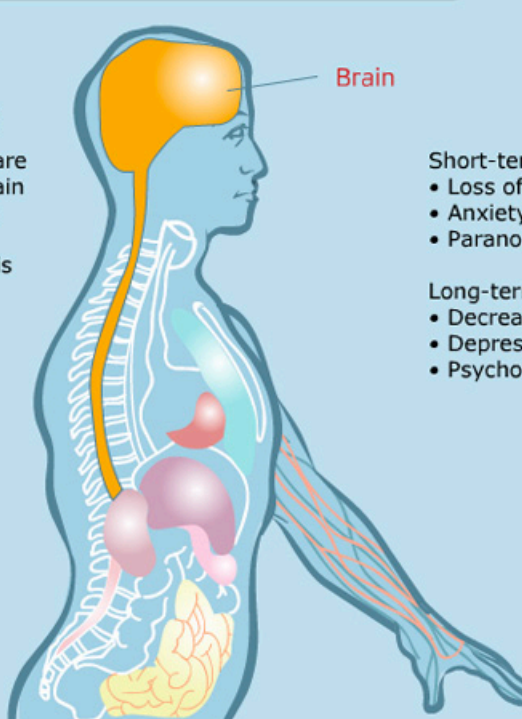
Long-term effects are:

- Diminished sexual pleasure
- Increased tolerance
- Dependence/addiction



Magic Mushrooms

Magic Mushrooms and shrooms are names for mushrooms that contain psilocybin, a hallucinogenic drug that produces a "trip" similar to taking LSD. Picking mushrooms is dangerous because magic mushrooms look very similar to deadly mushrooms. Mushrooms carry bacteria and are prone to getting mold, which can make you seriously ill.



Brain

Short-term effects are:

- Loss of reality
- Anxiety
- Paranoia

Long-term effects are:

- Decreased motivation
- Depression
- Psychosis

Summary

Completing this lesson has helped you to:

- Know more about drugs and alcohol and how they affect a person's body, opportunities, family life and friendships.

Lesson B

Addiction Alert

Overview

Despair is better treated with hope, not dope.

Richard Asher

How much of a drug or drink do you need to use to be considered an addict? The answer is different for each person. For some people, one drink or token may be one too many.

The Stages of Addiction

Why do you think people use drugs? Do a quick brainstorm with yourself and jot down as many ideas as you can come up with.

Do your ideas compare with these?

- to feel good
- to feel the 'high' produced by the drug
- to avoid problems or unwanted feelings that they are having
- curiosity
- celebration
- influences of the media
- social pressures
- peer pressure
- to raise low self-esteem
- to manage stress
- the illegal appeal, etc.

Drug addiction or drug dependence affects one's health, and it affects one's relationships with friends, family, and co-workers. Addiction is a problem that affects all races, social classes, and genders. It affects people who live in cities, small towns, and rural areas.

There are two types of addiction: psychological and physical. A psychological addiction or dependence occurs when the person feels they must have drugs to feel good, or normal, or just to get by. It becomes a mental dependence.

The physical part of addiction or dependence, happens because the body chemistry is actually changed by the substance. For example, the body gets used to, or learns to tolerate the drug, and cannot function without it. It will go into withdrawal if the drug is not used. At the same time, the body needs more and more of the drug to produce the same effects, making withdrawal even more likely. The user then is forced to keep taking the drugs at higher and higher dosages.

People who are dependent on drugs cannot just quit. They will go into a state of withdrawal which is often dangerous. The best solution for people who have dependencies is to go into treatment under medical care until they are healthy.

What are symptoms of withdrawal?

- Vomiting
- Headaches
- Tremors
- Sweating
- Physical pain
- Insomnia
- Convulsions
- Depression
- Anxiety reactions
- Psychosis

The good news: according to an Ontario research study on drug use among youth:

- About one-third (30%) of students do not consume any substance, including alcohol or tobacco.
- There has been a decline in the number of youth who use illicit drugs—from 20% in 1999 to 15% in 2003.
- Smoking among youth has decreased from 22% to 14%.
- The use of ecstasy has dropped from 6% to 4.1%.

According to the same study, the bad news is:

- Binge drinking remains a serious problem. About one-quarter (26%) of students reporting binge drinking (5+ drinks on one occasion).
- Although the use of cocaine and crack decreased during the 1980s, it is on the rise.

Findings from the longest ongoing study of adolescent drug use in Canada. 2003 *Ontario Student Drug Use Survey (OSDUS)*, (2003) *Centre for Addiction and Mental Health (CAMH)*.



Want more information? See *Centre for Addiction & Mental Health (CAMH)* (<http://www.camh.net/>).

Activity 1

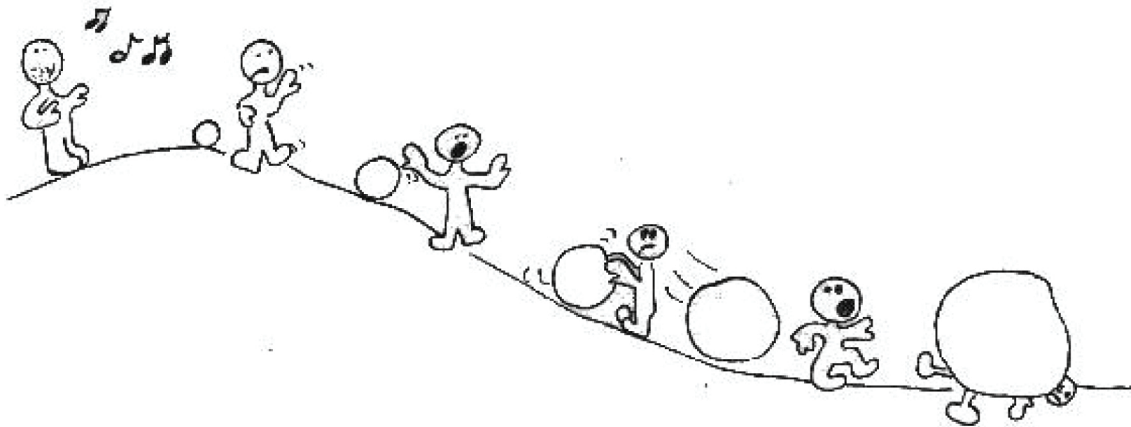
The Six Stages of Addiction

1. Read the article titled *The Path to Developing a Problem with Drugs* starting on the following page.
2. Fill in the missing parts of the chart below.

Stage	Drug Use	Reasons	Consequences
1	None		
2— Experimental Use			
3/4		Avoid boredom. Their friends are doing it. Role models are using it.	
5—Abuse or Problematic Use			

Stage	Drug Use	Reasons	Consequences
6			Physical problems: severe weight loss, aggression, and extreme feelings of self-hate. Illegal activities such as robbery or prostitution. Avoids friends, family, co-workers and users.

The Path to Developing a Problem with Drugs



No Use	Experimental Use	Occasional Use	Regular Use	Problematic Use	Addiction
--------	------------------	----------------	-------------	-----------------	-----------

1. **NO USE:** No Danger
2. **EXPERIMENTAL USE:** First few times of use: Some Danger due to lack of experience.
3. **OCCASIONAL USE:** The snowball of dependency gets a little bigger with use; but there is still good control.

4. **REGULAR USE:** Use increases and the snowball of dependency gets bigger and can still be controlled and pushed back up the hill.
5. **ABUSE/ PROBLEM USE:** The snowball of dependency is too big to handle, and the person starts running from the problems.
6. **ADDICTION/ DEPENDENCY:** The snowball of dependency is out of control, and the person's life is overcome by the drug-related problems.

All people have the greatest amount of CHOICE and CONTROL over their drug use and lives at the top of the hill, on the far left, at the place of “NO USE”. As use increases, the amount of control decreases. At the addiction/ dependency stage, people usually need help in order to stop using alcohol and other drugs, and get control back into their lives.

Dallas Society. (2003). The Path to Developing a Problem With Drugs.
°[Retrieved: 3 June 2004] Reproduced with permission of Dallas Society



Turn to the Solutions at the end of the Section and mark your work.

Activity 2

Living as a Drug Addict

We all have ideas about drug addicts—how they got there, what their family lives were like, and why they can't quit.

Picture someone who is living as a category 6 drug addict and answer the following questions about this person:

- a. What type of upbringing did this person have?

- b. What was their life like before they became an addict?

c. Why do you think they can't get "clean."

Living As an Addict

Read the following three profiles of young people who have lived with addiction.

Cory

Cory is a junior in high school who got involved with drugs a few years ago. His girlfriend intervened and, after a lot of hard work and support from friends and family, he is now drug-free.

How I started using.

When I first used I was 15. My friends got me into smoking weed. I just started using it, like, every single day when I liked, so I kept using it and using it. I got kind of hooked on it because I didn't smoke, like, just once – I did it, like, five times a day. I was a little shocked about it. I realized I had a problem one or two years after I started using weed.

I hid my drug use from my family.

Well, my parents really weren't home all the time so it was easy to hide it from them. My dad was kind of upset and my mom kind of guessed that I was smoking weed, because of my attitude change.

I was flunking out, but no one suspected my drug use.

My message to others.

It never crossed my mind that I was putting myself at risk when I was doing it, but I decided to stop when my friend tried to talk me into doing heroin. I did talk to my one friend and he did go into rehab; he's been in and out of rehab since then. I wouldn't go using drugs when I'm with my friends, because I know it could mess up my life even more. I would tell them, drugs would screw up their life even more, and I wouldn't take that road.



Brad

Brad developed a serious drug addiction problem in high school and entered a professional treatment center for help.

I began using at age 13.

I first used nicotine when I was 11 or 12 and then marijuana and that was a month before my 13th birthday. I got into alcohol later on that same year.



I was dealing in the locker room.

I was actually in a locker room after gym class at school in 7th grade and somebody was offering to sell a joint for three dollars. I had never tried it but I kept hearing about it and I was just really curious so I just wanted to do it. So I asked a good friend of mine if he wanted to try it out with me.

I used as often as possible.

When I first started using it was really sporadic. My grandfather's death later that same year, when I was thirteen, kind of triggered up more emotions that I kind of wanted to run from. I tried to use on the regular basis as much as possible. If I had to steal alcohol from my parents, I would do that. I would try to cop as much marijuana as I could from friends. It was just more difficult in middle school than it was in high school to get drugs, but, I mean, it was on a regular basis, as much as possible.

Drugs were easy to get in high school.

Once you start using drugs, or at least once I started using them, I met the kind of people who had the drugs that I wanted, and it made it much easier to obtain them because usually one of my friends would be able to either give me some or sell me some. What I learned is that users thrive themselves on other kind of users.

I wanted to be seen as cool by everyone.

I moved from different people to different people. I was kind of a social chameleon, trying to please everybody and make sure I was cool to everybody, every group. So sometimes I'd be with the more stereotypical-like prep kids but they were using, too, or sometimes I would be with the more kids that were called freaks and they'd be using different kinds of drugs...but I never purposely gave up a group of friends because of what they were doing or what they weren't doing.

Eventually I stopped hanging out with clean friends.

Those who I did move away from the most would be my clean friends, the kids that weren't using because they didn't have the same interest obviously as I did. So I would move away from my clean friends in order to have more time to get high because when I did hang out with my clean friends, I found that I was bored because I didn't have what I wanted and I still had to deal with emotions and my problems.

I would use whatever I could to get away from reality.

My drug use really did progress rapidly. I started out with more marijuana and alcohol in middle school, but when I got to high school I was introduced to a world of all different kinds of drugs and the progression of it was just that anytime I saw something new at a party or that somebody had, I would say, "Well, I want to try that out," and I'd buy it or I'd use it with somebody else who was using it and it was basically whatever I could get my hands on ... anything that took me away from reality. It was like searching for some kind of magic combination that would be the ultimate solution to my ultimate problem which at that point was myself. I didn't have the proper coping skills so my best friend was my addiction.

"Experimenting" didn't last long.

I think automatically it starts out as an experiment thing but for some of us it makes more sense to keep doing it than it does for others, and those of us who become addicted or are already are addicts, we find that it is so powerful—why would we want to quit? The big part of addiction is denial, and. I mean, I remember myself thinking, "Well, I have so many problems and feeling really hopeless," but I figured it couldn't be the drugs; they don't have anything to do with this.

In the end, drugs weren't covering up my bad feelings.

When I got to my last six months or so, maybe six or nine months of using, I would get high, and I would still feel the effects of the high except that the feelings beneath it, all the anger and sadness and hopelessness and all that stuff wouldn't disappear anymore. It would still be there while I was high so then I would be, you know, messed up, you know, high, stoned, except I still would be feeling sad about something, anger, and it would only enhance that emotion rather than take it away.

If my parents told me not to, then I did it.

I actually said to myself that I wasn't going to use a lot of drugs, and I said that to my parents and stuff, but, I mean, that kind of just slipped away as I started getting more independent from my family, which usually happens around the time of middle school, late elementary school, early middle school. And I just started overall anti-authority, so I figured any messages that came from authority was either lies or just trying to manipulate my behavior, coerce me to do something that I don't want to do, so drugs seemed to be, you know, something that made sense actually, because it was like, "Well, they didn't want me to do it, so I'm going to see what's so bad about it."

Mom didn't know what to do about my problem.

During my using people did talk to me about it occasionally. My mom she said that she figured it out when I was about 14 that something was going on with drugs, but she didn't know what to do about it and she did know how severe the problem was. Later on when they would start finding things—'cause the longer I used the more careless I would get—they would start finding more and more things in my room, around the house, in my car that kind of thing. They would confront me with it and by that point, once I knew that they knew, I was like, "Well, fine, OK, you know. Now do whatever you want to me, but I am going to keep using, basically." As any drug addict would tell you, it's hard to hear somebody say that, well, "We think that you have a problem." It's really hard to hear that. I just basically fought with it or ignored it and closed up any feeling I had about it with more drugs.

It was hard for me to believe that drugs were my problem.

I can't pinpoint the exact age I realized I had a problem with drugs, but I know that ever since, ever since, I'd say 14 or 15, I felt something was wrong. I just didn't tie it to the drugs ... my denial was so thick that drugs didn't seem to have anything to do with it. When drugs stopped covering up my emotions, that's when I started to think something was wrong here.

I used drugs as an escape.

My peers helped me see the reality of it—that drugs were affecting me in a negative way. And what I didn't understand then was that I'm a drug addict who would use

anything and everything, so if marijuana's not there, I'd use alcohol. What I failed to realize was that any drug was what I was addicted to...anything that gets me away from reality.

How I stay clean.

My goal is on going to stay clean today rather than avoiding drugs, because I've learned that after a while sometimes there certain triggers and certain things that you just can't eliminate. When I do something that I know is wrong, I can feel it and I feel that guilt and that's something I didn't have when I was using drugs. I didn't have that conscience there—I numbed it, and now that I'm clean, you know, now I have to face that and I say, "Wait a minute; that was wrong." So I had two choices: I could either go numb with drugs or I could choose to do something about it. And if I get high, if I don't die, it would almost be worst than death because I know what kind of misery I was in when I was getting high everyday.

My friends had a greater influence on me than my parents.

I believe that my peers did have much more of an influence in my life...I listened to my peers more than I listened to my parents, definitely, or my brother, and they had much stronger impact on anything that I would do. I mean, I think that is normal not just for drugs addicts but just for adolescents in general.

Hope

Hope is the mother of two recovering teenage drug addicts. She shares her experiences and fears as the healing process continues for her entire family.



How I found out my children were using.

I noticed two of my three children were using around 7th or 8th grade and this took place, because the principal of the school that they were going to called me in for a private session...didn't say who the parent was but someone had brought to their attention who wanted to let me know that there was a good possibility that they were using.

The shock of finding out that both of my children were using.

As soon as I found out, I spoke to my husband and then I spoke to the children that were involved and the younger one said, "See you got us in trouble now." I thought it was one and not both and the realization of that was rather shocking. The other realization was that I went through this whole process once before with my husband...I was not a parent who wasn't going to be unaware of the pitfalls of drugs for kids and I was scared to death and I was going to fix it.

Not my children.

My husband and I sat down with our children and we explained the process that my husband went through, beginning to end and how horrible a disease it is including heredity tendencies because of their father...and, of course, they agreed with everything that we said: "We're sorry, we were only trying it out," it was not as big of deal as we were making it out to be. As all parents do, I want to believe that because they were very apologetic about the situation...because all of my life that was not something I was not going to allow in my home and for this to come up, I mean, I was angry, and I was mad and I was very upset and they knew that. My children were using a lot more than what they said they were doing, and I just didn't want to believe that. Not my children.

Kids are great at getting parents to back off.

I later found out kids are great manipulators and they know how to get and say what they want and when they want it and they know what you need to hear as a parent so that you will back off.

Availability of drugs is a problem.

I was shocked to discover that my children were not only using marijuana but they were using drugs that I thought were used by experienced drug addicts and it was an incredible shock...and that the availability of it is absolutely horrendous.

I was afraid of being seen as a bad parent.

My fear in confronting this is that other people would find out that my children were using and therefore, I was a bad parent, that I did not recognize the signs.

It was hard to put my emotions aside.

To find out that I wasn't a bad parent was a process that I had to go through and the process of eliminating the guilt, eliminating the emotional ties to my children, eliminating the anger of everything that took place because I felt totally powerless, I was helpless, I was in great despair. And what did I do? What did I do to make this happen? I had to go through I process of undoing those feelings.

Looking for help...resources are out there.

When we were looking for help we went to the school. We wound up with a person who was an expert in dealing with families who have children who suffer from addiction.

Parents need to be on the same page with each other to avoid enabling behavior.

What I would do over again, if I had the chance, if my husband and I initially were on the same page as to looking at a problem when our children had a problem. And the other thing we learned is that behaviors continue as long as there is an enabling system which allows it. So if one of us allows it the problem will never go away, so you need to get help.

Be sure to answer these questions.

- a. At what age did most of the people start using?

- b. What are some of the reasons they started to take drugs?

- c. Who had the most influence on their decisions to use, to quit?

- d. How did their drug use affect their friends, family, life at school?

Summary



For more information on addiction, check out the following websites

- *Quit4Life* (<http://www.quit4life.com>)
- If you are in your teens or a teen you know is dealing with drug or alcohol addiction, visit *Teen's Health* (<http://www.teenshealth.org>) and select "Drugs & Alcohol."

Completing this lesson has helped you to:

- Describe the stages and symptoms of addiction.
- Experience what it might be like to live life as an addict.

Lesson C

HIV/Aids and Other Sexually Transmitted Infections

Overview

There are a lot of myths about HIV/AIDS and *sexually transmitted infections* (STIs). You may think you are not at risk, but the number of new infections in Canada is not declining significantly.

What Is HIV/AIDS and How Do You Get It?

HIV stands for **Human Immunodeficiency Virus**. This is the virus that causes AIDS (**Acquired Immunodeficiency Syndrome**). Once you have the HIV virus you may develop AIDS.

AIDS causes the immune system to fail. Without an immune system, the body can't fight infection and other diseases. There is no cure for HIV or AIDS.

It may take some time for the AIDS virus to develop. The victim may not even know they are infected for some years. However, the person can still spread the virus and be completely unaware that they are doing so.

For each reported case of HIV/AIDS, it is estimated that another six to twelve people are infected without being aware of it.

The following equation shows how HIV is spread from an infected person to a non-infected person.

Transmission Equation

$$\text{Body Fluid with HIV} + \text{Activity} = \text{HIV Transmission}$$

The most notable trend in recent years is the increase in diagnoses among young women. Before 1996, females made up 14% of HIV diagnoses in the age group 15–29; in 2009, they made up 30%. How are these young women being infected? According to Health Canada the causes are:

- unprotected vaginal heterosexual intercourse (56%)
- intravenous drug injections (39%)
- infected blood and blood products (before the blood supply was routinely screened for HIV) (2%)

How Does HIV Become AIDS

To see how HIV becomes AIDS, read the story **Stages of HIV Infection**.



If you have access, you can read *HIV/AIDS: Stages of Infection* online (<http://media.openschool.bc.ca/osbcmmedia/pl10/pl105/pl1052c2a001.html>). If you do use the media, you can skip ahead to “What You Need to Know about STIs–Sexually Transmitted Infections.”

This story shows the stages of HIV infection and how long someone can live once they are infected.

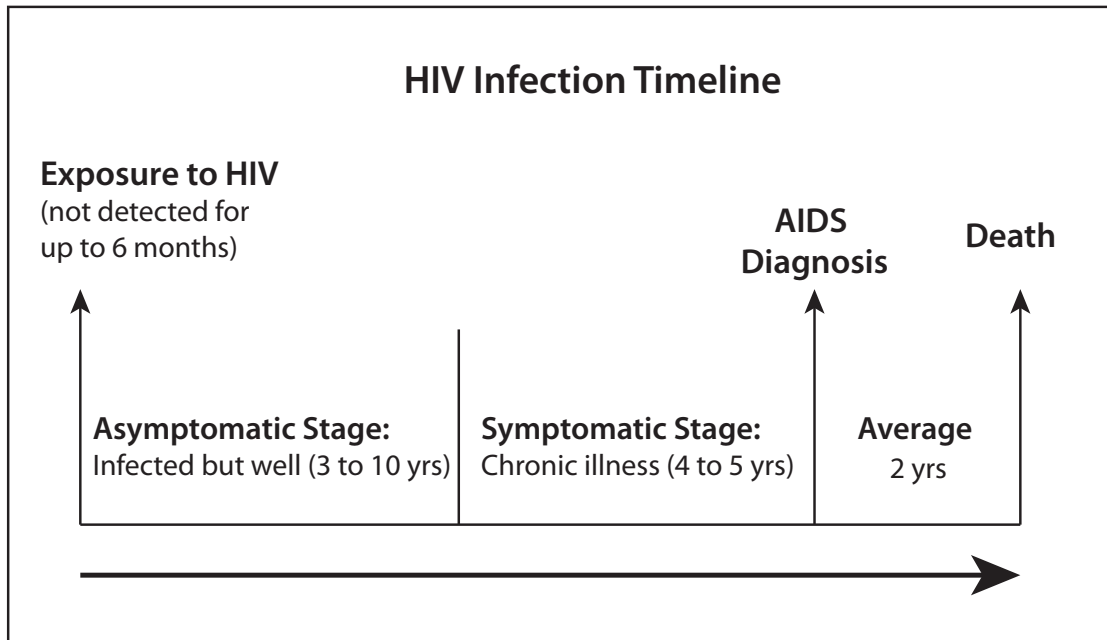
Stages of HIV Infection A Story

Britt and Susie met at a friend’s house party, and they had an instant connection. Susie was happy to find someone who really took an interest in her, and they both felt comfortable talking to each other.

Susie had more than she planned to drink, and one thing led to another. They found themselves making out in one of the bedrooms upstairs, even though they hadn’t been planning to. Britt didn’t have a condom, but they had sex anyway.

Neither Britt nor Susie knew that Britt was HIV positive.

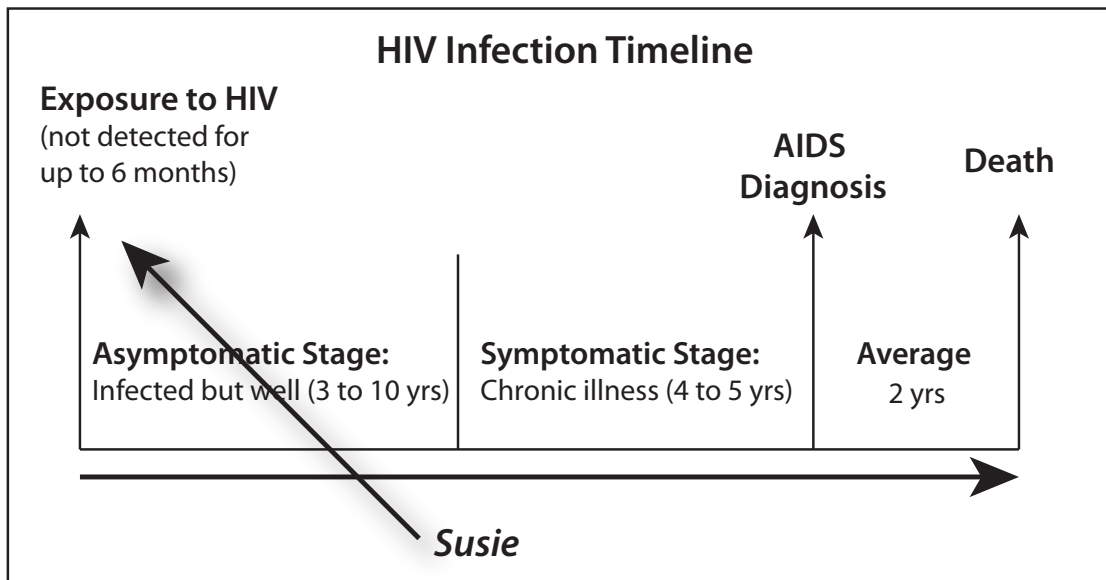
Now take a look at the progression of HIV infection, and think about where Britt and Susie might be on the timeline.



Stage 1: Exposure

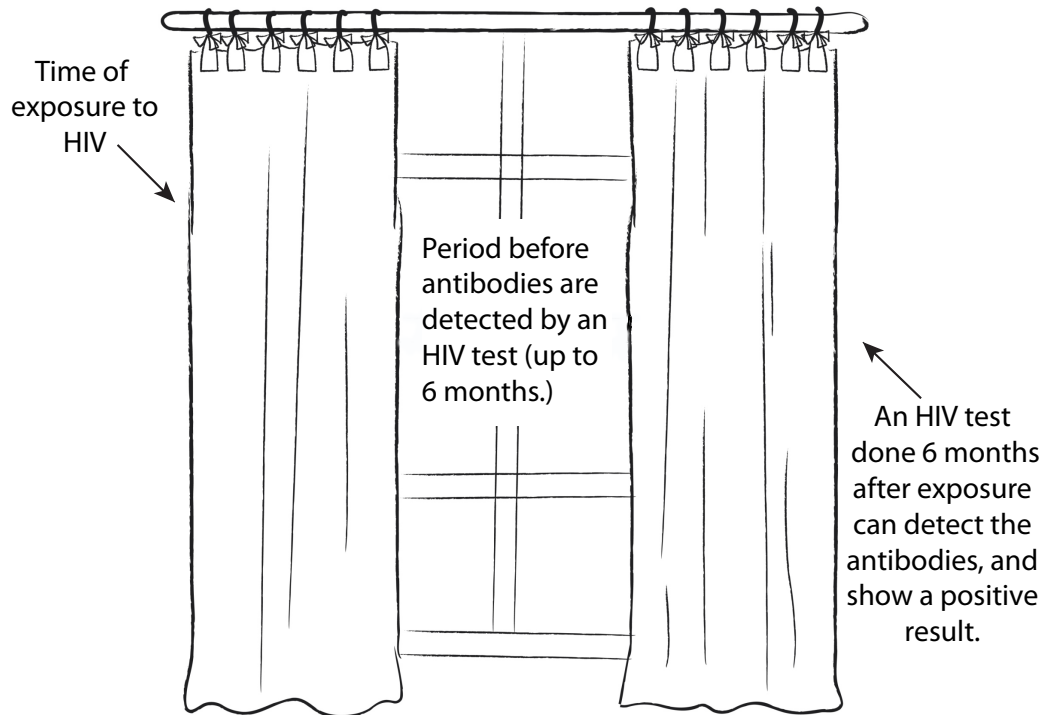
Exposure occurs when bodily fluids are exchanged between two humans, one of whom is infected.

Susie was exposed to HIV when she had unprotected sex with Britt.



Right now, it could show as a false negative result—because there is a 6 month period, called the “window period.”

The window period is like a window:

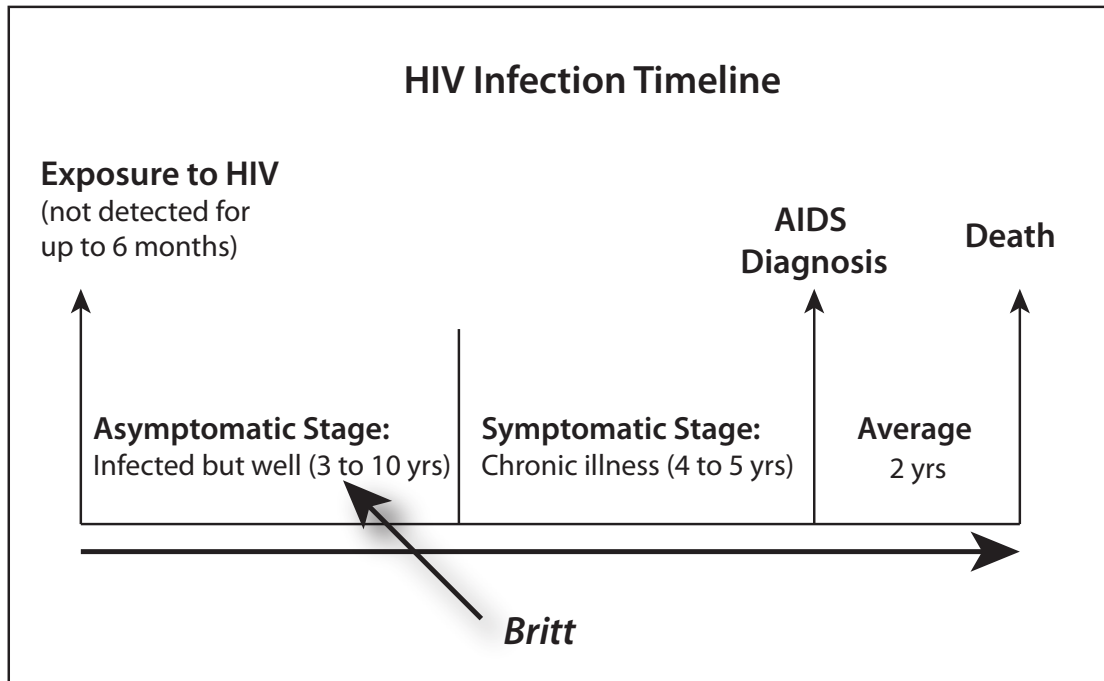


So there would be no benefit from Susie having an HIV test now. If she had one at three months and the test was negative, she would still want to follow up at six months. It might be just that the antibodies have not reached a detectable level.

What if Britt went for an HIV test today, and it showed negative? It could—if someone is tested for HIV and the test is negative, all you really know is that they were uninfected six months ago. Unless Britt was not exposed to HIV in those six months, the test doesn't tell us anything about his HIV status today.

Stage 2: Asymptomatic Stage

In the Asymptomatic stage, the infected person feels healthy. Britt was asymptomatic when he met Susie at the house party and had unprotected sex. He looked fine, and he didn't feel sick at all. The disease is often spread in this stage.



Britt could stay asymptomatic for three or four years—maybe even up to ten years. Lots of people who are infected with HIV don’t even know it, because they have no symptoms. You can’t tell who is infected just by looking at them—you must protect yourself from exposure.

Stage 3: Symptomatic Stage

In the symptomatic stage, the infected person is chronically ill. This means they experience persistent symptoms. Some of these symptoms include:

- Flu-like viral symptoms
- Night sweats
- Drastic weight loss
- Chronic diarrhea
- Memory loss
- Depression
- Fevers
- Chronic yeast infections (in women)
- Swollen lymph glands

While the illness is noticeable, the symptoms aren't always the same, and they don't come in order. What's notable is that the symptoms are severe, and they don't go away. They will last for many weeks or months.

Stage 4: AIDS to Death

An Aids diagnosis is made when the infected person develops one of the following as a result of their weakening immune system:

- a specific infection
- cancer
- mental disorder

The time between AIDS diagnosis to death varies. Without medical support, this time period is usually a matter of a few months. But with access to Highly Active Antiretroviral Therapy, survival time after an AIDS diagnosis can be from one to five years.

What You Need to Know about STIs—Sexually Transmitted Infections

Bacteria or viruses in semen, vaginal fluids, blood, and saliva cause STIs. STIs are passed from one person to another during sexual contact. Sexual contact includes kissing, intercourse, oral sex, anal sex, and close genital contact. Some STIs can be passed from a mother to a new baby during delivery. Sharing needles with infected blood will transmit some STIs. You can't get an STI from close, casual contact, so holding hands, hugging, and massage are safe ways to show someone you care about them.

Some STIs are curable but if left untreated can cause serious health problems such as blindness, heart problems, the inability to have children, and even death. The most threatening STI is acquired immune deficiency syndrome (AIDS).

You can catch an STI more than once and you can get more than one STI at a time. You are at risk of getting an STI if:

- you have unprotected oral, vaginal or anal sex (without using a condom or if the condom breaks) with a person who may have an infection.
- your partner has, or has had, a sexually transmitted infection.
- you have a new sex partner and you do not know his or her sexual history.
- you or your partner had or is having sex with others and you do not know their sexual history.
- you or your partner share needles or equipment for drugs, body piercing, tattoos, sex toys, etc.

How Can I Avoid Getting HIV and Other STIs?

Look back at the Transmission Equation:

Body Fluid with HIV	+ Activity	= HIV Transmission
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Avoiding high-risk activity is the only way to prevent an HIV or other STI infection.



If you have access, you can read *HIV/AIDS: Prevention* online (<http://media.openschool.bc.ca/osbcmmedia/pl10/pl105/pl1052c2a001.html>). If you do use the media, you can skip ahead to “Activity 1: Signs and Symptoms of STIs”.

There is no such thing as safe sex—only “safer sex.” Safer sex includes practices that reduce your chances of contracting an STI. Safer sex does not totally eliminate the risk of getting an STI.



If you have access to the Internet, go to the sexual health site for teens to see how different forms of sex increase your risk for contracting an STI and find alternatives to reduce the risk at *Risk Rater* (<http://teenhealthsource.com/?s=eg.+Safer+Sex>).

Remember—condoms don’t provide 100% protection from STIs. Only abstinence provides 100% protection. No activity that involves any potential for the exchange of blood, semen or vaginal fluid can be considered 100% safe. But some types of sexual activity have a higher level of risk than others. That’s where we get the term “safer sex.”

Abstinence

Activities that carry the potential for exchanging blood or semen are the riskiest. Many people choose to practice abstinence, which reliably prevents pregnancy and STIs.

To practice abstinence, you don't need to avoid all sexual feelings and activities. Abstinence just means never having any kind of intercourse: vaginal, anal, or oral. But that still leaves a lot of room for creative exploration of your sexuality, with or without a partner. Abstinence will protect you consistently from pregnancy and STIs, including HIV, if you practice it consistently. But just one instance of intercourse will put you at risk—it only takes one time to become infected. So if there is even the slightest chance you might have intercourse, you must be prepared to protect yourself.

Condoms

Now, condoms are not 100% effective—neither are seat belts, helmets, safety goggles—but that doesn't mean we don't use them! And if you use condoms correctly and consistently, they are extremely effective—about 10,000 times more effective than not using them. And not using them might cost you your life.

You must practise “condom sense.”

- Always choose latex condoms. They are the only kind that protect against HIV.
- Make sure you buy lubricated condoms with a reservoir tip.
- Check the expiry date on the box and wrapper.
- Make sure your condom is not marked as a “novelty item.”
- If you want more information about types of condoms, visit a Planned Parenthood office, birth control centre, AIDS network, or public health unit. They may have free samples for you.
- Keep condoms in a cool place—not your car, your wallet, or a pocket.
- Make sure they can't be punctured where you store them—if you carry them in a bag or purse, use a hard case so keys, pens or other items can't penetrate the package.
- 516729/

- Open condoms carefully so you don't tear the condom with nails or jewelry.
- Use condoms even if you or your girlfriend is on the pill. The pill prevents pregnancy, but does not protect against HIV.

Like abstinence, condoms work only if you use them every time. So if you don't have a condom with you, get one or don't have intercourse. Too embarrassed to buy condoms? Just think about how embarrassed you'd be if you had to tell your friends and family that you are HIV positive.

Needle use

Sharing injection needles is the other high risk activity for spreading HIV. But it's not just street drugs that can spread infection this way. What about sharing needles for steroid injections? That's something that athletes have been known to do. Sharing needles for any purpose—piercing, tattooing, street drugs, or vitamins—is a very high risk activity for spreading HIV. So is having unprotected intercourse with someone who has shared needles, or whose past partners have shared needles.

You can know your partner. But what about your partner's last partner's last partner's needle practices?

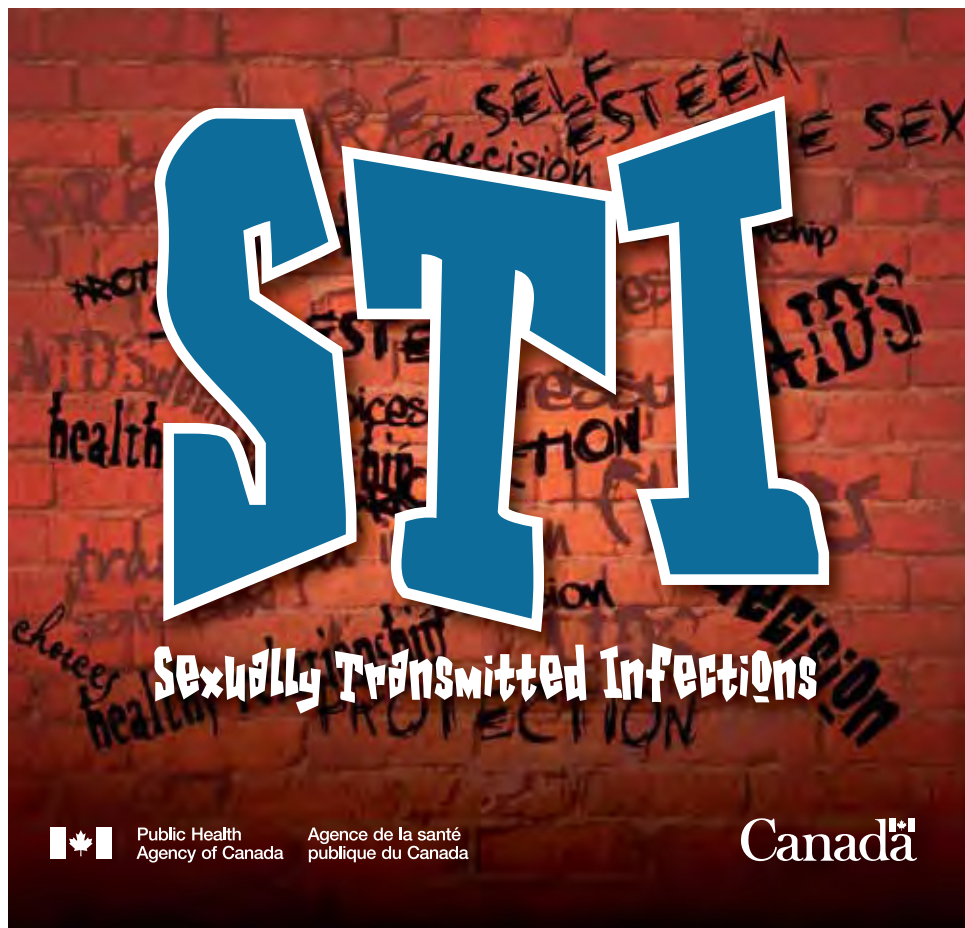
If you must use a needle, use a new one every time. Contact your local health unit for information on needle exchange.

Activity 1

Signs and Symptoms of STIs

STIs are a confusing set of diseases. For example, the symptoms of STIs differ between men and women. The symptoms often disappear after a short time and the infected person may think they are no longer infected. Unfortunately, however, the untreated disease can remain in the body for years, causing more serious health problems and allowing the infection to be spread to other people.

Read the information that follows and fill out the chart.



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Aussi disponible en français sous le titre < ITS: les infections transmissibles sexuellement >

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In Canada some of the highest rates and increases in STIs are in young people ages 15 to 24. If you are having sex, or thinking about having sex, you need to know how to avoid sexually transmitted infections.

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Chlamydia

What is it?

Chlamydia is a sexually transmitted infection. It is caused by bacteria. It is very common, especially among teenagers and young adults. Chlamydia can cause serious health problems. It has to be treated.

How do you get it?

You can get chlamydia if you have unprotected oral, vaginal or anal sex with a person who already has the infection. If you are pregnant you can pass it on to your baby when you are giving birth.

How can you tell if you have it?

You may have chlamydia and not have any signs or symptoms. You can pass it on without even knowing that you have it.

If you have chlamydia and you do have symptoms, you might notice:

Female

- a change or an increase in discharge from your vagina
- an itchy vagina
- a little bit of bleeding even when it is not time for your period
- bleeding during or after you have vaginal sex
- pain in your lower abdomen
- pain when you urinate

Male

- a burning feeling when you urinate
- a watery or milky discharge coming out of your penis
- burning or itching around the hole of your penis
- pain in your testicles

How do you get tested?

If you are female, a doctor or nurse will check for infection by taking a swab from the cervix (the opening to the uterus) or they may ask you for a urine sample. If you are male, the doctor or nurse will ask you for a urine sample or they may swab the urethra (the opening of the penis).

How is it treated?

It can be cured with antibiotics. It is important to tell your sexual partner(s) that you have chlamydia. They also need to be treated. You and your partner should not have sex until you have completed treatment and have been told the infection is gone. Even if you are treated for this infection, you can get it back if you have sex with someone who is infected or has not been treated.

STIs, including chlamydia,
often have no symptoms at all.

Gonorrhea

What is it?

Gonorrhea is a sexually transmitted infection. It is caused by bacteria. Gonorrhea can cause serious health problems. It has to be treated. Gonorrhea can infect the penis, rectum, throat, eyes or cervix. The cervix is the opening to the uterus. The rectum is the lower part of your intestines.

How do you get it?

You can get gonorrhea if you have unprotected oral, vaginal or anal sex with a person who already has the infection. If you are pregnant you can pass it on to your baby when you are giving birth.

How can you tell if you have it?

You may have gonorrhea and not have any signs or symptoms. You can pass it on without even knowing that you have it.

If you have gonorrhea and you do have symptoms, you might notice:

Female

- a change or an increase in discharge from your vagina
- a little bit of bleeding even when it is not time for your period
- bleeding during or after you have vaginal sex
- pain in your lower abdomen
- pain when you urinate

Male

- a burning feeling when you urinate
- a thick greenish-yellow discharge coming out of your penis
- burning or itching around the hole of your penis
- pain in your testicles

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How do you get tested?

If you are female, the doctor or nurse will check for infection by taking a swab of the cervix (the opening to the uterus) or they may ask you for a urine sample. If you are male, the doctor or nurse will ask you for a urine sample or they may swab the urethra (the opening of the penis).

How is it treated?

It can be cured with antibiotics. You should tell your sexual partner(s) that you have gonorrhea. They need to get treated too. A lot of people who have gonorrhea also have the STI called chlamydia. You and your partner(s) may need to be treated for chlamydia, too.

You and your partner should not have sex until you have completed treatment and have been told the infection is gone. Even if you are treated for this infection, you can get it back if you have sex with someone who is infected or has not been treated.

Part of safer sex is talking with your partner.
If you can't talk about it,
you shouldn't do it.

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Trichomonas

What is it?

Trichomonas is a sexually transmitted infection. It is important to treat trichomonas because it can lead to serious health problems. It can cause an infection of the uterus and fallopian tubes known as pelvic inflammatory disease which can lead to infertility.

How do you get it?

You can get trichomonas if you have unprotected vaginal sex with a person who already has the infection. If you are pregnant trichomonas can cause your baby to be born early or weigh less than normal.

How can you tell if you have it?

You may have trichomonas and not have any signs or symptoms. You can pass it on without even knowing that you have it.

If you have trichomonas and you do have symptoms, you might notice:

Female

- strange discharge from your vagina
- an itchy vagina.
- pain during vaginal sex
- burning when you urinate

Male

- burning when you urinate
- slight discharge coming out of your penis
- burning or itching around the hole of your penis

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How do you get tested?

If you are female, a doctor or nurse will check for infection by taking a swab from the vagina. If you are male, testing is not usually done.

How is it treated?

It can be cured with antibiotics. It is important to tell your sexual partner(s) that you have trichomonas. They also need to be treated.

You and your partner should not have sex until you have completed treatment and have been told the infection is gone. Even if you are treated for this infection, you can get it back if you have sex with someone who is infected or has not been treated.

Not all young people have sex.
If you're not sure, don't do it.

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LGV

What is it?

LGV is short for lymphogranuloma venereum. It is a sexually transmitted infection that recently began showing up in Canada. It is caused by a certain type of chlamydia bacteria. LGV can cause serious health problems. It has to be treated.

How do you get it?

You can get LGV if you have unprotected oral, vaginal or anal sex with a person who already has the infection.

How can you tell if you have it?

A painless sore or lump may appear where the bacteria has entered the body. The sore or lump can be painless and may be inside you. It can clear up without treatment, but even if it does, you may still have the infection and should receive treatment. In the second stage you may develop flu-like symptoms, your lymph nodes may become swollen and there may be discharge from the genital and/or anal area. If left untreated, LGV can cause genital and/or anal scarring that may need surgery. In rare cases it can even cause death.

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How do you get tested?

If you are female, a doctor or nurse may check for infection by taking a swab from the cervix (the opening to the uterus). If you are male, the doctor or nurse may swab the urethra (the opening of the penis) or take a urine test. Male or female, the doctor or nurse may also take a swab from your anus or throat. A blood test may also be needed.

How is it treated?

It can be cured with antibiotics. It is important to tell your sexual partner(s) that you have LGV. They also need to be treated.

You and your partner should not have sex until you have completed treatment and have been told the infection is gone. Even if you are treated for this infection, you can get it back if you have sex with someone who is infected or has not been treated.

If you're not comfortable talking about sex, you should think twice about having sex.

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Pubic Lice & Scabies

What is it?

Pubic lice are also known as "crabs". They are usually found around the genitals in pubic hair. Lice look like tiny crabs. They are grey or brownish red. Lice live by feeding on human blood. They lay their eggs at the base of the hair. Their eggs are called nits.

Scabies are tiny mites that burrow below the surface of the skin and lay eggs. You can't see scabies but a rash and itching are common symptoms.

How do you get it?

Pubic lice and scabies are transmitted both by sexual and non-sexual contact. An example of non-sexual contact is sharing towels with an infected person. Pubic lice and scabies can live on objects such as towels, bedding and mattresses.

How can you tell if you have it?

If you have pubic lice or scabies the parts of your body that have been infected may feel itchy. For pubic lice, you might see tiny light brown insects or oval, whitish eggs on the hair. For scabies, itching occurs mainly at night and a rash may appear between your fingers, on your wrists, abdomen, ankles, on the bend of your elbows or around your genitals.

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How do you get tested?

You can usually tell if you have pubic lice by finding the adult lice or eggs on the hair. If you are not sure if you have pubic lice or scabies, see a doctor or nurse.

How is it treated?

Pubic lice and scabies are treated with special creams, lotions or shampoos available at the drug store. Ask the pharmacist for help and then follow the directions carefully. Your partner(s), friends and family may also have lice or scabies and have to be treated too. Infants, females who are pregnant and females who are breast feeding need a different treatment. Speak with the pharmacist to make sure that you use a treatment that will not be harmful.

You will need to:

- dry clean or machine wash all of your clothing in hot water
- wash all bed linen in hot water
- store quilts and blankets for one week in closed plastic bags if you cannot wash them
- vacuum everything that has been in contact that you cannot wash (mattress, carpets, etc.)

15

Syphilis

What is it?

Syphilis is an infection caused by bacteria which are most often sexually transmitted. It can cause serious health problems. It has to be treated.

How do you get it?

You can get syphilis if you have unprotected oral, vaginal or anal sex with a person who already has the infection. Syphilis causes painless sores on the genitals or they can be hidden in the mouth, vagina or rectum. It can also cause a rash anywhere on the body. The infection is spread through contact with the sores or rashes. If you are pregnant and have syphilis, you can pass on the infection to your baby before it is born or during birth, sometimes causing birth defects or death.

How can you tell if you have it?

- In most cases the first symptom is a sore that doesn't hurt. It is called a chancre. You may not notice this sore. The sore goes away even if it is not treated but you still have the infection.
- Later you may get a body rash and feel like you have the flu. These symptoms will also go away even if they are not treated.
- If you don't treat the syphilis, you may get very sick. Untreated syphilis can lead to damage of the heart, the brain and other organs of the body and may even cause death.

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How do you get tested?

You can get a special blood test.

How is it treated?

You should be treated for syphilis as soon as you find out that you have it. Syphilis can be cured with antibiotics, usually penicillin. You will need to get penicillin injections. It is important to finish your treatment. If you are allergic to penicillin, you will be given another antibiotic. You should tell your sexual partner(s) that you have syphilis and they need to be tested and treated too.

Once you have been treated for syphilis, you will need to go for blood tests to make sure that the medication worked and that you are cured of the infection. Your doctor or nurse will provide you with advice on how often you need to be tested and when you are no longer able to pass on the infection.

The criminal code of Canada states that having sex with a person who is passed out or too impaired to give voluntary consent is sexual assault.

17

HPV

What is it?

HPV is short for Human Papillomavirus. It is a virus that can cause warts or lead to cancer. There are many different types of HPV which can infect different parts of the body. The different types can affect your body in different ways. You can have more than one type at a time.

Genital warts may grow on your penis, scrotum and thighs or inside or outside the vagina or anus. HPV has been found to affect the cells of the cervix and potentially lead to cancer. It has also been found to contribute to other cancers, such as anal (both males and females), penile and vaginal.

How do you get it?

You can get HPV if you have oral, vaginal or anal sex with a person who already has the virus. You can also get HPV from other sexual activity with skin to skin contact. Your partner may not have visible warts but can still spread the virus. A lot of sexually active people have HPV or will have it over their lifetime.

How can you tell if you have it?

You can pass on the virus without even knowing you have it. If you find warts on your genitals, they may look like bumps which can be cauliflower-like. Some warts are very hard to see. A doctor or nurse can do an exam to find them.

HPV Vaccine

If you are female, and between 9-26 years of age, you can protect yourself against some types of HPV with a vaccine. It is given by a needle in three doses.

The HPV vaccine does not protect against all types of HPV. Even if you are vaccinated it is still possible that you will become infected with other types of HPV. It is still very important for you to continue to have regular PAP tests and use condoms for vaginal, anal and oral sex.

The vaccine is not approved for guys, but they are studying this now.

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How do you get tested?

A doctor or nurse can tell if you have genital warts by looking at them. Some types of HPV can cause changes to a female's cervix. In some people these changes may lead to cancer of the cervix. A doctor or nurse can do a PAP test to check your cervix. They will gently take some cells from your cervix. If you are having sex, or have had sex previously, it is important to have a PAP test once a year or until your doctor determines that the time period between PAPs can increase.

How is it treated?

Right now, there is no cure for HPV, but there are treatments for the things HPV causes – warts and changes in the cervix. Genital warts don't have to be taken off. If you want the warts taken off there are different ways a doctor or nurse can do this:

- put a liquid directly on the warts – it typically has to be done many times before the warts go away
- freeze the warts
- burn the warts
- remove the warts surgically
- even if they are treated there is a chance they can come back

If your PAP test shows that HPV has caused changes to your cervix, you may be sent to a special doctor for a further check up.

19

Herpes

What is it?

Herpes is an infection caused by the herpes simplex virus (HSV). There are two types of HSV, types 1 and 2. They can cause painful sores around the mouth which are called cold sores. They can also cause sores on the genitals. This is known as genital herpes.

How do you get it?

- You may get it by kissing someone who has a cold sore.
- You may get herpes in your genital area if you have oral sex with someone who has cold sores.
- You may also get herpes in your eyes, mouth and genitals by touching the sores.
- You can pass on the virus when you have sores on your mouth or genitals that are easy to see but you can also pass on the infection without having any sores.
- If you are pregnant, you can pass the virus to your baby during pregnancy or when you give birth. Tell your doctor if you have herpes. He/she can give you medication to reduce the risk of your baby getting herpes while you are pregnant.
- You may not know you have herpes, but you can pass it on.

How can you tell if you have it?

A large number of people infected with herpes will not have symptoms and therefore you may not know you have it. If you have herpes symptoms you will most likely feel itching or tingling on your skin and then develop painful blisters that turn into sores. It will heal by itself. When you first have an outbreak of herpes, you may also feel like you have the flu and symptoms may last several weeks.

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Can it keep coming back?

Yes. The first outbreak of herpes is usually the worst. You may get more than one outbreak. These are called recurrences and they tend to be milder than the first outbreak. The reinfection might appear again because you:

- are tired or under stress
- are ill
- have a fever
- got too much sun
- have your period
- are pregnant

If you have herpes, you have to rest, eat well and exercise.

How do you get tested?

A doctor or nurse checks your sores. They may also swab your sores. In some places, the doctor may order a blood test to help in the diagnosis of herpes.

How is it treated?

It cannot be cured but it can be managed. There are medications that may help you prevent outbreaks or reduce the length of time that an outbreak lasts. The doctor may also prescribe a medication for pain if your outbreaks are severe.

What can you do if you have a herpes outbreak?

- Keep the area clean.
- Wear cotton underwear.
- Wear loose fitting clothes.
- After urinating, wash your genital area with cool water.
- If it hurts when you urinate, sit in a tub of warm water to urinate, or pour water over the area while you are urinating.
- Avoid "wiping" the area. Pat it dry to avoid spreading the infection.

How can you prevent passing on the virus?

- If you feel a burning or tingling sensation but have no sores, do not have sex. This is a sign that you may be developing an outbreak and even without sores, you can pass on the virus.
- Do not perform oral sex when you have a cold sore.
- You should not have sex if you have an outbreak of genital herpes. Wait until the sores are completely healed.
- Remember, you can pass on the herpes virus even when you don't have sores.

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Hepatitis B

What is it?

Hepatitis B is a virus. It can cause a serious infection of the liver.

How do you get it?

You can get hepatitis B from an infected person through their blood, semen, vaginal fluid or saliva. The virus can be passed on through vaginal, oral or anal sex with a person who has the infection. Hepatitis B can also be passed on by sharing personal items, like toothbrushes and razors, or by sharing needles or tattoo equipment. A pregnant woman can pass hepatitis B on to her baby.

How do you tell if you have it?

You can have hepatitis B and not have any signs or symptoms. You can still pass the virus on without knowing it.

If you have hepatitis B, you might notice:

- you feel tired
- you have pain in your abdomen
- your urine or stool (poop) is a strange colour
- your skin is yellow
- you are not very hungry
- you feel like throwing up

How do you get tested?

You can get a special blood test.

22

Hepatitis B Vaccine

You can protect yourself against hepatitis B. There is a vaccine that protects you. It is given by needle. It takes three needles and several months before you are protected. If you are at risk for getting hepatitis B, you and your partner(s) should ask a doctor or a nurse for these needles.

How is it prevented and treated?

There is no cure for hepatitis B. If you have hepatitis B, you might need to change the way you eat and also stop drinking alcohol. Most people with hepatitis B do get better. When you are better, you do not pass the virus on to others.

Most people with hepatitis B fight the infection off within 6 months. During this time you can pass it on to others. Once the body fights off the infection you are protected from ever getting the virus again and cannot pass it on to others.

Some people cannot fight off the infection and will have it for life; they are called chronic carriers. Carriers of hepatitis B can transmit the virus to others all their life. Chronic hepatitis B can lead to severe liver damage and cancer of the liver.

If you have hepatitis B you should encourage your sexual partner(s) to get the hepatitis B vaccine and until your partners are protected (usually 6 months after getting the vaccine) condoms or latex barriers need to be used during sex.

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#HIV

What is it?

HIV (Human Immunodeficiency Virus) is the virus that causes AIDS (Acquired Immunodeficiency Syndrome). HIV attacks your body's immune system, leaving it unable to fight certain infections. People with healthy immune systems can fight these infections off; people with HIV may not be able to. When a person has HIV and becomes sick from one or more of these infections, they have AIDS. A person with HIV may not develop AIDS for many years.

How do you get it?

You can only get HIV by having the virus enter your bloodstream. The virus can be found in and transmitted through blood, vaginal fluids, semen and breast milk. You can get HIV by having unprotected sex (vaginal, anal or oral), by sharing needles or other drug use equipment (cookers, water, filters, etc.), razors or toothbrushes that have blood on them. If you are female, you can pass the virus on to your baby during pregnancy or while breast feeding. HIV CANNOT be passed through casual contact such as hugging, kissing, shaking hands, sharing food or toilet seats.

How do you get tested?

You can get a special blood test.

How can you tell if you have it?

You can have HIV and not know it because you may have no symptoms for many years. You may develop a mild flu, 2 – 4 weeks after becoming infected. If you had risky behavior as listed above you may want to get tested. It is important to wait for 12 weeks after your last risky behavior or the test may not be accurate. Remember, you could still pass on the virus to someone else without knowing you have it.

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The best barrier to protect against STIs and HIV when having sex is a latex condom without the spermicide nonoxonyl-9 (N-9). N-9 can increase your risk of acquiring HIV and other STIs by irritating the fragile skin within the vagina and rectum.

Condoms won't spoil the mood, an unintended pregnancy or a sexually transmitted infection will.

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Risk Rater

SELF ESTEEM
SAFE SEX
decision making

Kissing

Kissing exposes you to JUST A FEW STIs.

- Some STIs can live in saliva.
- Some STIs can be transmitted through cuts and sores in your mouth.

Safer Sex Options: avoid kissing when cuts or sores are present in or around the mouth



Touching

Skin to skin touching exposes you to JUST A FEW STIs.

- Some STIs produce bumps, rashes or pus on the outside of the body.
- You may catch these STIs by touching that area and then touching yourself.

Safer Sex Options: condom, dental dam, female condom, gloves, skip it



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Oral Sex

Giving Oral Sex exposes you to MANY STIs.

- Some STIs live in semen and vaginal fluids.
- Some STIs can be transmitted through cuts and sores in the genital area.

Getting Oral Sex exposes you to MANY STIs.

- Some STIs live in saliva and other body fluids.
- Some STIs can be transmitted through cuts and sores in your mouth.

Safer Sex Options: dental dam, condom, skip it



Vaginal Sex

Vaginal Sex exposes you to ALL STIs.

- One person's genitals enter the other person's body.
- There is an exchange of body fluids like semen and vaginal fluids.

Safer Sex Options: condom, female condom, skip it



Anal Sex

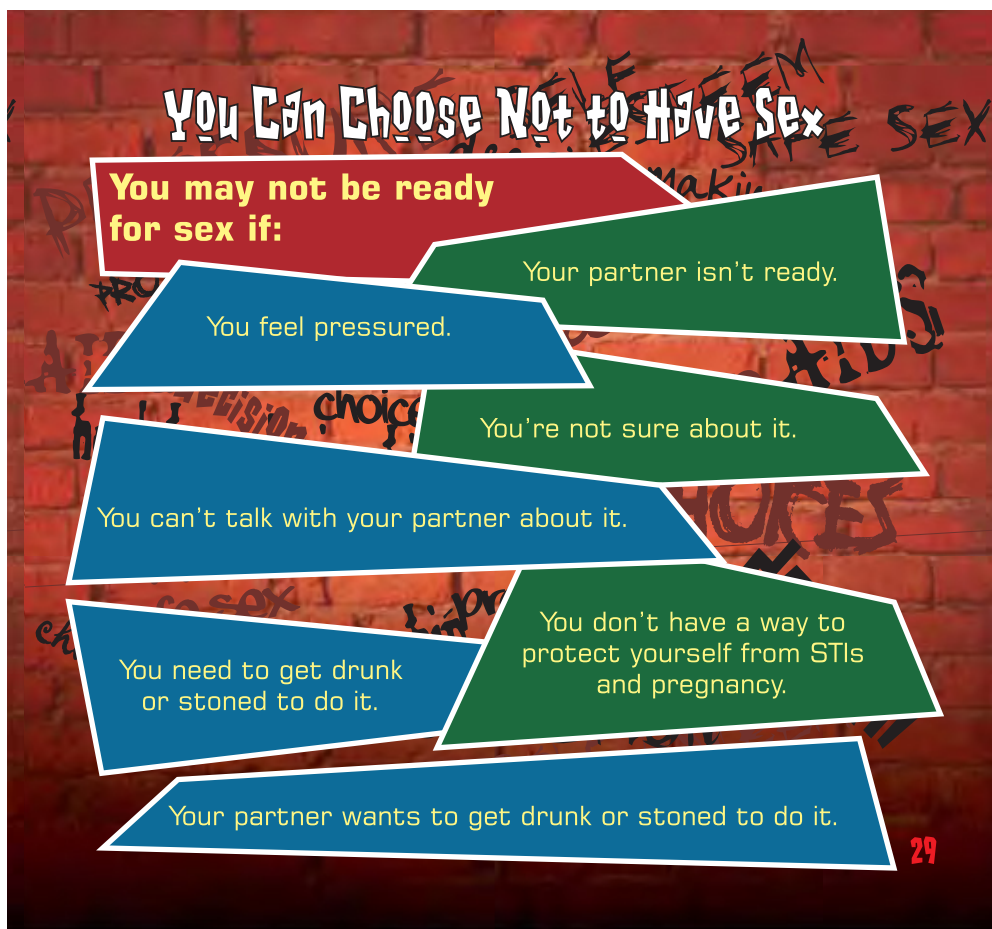
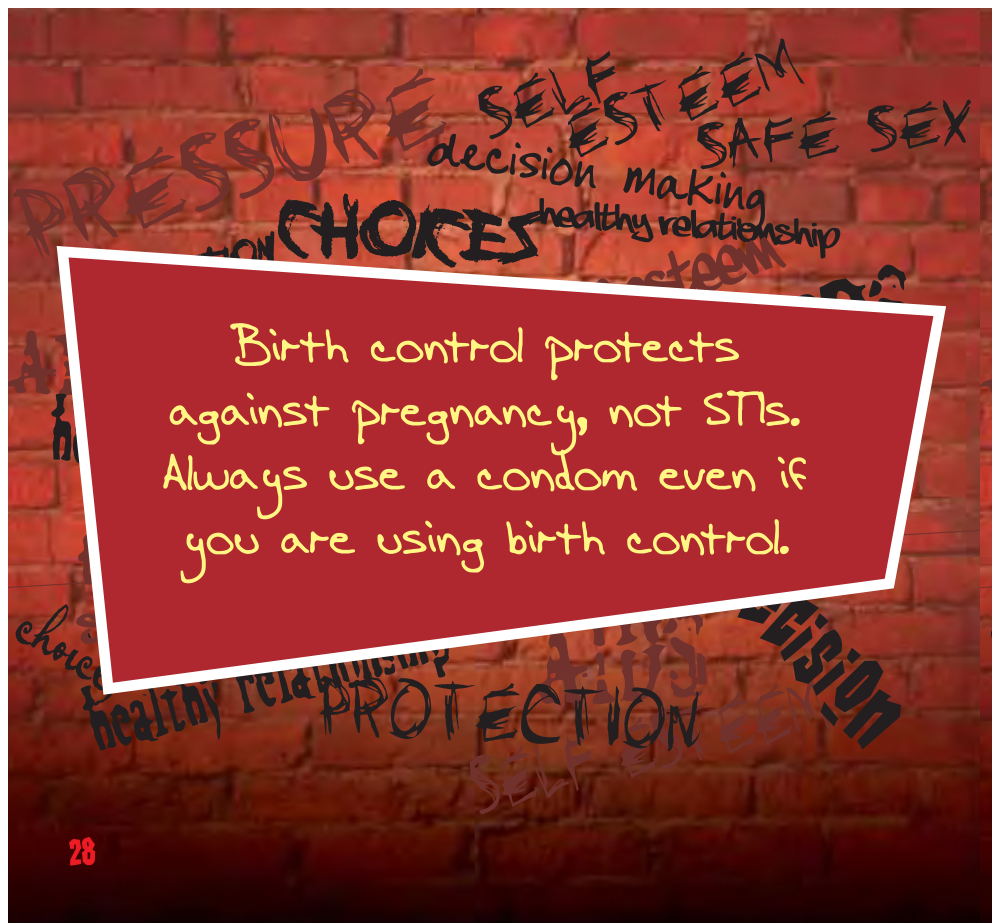
Anal Sex exposes you to ALL STIs.

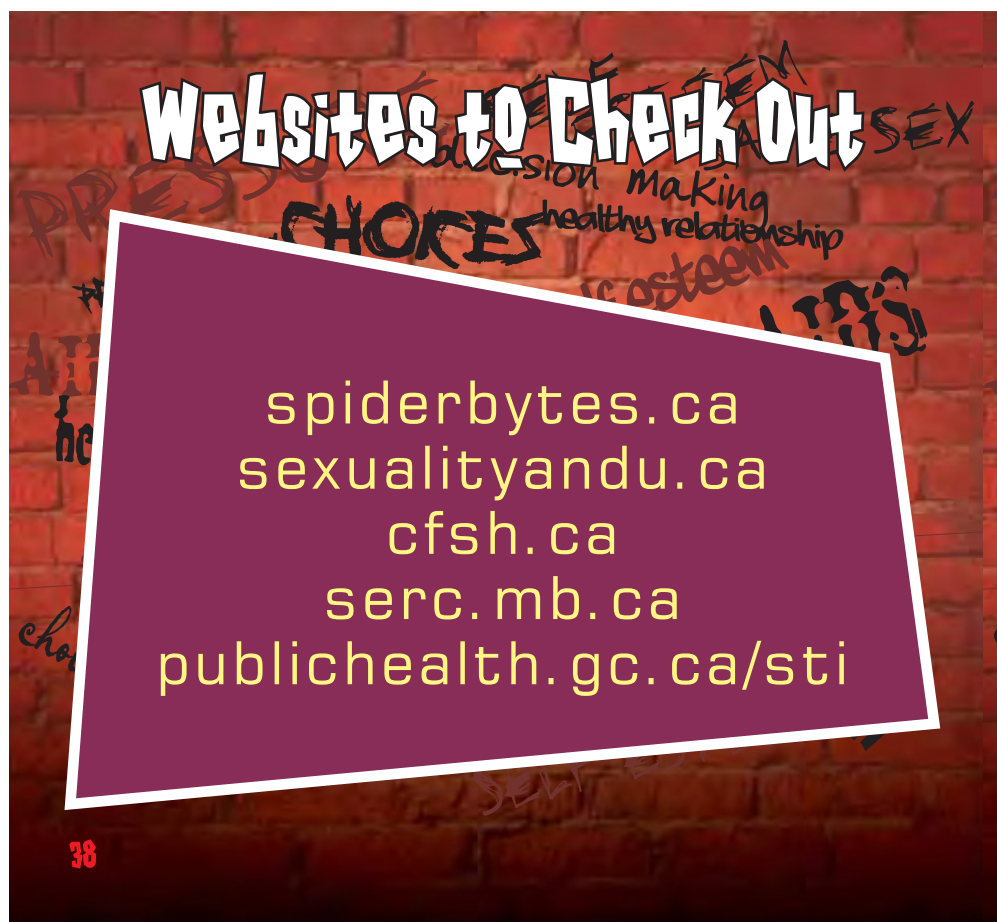
- One person's genitals enter the other person's body.
- There is an exchange of body fluids like semen.
- The skin inside the anus is very delicate and sensitive.

Safer Sex Options: use lots of lube to avoid any small tears of the skin, condom, skip it



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STI Sexually Transmitted Infections, reproduced courtesy of the Public Health Agency of Canada.

STI Facts

STI	Symptoms (male)	Symptoms (female)	How is it treated?	If there are complications, what are they?
Chlamydia				
Herpes				
Genital warts				
Gonorrhea				
Syphilis				
Trichomoniasis				
Pubic Lice and Scabies				
LGV				
HPV				
Hepatitis B				

To see if you are at risk of having an STI, answer the following reflective questions.

Sexually Transmitted Infections

1. Have you ever had vaginal, anal, or oral sex without a latex condom?

Having vaginal, oral or anal intercourse without a latex condom puts you at high risk for the transmission of STDs.

2. Have you ever shared needles for injection, tattooing, or piercing of any kind?

Sharing needles for ANY purpose is a major risk factor for STD transmission.

Whether the substance you're injecting is insulin, vitamins, steroids, heroin or anything else, sharing needles is dangerous.

Even needle sharing for piercing or tattooing—at home or in a shop—can transmit STDs such as HIV and Hepatitis.

3. Have you ever had vaginal, oral, or anal sex with anyone other than your partner?

If you've had sex with someone other than your present partner and didn't use a latex condom, you're putting both you and your present partner at risk for STDs.

4. Has your partner ever had vaginal, oral or anal sex with anyone other than you?

If there's any possibility that your partner has had sex with another person and didn't use a latex condom, you are both at risk for STDs.

5. Has your partner ever shared needles for injection, tattooing, or piercing of any kind?

If your sexual partner has shared needles for injection drugs, tattooing, body piercing, steroids or anything else, he/she is at risk for STDs. Having sex with him/her puts you at risk for STDs too.

6. Have you ever had sex while high on alcohol or drugs?

Having sex while high on alcohol or drugs puts you at high risk for STDs, because when you're drunk or high you're less likely to use condoms correctly and effectively.

Using a latex condom for EVERY encounter greatly reduces the risk of transmission of STDs because it helps stop the exchange of body fluids.

However, condoms aren't 100% effective. Some STDs cause lesions on or around the genital area, and a condom may not cover all the lesions. But a condom is still far better than no protection at all.

If you have answered “yes” to any of these questions, you may be at risk for STDs. You may want to see your doctor or an STD clinic to get tested for STDs—it’s the only way you can know for sure whether or not you’re infected.

If you have any symptoms, it is crucial to seek medical attention and communicate with your sexual partner. If you find it embarrassing to see your family doctor about a possible STI go to a teen health clinic or birth control clinics. They provide free testing and protect your anonymity, i.e., only you get the results.

Summary

Completing this lesson has helped you to:

- Define HIV and AIDS and explain how they are related.
- Explain how HIV is transmitted and how to protect yourself.
- Identify the signs and symptoms of the most common STIs.
- Explain how to protect yourself against these harmful and sometimes deadly infections.

Lesson D

Making the Right Choice for You

Overview

“Water is the only drink for a wise man.”

Henry David Thoreau

For some people, choosing to drink, take drugs, or have sex with someone is sometimes a decision that is made on the spot. This is usually not the best way to make these critical decisions. In this lesson you will practise using decision making strategies that will help you keep safe and healthy and will be on your terms.

Birth Control

According to a recent Canadian study, 23% of boys and 19% of girls in Grade 9 reported having had sexual intercourse at least once. These numbers rose for students in grade 11 (*The Canadian Youth, Sexual Health and HIV/AIDS Study* (CYSHHAS) (2002). Clearly some youth are choosing to engage in sexual activity while still in high school. This means that the subject of birth control is very important for all high school students and this remains important through graduates and beyond. Knowing how to prevent unplanned pregnancies and how to protect oneself from STIs is a critical aspect in the lives of many young adults. Knowing the facts is the first step toward health and safety.

There are several types of birth control available. You have probably heard of condoms, the pill, the morning-after-pill, etc. Each type has advantages and disadvantages. There is no one perfect contraception. None prevent pregnancy 100% of the time and none prevent the chance of infection from an STI 100% of the time. This is why it is important to be armed with knowledge—you need to be able to make the best decision for you and your situation. No on-the-spot decisions should be made here!

What about abstinence?

Abstinence is choosing not to have sexual intercourse. It is still the only method that is 100% effective in preventing pregnancy and preventing infection from STIs. Choosing abstinence doesn't mean you'll never have sex, only that you are choosing to not have sex at this time in your life. Being abstinent doesn't mean you have to ignore your sexual feelings. There are many ways to show someone how

much you love them without having sexual intercourse. Kissing, massage, holding hands, and hugging are all ways to show someone you love them without risking pregnancy. More and more teenagers are choosing abstinence for moral, health, religious, social, and personal reasons.

Who is birth control for?

Birth control is not just an issue for girls and women. An unwanted pregnancy changes the lives of both partners. Whether you are a girl or woman, boy or man, you are responsible for protecting yourself. Just because your partner says they are protected, doesn't always mean it is the case. It's up to you to make sure you are protected.

Activity 1

Types of Birth Control

In this activity you will look up the facts about five types of birth control methods. Then, record your findings by filling this chart. You only need to select one type of birth control for each category.



If you have access to the Internet, you can use online resources to this. You will require an Internet connection to do this. Go to the *Island Sexual Health Society* (<http://www.islandsexualhealth.org>) or the *Planned Parenthood* (<http://www.plannedparenthood.org/health-topics/birth-control-4211.htm>) website and investigate the types of birth control available.

If you need to review research skills, visit the **Foundational Skills** instruction on “Research” included in the *Appendix*.



If you have online access visit *Finding Information, Gather Information* online (<http://media.openschool.bc.ca/osbcmmedia/pl10/pl107/pl107--1h001.html>) for research tips.

Category	Type	Pros	Cons	Effective (%)	STI Protection?
Abstinence					
Barrier Methods					
Emergency Contraception					
Hormonal Methods					
Other Methods					

Pros and Cons of Decision Making Strategies

Read *6 Steps of the Pros and Cons Strategy*. For more information on the use of Pros and Cons to help make decisions, these steps also appear in **Making Decisions**, in the **Foundation Skills Package** in the *Appendix* or read them online if you have access.



If you have online access visit *Making Decisions, Pros and Cons Strategies* online (<http://media.openschool.bc.ca/osbcmmedia/pl10/pl106/pl1061--h001.html>).

6 Steps of the Pros and Cons Strategy

The pros & cons strategy helps you compare the pros and cons of a choice by weighing the advantages and disadvantages of it. Pros & cons is useful for analyzing such things as financial plans and problems.

To learn about this strategy, we'll use an example decision: *whether or not to buy a car*.

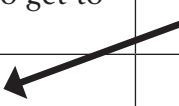
Imagine you're thinking of using your savings to buy a car. But for the car you want, you'd also need to borrow some money. Your bank has agreed to lend you the \$2000.00 you need. Should you buy the car?

1. First, draw a diagram with advantages on one side and disadvantages on the other side.
2. Next think of all the advantages buying a car will give you.
3. Then list the disadvantages.

Advantages	Disadvantages
<ul style="list-style-type: none"> • build a credit rating 	<ul style="list-style-type: none"> • have to earn the money for insurance and upkeep
<ul style="list-style-type: none"> • more independence 	<ul style="list-style-type: none"> • have to make payments and if can't will lose credit rating
<ul style="list-style-type: none"> • help out the family 	<ul style="list-style-type: none"> • have to use my savings
<ul style="list-style-type: none"> • return favours to friends 	<ul style="list-style-type: none"> • may get in an accident
<ul style="list-style-type: none"> • don't have to take the bus to get to my job 	<ul style="list-style-type: none"> • have to spend time taking care of it
	<ul style="list-style-type: none"> • my family would rather I save the money

4. Now review your lists and determine whether there are any points to reconsider. For example, the disadvantage "spend time taking care of it" could become an advantage because you will be learning a new skill. Move that to the other side of the list.

Advantages	Disadvantages
• build a credit rating	• have to earn the money for insurance and upkeep
• more independence	• have to make payments and if can't will lose credit rating
• help out the family	• have to use my savings
• return favours to friends	• may get in an accident
• don't have to take the bus to get to my job	• <i>have to spend time taking care of it</i>
	• my family would rather I save the money



5. Next, assign a score from 1 to 5 to each of the factors according to how strongly you feel about them. For example, if you feel very strongly about independence, give that a 5. After you've ranked every factor, add up the totals for both sides:

Advantages	Disadvantages
2 build a credit rating	5 have to earn the money for insurance and upkeep
5 more independence	2 have to make payments and if can't will lose credit rating
3 help out the family	5 have to use my savings
3 return favours to friends	1 may get in an accident
3 don't have to take the bus to get to my job	2 my family would rather I save the money
1 have to spend time taking care of it	
= 17	= 15

6. Now make a decision based on what you've learned from going through the Pros & Cons process.

Sexual Decision Making

Knowing your personal comfort level with sex and being able to communicate it to your partner are main components of healthy sexual decision-making. This decision can be very difficult for most young people. First of all it is a “big” decision with grown up consequences. Also, most young people get conflicting messages about sexual behaviour from their parents, friends, magazines, books, movies, music, and TV.

Sexual contact ranges from holding hands and kissing to oral sex and sexual intercourse. You need to decide how far you want to go with sexual activities. No one else can or should make that decision for you. You may feel uncomfortable or shy about discussing sex with your partner, but imagine how you’d feel telling your friends and family that you were infected with an STI or that you and your partner were pregnant!

Good communication is critical when setting the limits of sexual involvement, but it can be difficult when you are experiencing new, normal, healthy feelings. Intimacy and being physically attracted to someone are two very different things. Intimacy is the closeness or bond that develops between two people who respect and love each other. It takes time for intimacy to develop in a relationship. Some people confuse the two and think you can feel intimate with someone by having sex with them. If you have sex before intimacy has a chance to become established, you may be very disappointed. A lot of people who have had one-night stands say they only feel ashamed, regretful, and embarrassed the next morning.

Communicating about sex is difficult enough, but throw alcohol or drugs into the mix, and it’s even tougher. Some people think that taking drugs or alcohol will make them feel more relaxed, so talking about sex will be easier and having sex will be more enjoyable. The fact is that taking alcohol or drugs alters judgement, making many people engage in riskier activities. For example, people are often:

- unable to detect danger.
- less able to defend themselves.
- not able to communicate sexual limits.
- careless about using condoms or practising safe sex.
- too trusting of people.
- vulnerable to pressure from others.
- unable to think clearly.
- in the position the next day of regretting what happened.
- vulnerable to sexual assault.

Adapted from *Project Respect* (<http://www.yesmeansyes.com>).

Party Smart!

Planning ahead is one strategy to use to make sure you stay in control in a situation where things could get complicated, such as at a party, for example. Your plan may be to have one drink or it may be to not drink at all. Whatever you decide, make sure you know what you want to do before you get to the party.

Some things to consider are:

- How late will you stay?
- How will you get home?
- If you are going to drink, how much?
- What will you do or say to people if they put pressure on you to try something you don't want to?
- Is a trusted friend going with you?
- What will you do if you start to feel uncomfortable with what is going on at the party?

Party Smart Decision Making

What can you do when you're going to a party and you've chosen not to drink?
How do you avoid being given a hard time?

- Come later and leave early.
- Fill an empty beer can with water—no one will notice.
- Bring games and get people playing them.
- Avoid people who pressure you to drink.
- Bring non-alcoholic “pre-mixed” drinks.
- Be assertive about your choice not to drink.

What do you do when you want to go out and have fun and don't want to include alcohol in your plans?

Brainstorm with your friends. You could:

- go cycling
- rent a video
- go out for coffee
- go tobogganing
- fly a kite
- go skating or skateboarding
- go to a museum
- go to a movie

Use your imagination!

No one should ever pressure anyone else to drink. After all, if someone's not drinking, there's usually a good reason. If you're pressured to have a drink when you don't want one, here are some lines you can use:

- No thanks, I'm driving.
- No thanks, I have to work on a paper later tonight.
- No thanks, I've got to work in the morning.
- I can't. I'm on medication.
- No thanks. Not tonight.
- No thanks. I don't drink.
- No thanks. I've got an exam tomorrow.

Be aware of your responsibilities as a party host. You can be held legally liable for what your guests do when they're drunk. You may be liable if your guests drink and drive and injure themselves or others in any way as a result of drinking.

You can:

- have fun activities that don't involve alcohol.
- centre your party on activities or a theme rather than alcohol. How about a bikini beach party in January? Christmas in April? Etc. Use your imagination.

If things get out of hand, get help. Call sober friends or family, neighbours, or even the police if you have to.

Parties can be a lot of fun, but they can end tragically. Make sure you are party smart!

Summary

Completing this lesson has helped you to:

- Learn about birth control and sexual decision-making.
- Look at strategies to help you defend your choices about alcohol, drugs, and sex.
- Practise the decision-making model.

Solutions

Lesson B: The Six Stages of Addiction Activity 1

Stage	Drug Use	Reasons	Consequences
Stage 1 No Use	None	Personal Choice	No health consequences, Social consequences
Stage 2 Experimental Use	Nicotine, beer, wine, or marijuana. Use is limited to most often on weekends.	Curiosity Peer/Social Pressure. To rebel	Minimal consequences: Occasional hangover. Gain status or friendships. Easy to rationalize use.
Stage 3/4 Occasional/ Regular Use	Frequency of use increases. Drugs of choice remain alcohol, nicotine and marijuana. Use is often, regular on weekends and occasionally during the week. Activities include drug use. Occasional use of stronger drugs.	Avoid boredom. Their friends are doing it. Role models are using it.	Social contacts change (often begin being associated with regular users). Family life is effected. School/work becomes less important. Begin being careless about time, rules and personal responsibilities.

Stage	Drug Use	Reasons	Consequences
Stage 5 Abuse or Problematic Use	Substance abuser begins using stronger drugs or stays with primary drug and uses in a pattern. Drug use becomes the norm around which activities must revolve.	Lifestyle preference. To avoid feelings. To avoid responsibilities. To avoid family conflicts (which have become increasingly frequent due to progressive drug use)	School/work performance/ attendance drops. Family involvement further deteriorates. Development of legal problems. Compromises personal values. Develops reputation as user and/or dealer.
Stage 6 Addiction or Dependency	Drug use becomes a preoccupation, and is the centre of any interaction. Activities other than drug use are avoided. Extreme intoxication is common. Previously unthinkable methods of using the drug become possible.	To feel acute chemical intoxication. To feel normal. To be able to function. To forget. To avoid both physical and psychological pain or withdrawal.	Physical problems: severe weight loss, blackouts, aggression, and extreme feelings of guilt and self-hate. Illegal activities such as robbery or prostitution. Avoids friends, family, co-workers and users.

Dallas Society, (2003). *The Path to Developing a Problem With Drugs*. [Retrieved: 3 June 2004] Reproduced with permission of Dallas Society.

Glossary

AIDS (Acquired Immunodeficiency Syndrome)

the disease caused by HIV. Causes the immune system to weaken and eventually fail. The body can't fight off other infections or diseases

STI (sexually transmitted infection)

a term used to describe infections acquired through sexual contact

Researching Skills

Conducting a Research Report

If your assignment is about something you experienced, like your first job, you won't need to research anything. But when you are asked to write about a topic that you don't have all the information about, you'll need to conduct research. Conducting a research report is a skill that involves three steps:

Finding Information

Search Strategy

Find
It

1. Find a Focus

Gather
It

2. Gather Information

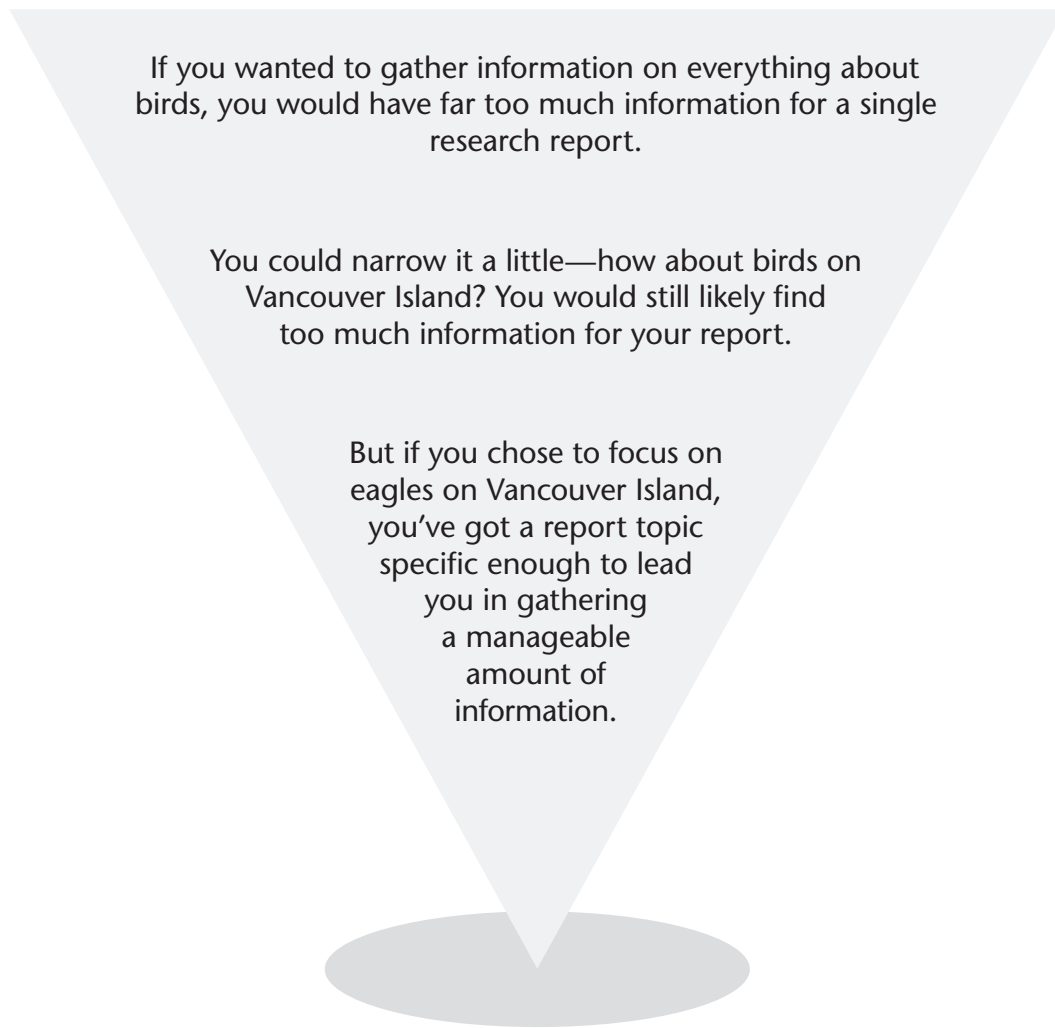
Use
It

3. Use Information



APPENDIX 1. Find a Focus

You will want to narrow your topic to something you are specifically interested in.



You can define a research topic by identifying a series of critical or essential questions.

- Which of the topics that I've read about so far have interested me?
- Do I have any personal connection to any of the topics—family, friends, my leisure time activities, and so on that would make the topic more interesting to research?
- Have I studied any of these topics before?
- Do I already know of some resources I can access for any of these topics?

Find a Focus

Getting Clear

- List what you know about the topic and any questions you have.
- Talk about your project with friends and family members.
- Read a couple of articles on your topic. For example, try an encyclopedia or magazine article, or a chapter in a textbook.

Brainstorm

Brainstorm as many aspects of your question or ideas as you can. Then look for themes that may have emerged.

Idea Map

Use an idea map to help generate ideas and direction.

5 W's

Use the 5 W's to narrow down your question.



Whatever you decide, be sure to clearly identify the scope of your research before you get too far into the research process.

2. Gather Information

Before you begin looking for information, ask yourself:

What do I know?

Ask: What do I know about this topic before I look anything up?

List that information in your notebook. There! You have already begun your research.

What do I want to know?

Ask: What information do I want to find out about the topic?

List any questions you have about it.

Remember—the more general your questions, the higher the chance that you will be overwhelmed with information when you begin to do research. Make them as specific as possible.

How am I going to find out?

Break down the process into stages:

- Look at print resources and non-print resources.
- Balance the use of primary and secondary resources (this means first hand and second hand information).
- Take detailed notes from resources.
- Collect bibliographic information from sources.
- Critically analyze sources for quality of material. (Use your critical reading skills)
- Organize and condense notes into a manageable form.

Tips for Gathering Information:

Gather Information

The Internet

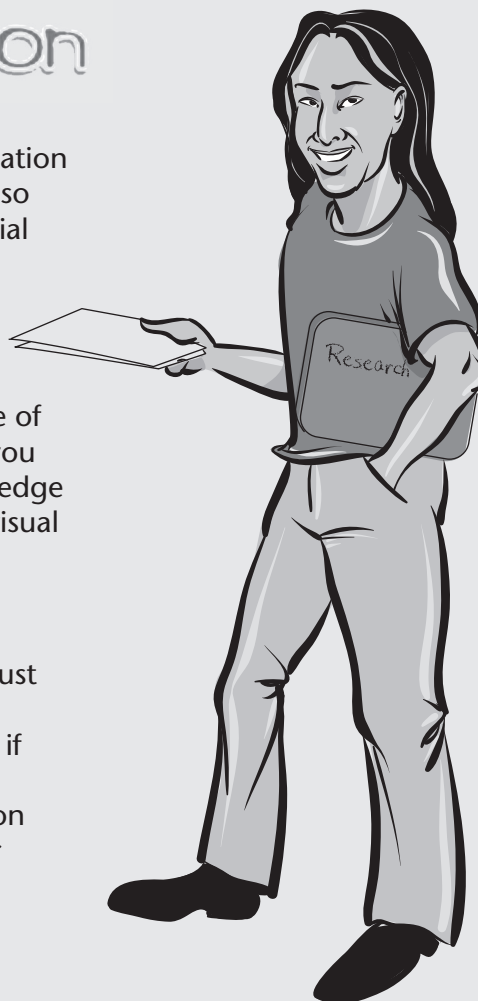
The Internet is a massive collection of information that can be valuable to you, but because it's so large and uncontrolled you need to use special strategies to use it effectively.

Other Sources

Because the Internet is easy to access, you may be tempted to use it as your only source of information on your topic. But in doing so, you could be overlooking some important knowledge that is only available in print or on an audiovisual resource.

Evaluating Information

Not all information is created equally. You must be careful not to think that "just because it's published it must be true." How can you tell if information is reliable? There are some easy questions you can ask yourself. See the section on building critical reading skills here in your *Foundational Skills Package*.



Below is a list of places to find information, and the kinds of information you can look for in conducting your research.

Where and What to Find

Kinds of Information

- books
- articles
- research reports
- government information
- statistics
- maps
- pictures, photos, images
- audio material
- video material
- expert opinion

Location of Information

- personal collections
- school library
- public library
- college or university library
- provided by teacher
- internet
- television
- other

Types of Resources

- books
- magazines
- newspapers
- encyclopedias
- dictionaries
- biographical dictionaries
- directories
- handbooks and manuals
- almanacs
- atlases and gazetteers
- audio/visual, including
 - » cassettes, CDs, videos, DVDs, slides
- microfilm and microfiche
- computer resources,
 - » including software, CD-ROMs, the internet
- interviews

Some more resources:

Libraries:

Your local public library, or school library is a great place to start. They will have some or all of the following:

- useful books you can borrow for free
- databases of articles
- encyclopedias and other reference material on CD or online

Try looking up their collections online, or phone the librarian if you'd like to find out more about possible resources before going to the library yourself. Don't forget your textbook! It may also be a good source of information.

3. Use of Information

Use Information

Making Notes

You probably have some favourite ways for making notes on information such as writing or diagramming on notepaper, a word processor, or recipe cards, or recording using a tape recorder, video camera, or digital camera. Check out the prewriting section of the *Foundational Skills Package*.

Tracking Sources

There's nothing worse than having a great piece of information and forgetting where you found it. This will mean you can't use it because you're not able to cite its source. You'll need a system for tracking where you found your information right from the beginning. The best approach is to create a proper citation right away. Do this by hand, in an electronic file.

Plagiarism

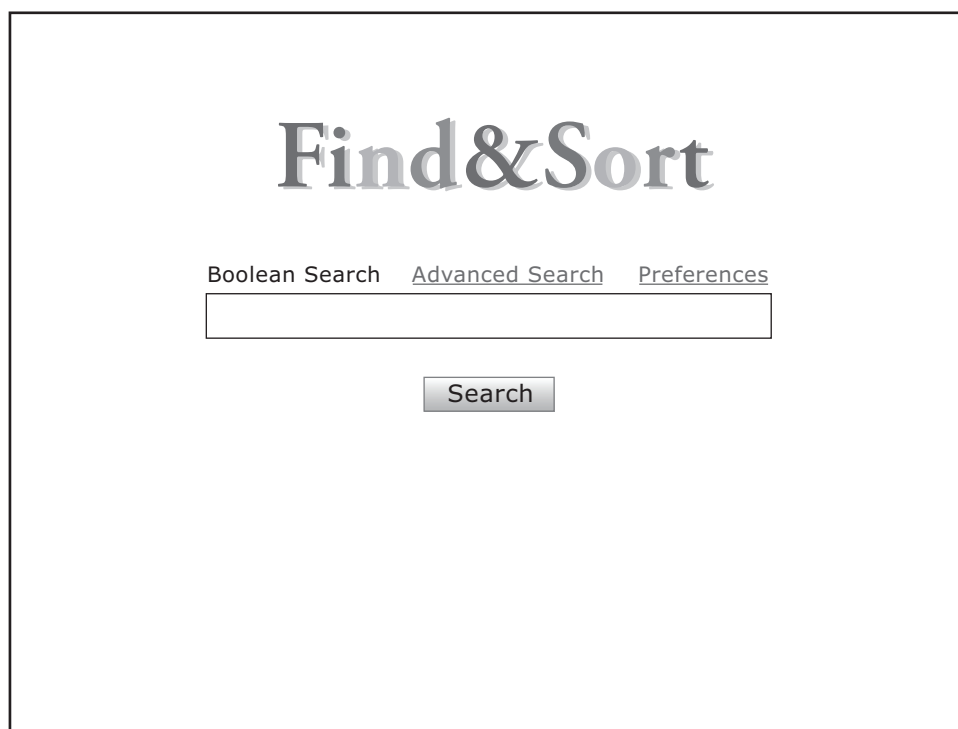
Plagiarism is the copying of original words, images, or ideas of others and using them as your own. It is an offence because people legally own their work. One of the most common—and often unintentional—ways to plagiarize is to cut and paste information into your project and not present it with a citation. It's easy for teachers to catch plagiarism, so don't do it! Instead, put ideas that are useful to you into your own words and cite the source. Or, if there is a particularly useful bit of information, quote it exactly and cite it. This way, you're a winner and so is the original author.

Researching Skills

Searching the Internet Effectively

The following skill is useful not only for searching the Web with a search engine, but also for searching databases or other digital reference material available at your local library, such as Encarta.

Finding and Sorting Information Online

A screenshot of a web search engine interface titled "Find&Sort". The title is in a large, stylized serif font. Below the title are three links: "Boolean Search", "Advanced Search", and "Preferences". The "Advanced Search" link is underlined. Below these links is a rectangular search input field. Centered below the input field is a button labeled "Search".

Think of finding and sorting information as a mini-research project! You have a question in your mind to which you are seeking an answer. You need to formulate a strategy to find your answer. Say, for example, you want to find out when a movie will be playing this weekend. You realize that you have lost your newspaper schedule, but you are sure there must be a schedule online somewhere. Thank goodness for the Internet! You log on and go to your favourite search engine to find the movie schedule. Too easy!

You enter the search term, “Movie Listings.” That’ll do it, right?!

The screenshot shows the Find&Sort search engine interface. At the top, there are links for 'Boolean Search', 'Advanced Search', and 'Preferences'. The search bar contains the text 'movie listings' and a 'Search' button. Below the search bar, it says 'Web results 1-10 of about 50,250,000'. The first three results are listed:

- Moviephone: Homepage - Movies, showtimes, movie**
Find movies, **movie** times, showtimes, theaters, **listings**, ratings, **movie** phone, **movie** pages, dvds, videos, trailers and more...
movies.com/ - 50k
- Movie Link — Download movies online**
Get the newest **movie** downloads. Check out the new **movie** titles and download a free **movie**.
www.movelink.com/ - 26k
- Buy Movie tickets online**
Buy **movie** tickets in advance. No more sold out! ... Find showtimes, for any **movie** in any theater in the US. Search by theater, ...
www.buytickets.com - 45k

Not quite . . . Over 50 200 000 results have come up! Now what?

Try “Movies in BC” and you get fewer results until, finally, you type in “Movie Listings” + “Name of your community” + “BC” and there it is—what you need—at the top of a very short list.

This screenshot is identical to the one above, showing the Find&Sort search engine results for 'movie listings'. It displays the search bar, the number of results (about 50,250,000), and the top three search results: Moviephone, Movie Link, and Buy Movie tickets online.

You have just completed a Boolean search!

A Boolean search = a way to combine multiple terms when searching the Internet. You form it like this:

TERM + TERM (where the terms are the key words you want to search)

Example: eagles + “vancouver island”

Remember you can include more than two:

TERM + TERM + TERM

eagles + “vancouver island” + nesting

The advantage of a Boolean search is obvious. You get to the information you need faster and easier. The more specific you can be with your search terms, the more efficiently you will find the information that you are after. And by really thinking through your search terms from a vague beginning to a detailed search, you will find that you have an even better sense of the topic that you are researching.

Note that most search engines have an “advanced search” option that will also allow you to compose a search with many terms. Try this if you wish to have more guidance than you would composing your own Boolean search.

Researching Skills

Evaluating Your Sources

Before you decide to use a source for your project, you need to ask these questions:

Who?

- Who wrote it?
- What are the author's qualifications, if any?
- Did the author include contact information?

What?

- What information did you find?
- Why did the author create it?
- Who is the target audience?
- Is the author being objective or biased?
- Is there any obvious conflict of interest?
- Advertisements?

When?

- When was this source published?
- Is the information current?

Where?

- Where was this information found?
- Is it a reputable source?
- If the source is a Web site, whose site is it?
- What organization sponsors the Web site?

If you are using the Internet (and you should if you have access to it!) remember that searching the Web can be like mining for gold. You have to go through tons of rock to find the gold nuggets!

Making Decisions

Decision-Making Strategies

We all have difficulty making good decisions. Sometimes friends pressure us or we don't have enough time. Other times we just make the same old decision, not realizing that we have many more choices. These strategies will help you discover ways of making better decisions. You will be able to use these skills for the rest of your life. In this section, you will find out about three important strategies that you can use right now to solve difficult decisions.

Brainstorming Strategies	Pros & Cons Strategies	Step-by-step Strategies
A process you can use to let your mind float free and explore many different possibilities.	A strategy that helps you compare the pros and cons of a choice by weighing the advantages (pros) and disadvantages (cons) of it.	A problem-solving process that helps you make a plan of action. You will find this strategy useful for making those tough relationship decisions.

Brainstorming Instructions

In Brainstorming, the idea is to produce as many ideas as you can, and quickly! No one idea is treated better than any other idea at the start. Later on, you can evaluate your ideas.

Example: Kelly and her friends are planning a camping trip. They just don't know where to go. So they have a brainstorming session: Kelly writes down every idea that comes up, no matter what it is. Does she think it's too far? Doesn't matter, she puts it on the list. Does she think it's not good for tent camping? They'll think about that later—it goes on the list.

These are the guidelines for brainstorming:

- Produce lots of ideas.
- Treat all ideas as valuable.
- Piggyback on other ideas.
- Don't criticize ideas. If you strongly disagree with an idea or think it is immoral, just give another idea.
- Always write down the ideas, whether you are working with a group or by yourself.

- Don't involve storytelling or questions.
- Don't leave out any ideas.

After the initial brainstorming, you'll want to narrow down your list of ideas. If you are doing this for a your own decision, you'll want to sort out the best 3 or 4 ideas on your own to find that very special idea that will work. But when you use brainstorming to arrive at a group decision, the whole group needs to decide on the best 3 or 4 ideas before choosing one.

For our example, Kelly is deciding where to go camping with her friends, they will all want to make the final decision together.

Tips for sorting your brainstormed ideas:

- Sort to find the best 3 or 4 ideas. Then, find the best idea of all.
- To help you sort through the ideas from your brainstorm, you may want to use the Step-by-Step or the Pro & Con Strategy

Pros & Cons Strategy

The pros & cons strategy helps you compare the pros and cons of a choice by weighing the advantages and disadvantages of it. Pros & cons is useful for analyzing such things as financial plans and problems.


To learn about this strategy, we'll use an example decision: *whether or not to buy a car*.

Imagine you're thinking of using your savings to buy a car. But for the car you want, you'd also need to borrow some money. Your bank has agreed to lend you the \$2000.00 you need. Should you buy the car?

1. First, draw a diagram with advantages on one side and disadvantages on the other side.
2. Next think of all the advantages buying a car will give you.
3. Then list the disadvantages.

Advantages	Disadvantages
<ul style="list-style-type: none"> • build a credit rating 	<ul style="list-style-type: none"> • have to earn the money for insurance and upkeep
<ul style="list-style-type: none"> • more independence 	<ul style="list-style-type: none"> • have to make payments and if can't will lose credit rating
<ul style="list-style-type: none"> • help out the family 	<ul style="list-style-type: none"> • have to use my savings
<ul style="list-style-type: none"> • return favours to friends 	<ul style="list-style-type: none"> • may get in an accident
<ul style="list-style-type: none"> • don't have to take the bus to get to my job 	<ul style="list-style-type: none"> • have to spend time taking care of it
	<ul style="list-style-type: none"> • my family would rather I save the money

4. Now review your lists and determine whether there are any points to reconsider. For example, the disadvantage “spend time taking care of it” could become an advantage because you will be learning a new skill. Move that to the other side of the list.

Advantages	Disadvantages
<ul style="list-style-type: none"> • build a credit rating 	<ul style="list-style-type: none"> • have to earn the money for insurance and upkeep
<ul style="list-style-type: none"> • more independence 	<ul style="list-style-type: none"> • have to make payments and if can't will lose credit rating
<ul style="list-style-type: none"> • help out the family 	<ul style="list-style-type: none"> • have to use my savings
<ul style="list-style-type: none"> • return favours to friends 	<ul style="list-style-type: none"> • may get in an accident
<ul style="list-style-type: none"> • don't have to take the bus to get to my job 	<ul style="list-style-type: none"> • <i>have to spend time taking care of it</i>
	<ul style="list-style-type: none"> • my family would rather I save the money

5. Next, assign a score from 1 to 5 to each of the factors according to how strongly you feel about them. For example, if you feel very strongly about independence, give that a 5. After you've ranked every factor, add up the totals for both sides:

Advantages	Disadvantages
2 build a credit rating	5 have to earn the money for insurance and upkeep
5 more independence	2 have to make payments and if can't will lose credit rating
3 help out the family	5 have to use my savings
3 return favours to friends	1 may get in an accident
3 don't have to take the bus to get to my job	2 my family would rather I save the money
1 have to spend time taking care of it	
= 17	= 15

6. Now make a decision based on what you've learned from going through the Pros & Cons process.

Step-by-Step process

What is the Step-by-Step process? A problem-solving process that helps you make a plan of action

7 steps of the Step-by Step process:

- | | |
|--|--|
| Identify the problem | You always know when you have a problem, when you don't know what action to take. |
| Examine the problem and the possible solutions. | At times you may think you have no other solution but the one in front of you—but there is usually something else that you could do. |
| Identify choices | Choose what you think are the three best choices. With practice, this part gets easier and quicker. |
| Identify Consequences | Once you are pretty clear about the options, you still need to check out the consequences of each one. This will lead to a final decision. |

Select choice	Make a choice based on clear thinking. Sometimes you may have to take chances on things such as whether or not your parents can pick you up.
Act	Once you've made your choice, act on it.
Evaluate	Take time to think about the way you reached a decision and decide whether or not it worked out well

Summary

Confused about which strategy to use? Your decision will depend on what suits your personality as well as the situation you face. Good luck, and good decision-making!

How do I decide which strategy to use?

What suits my personality?

What suits my situation?

Brainstorming Strategies	Pros & Cons Strategies	Step-by-step Strategies
<ul style="list-style-type: none"> • Excellent for exploring many possibilities • Useful for generating new ideas • Can be done with a group or alone • Lets you explore a wide range of choices, but not make a final decision 	<ul style="list-style-type: none"> • Good for choosing between two things • Weighs advantages and disadvantages of choices • Useful in making a final decision 	<ul style="list-style-type: none"> • Good way to address difficult and complex problems • Helps you make a plan of action