

Aula 7

ADDICTION

META

DApresentar algumas formas de dependência e seus malefícios para a saúde e convívio social.

OBJETIVOS

At the end of this class, it is expected that the students:
Ter conhecimento sobre alguns tipos de dependência química ou não;
fazer usos das expressões aqui apresentadas

PRERREQUISITOS

O aluno deve ter conhecimento prévio do mau causado dela dependência, seja ela química ou não.

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Marcle Vanessa Menezes Santana

INTRODUCTION

Esta aula tem o intuito trazer a temática sobre a dependência. Propor reflexões e conhecimento sobre alguns tipos de dependência aos quais as pessoas se envolvem.

Geralmente ao falarmos em *addiction*, lembramos do fumo, do álcool, da cocaína, da maconha, contudo se analisarmos com uma maior acurácia observaremos que os tipos de dependência são enormes.

Na contemporaneidade, tem se expandido os tipos e números de pessoas dependentes em diversas substâncias, atividades (correr, trabalhar, comer, jogar, assistir TV etc.), e muitas vezes não percebem a seus sintomas.

Transtornos psicológicos e também físicos geralmente são causados, porém a auto-aceitação é muito difícil. Frequentemente, são os familiares, amigos, pessoas que estão ao redor do dependente são os que percebem mudanças comportamentais.

Sendo assim, vamos observar alguns deles durante esta aula. Começaremos pela definição de *Addiction* do *The Free Dictionary*:

ADDICTION



<http://www.right-turn.org>

DEFINITION

1.
 - a. Physiological or psychological dependence, as on a substance: a drug used in the treatment of heroinaddiction.
 - b. An instance of this: a person with a sex addiction.
2.
 - a. The condition of being habitually occupied with or involved in something: My addiction to comic books disappeared when graphic novels came out.

similar experience. They did not start using drugs for any reason they can remember. They just drifted along until they got hooked. If you have never been addicted, you can have no clear idea what it means to need junk with the addict's special need. You don't decide to be an addict. One morning you wake up sick and you're an addict. (Junky, Prologue, p. xxxviii)".

William S. Burroughs, Junky

Fonte: <http://www.goodreads.com/quotes/tag/addiction>

Reading the quotation above might have made you reflect about such a problem. Answer the following questions about William's word. Speak in the bubbles:

Useful phrases:

It's hard to...

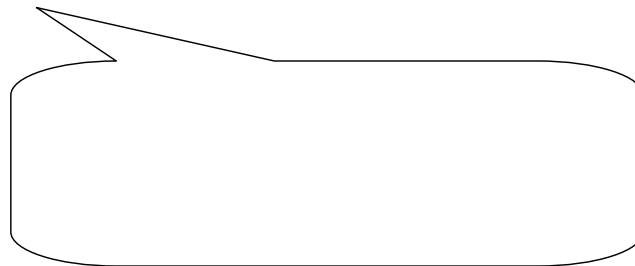
Changing habits requires ...

I really felt...

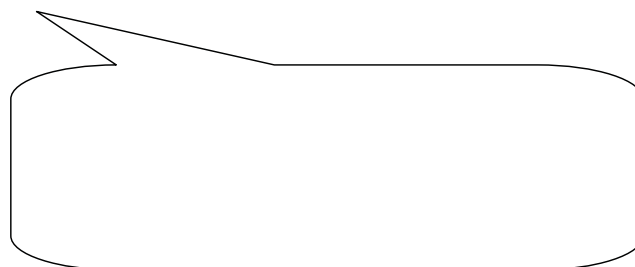
The problem concerning...

It might be...

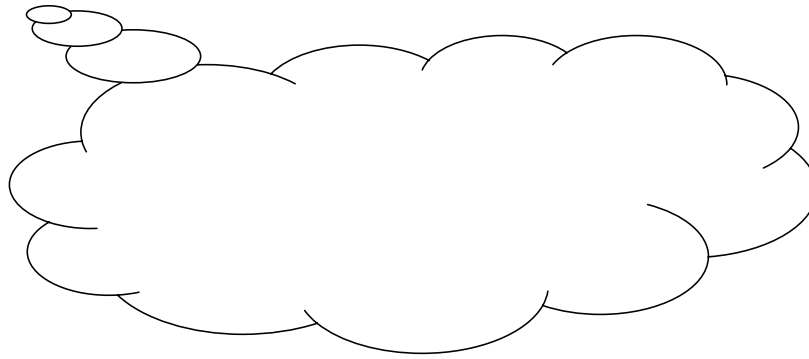
What have you concluded about addiction from William's speech?



How did you feel reading about his words?



What's the main trouble concerning addiction in your view?



TEXT

THE TREATMENT OF ADDICTION

We all have a tendency to get hooked on something – be it alcohol, tranquilizers, cigarettes, cocaine, heroin, crack, pot (marijuana), gambling, even sugar or caffeine. Fortunately most of us manage to escape from such a tendency by exercising will power and by avoiding situations of risk.

Chemical addictions occur when the body demands regular quantities of a certain substance to function smoothly. When we lose the ability to distinguish between our wants and our real needs, when we start to use some form of behavior as an emotional support, then we may need professional help. The treatment of addiction is often best carried out by an experienced psychiatrist working in a drug addiction program.

There are also many community self-help groups in the USA and abroad. For example, Alcoholics Anonymous, Pill Anonymous, Narcotics Anonymous, Gamblers Anonymous and Overeaters Anonymous. The sympathetic support of family and friends is essential during the treatment.
Fonte: Conecte Keys. Editora Saraiva, 2011

DRUGS AND FAMOUS PEOPLE

Many famous and ordinary people have been facing problems towards drugs. Famous people have developed a wide variety of addictions over the years. A few of the most commonly abused substances include:

Alcohol

Alcoholism is a chronic, progressive disease that has taken an equally serious toll on the famous and the not-so-famous. It creates an inability to control consumption and causes people to continue drinking – despite alcohol-related repercussions. A few famous names attached to alcoholism are:

Jackson Pollock: One of the most famous painters in the world, Pollock was also a severe alcoholic. Unfortunately, he was never able to overcome his dependency on alcohol. Pollock's life ended at the early age of 44 when he crashed his car into a tree just one mile from his home.

Michael Phelps: After a second DUI arrest, Olympic swimmer Michael Phelps checked into rehab in 2014. The young athlete took to Twitter to share his decision with fans and followers. Phelps tweeted: "I'm going to take some time away to attend a program that will provide the help I need to better understand myself."

Barbiturates

Barbiturates bring on feelings of sedation and are commonly used to treat insomnia, anxiety and seizure disorders. Due to their euphoric effects, barbiturates like phenobarbital are frequently abused. A few of the well-known celebrity addicts include:

Marilyn Monroe: This legendary sex symbol and movie star died of an overdose of barbiturates in 1962.

Judy Garland: A revered star of stage and screen, Garland died tragically as a result of a barbiturate overdose at the young age of 47.

Elvis Presley: Known as the "king of rock and roll," Elvis died of an overdose in 1977. Toxicologists identified at least eight different barbiturates in his body at the time, according to People.

Michael Jackson: Eerily similar to Elvis, Jackson – known as the "king of pop" – was addicted to barbiturates. In taking large doses of Propofol for insomnia, Jackson overdosed and died in 2009.

Cocaine

A powerful stimulant, **cocaine** is a commonly abused drug. From **movie stars** to musicians, many people have turned to cocaine for a "pick-me-up" and, ultimately, got much more than they bargained for.

Tim Allen: Cocaine was the favored drug of comedic actor Tim Allen before he found the path to sobriety.

Daniel Baldwin: A famous actor, Baldwin developed a cocaine addiction back in 1989. He was even arrested for possession of the drug in 1998 after running naked through New York City's Plaza Hotel.

Jeff Conaway: One of the stars of the TV show "Taxi," Conaway claimed to have struggled with cocaine addiction for more than 40 years.

Celebrity Deaths

Addiction has claimed the lives of way too many talented souls through the years. Whether it was from multiple failed attempts at sobriety or an inability to get the disease itself under control, addiction can – and does – consume lives without hesitation.

Whitney Houston: This extremely talented singer struggled with a cocaine and **crack addiction**. Unfortunately, she died in 2012 as a result of drowning in her hotel bathtub from complications of cocaine and heart disease.

John Belushi: For years, funny man and “Saturday Night Live” icon John Belushi struggled with **drug** and **alcohol addiction**. He eventually lost the battle, dying from a speedball overdose in 1982 brought on by a combination of **heroin and cocaine**.

Robin Williams: A superb comedian and actor, Williams was open about his battles with cocaine and alcohol. After being sober for over 20 years, he relapsed into drinking in 2004. He checked himself into rehab in 2006 and, in 2009, had heart surgery that is said to have affected him deeply. Unbeknownst to most people, Williams had also been struggling with severe depression for a large portion of his life. The Oscar-winning actor was tragically found dead last August – the result of an apparent suicide.

Garrincha: was born in Pau Grande, a district of Magé, in the state of Rio de Janeiro, in 1933. His father was an **alcoholic**, drinking cachaça heavily, a problem which Garrincha would **inherit**. A boy with a carefree attitude, he was smaller than other kids his age, with his sister Rosa noticing he was as small as a little bird she started calling him Garrincha, the north-eastern name for the wren, a little brown bird. The name stuck and by the age of four years he was known as Garrincha to his family and friends. Garrincha was known amongst footballing scouts but did not arrive in professional football until his late teens; he had no interest in a professional career despite his immense talent.

Fonte: <http://drugabuse.com/library/famous-drug-abusers/>

INFORMATION ABOUT ADDICTIONS

Written by: **Samantha Gluck**

Alcoholism is a Disease

Many people ask, "what is alcoholism?" Alcoholism is a disease characterized by the habitual intake of alcohol. The definition of alcoholism is chronic alcohol use to the degree that it interferes with physical or mental health, or with normal social or work behavior.

Alcoholism is a disease that produces both physical and psychological addiction. Alcohol is a central nervous system depressant that reduces anxiety, inhibition, and feelings of guilt. It lowers alertness and impairs perception, judgment, and motor coordination. In high doses, it can cause loss of consciousness and even death. Alcoholism is a disease that damages the brain, liver, heart, and other organs

Nicotine-Tobacco-Cigarette Smoking Addiction

One of the well-known tobacco facts is that immediately after exposure to nicotine, there is a "kick" caused in part by the drug's stimulation of the

DIALOGUE

Let's see a dialogue between two friends on harmful effects of drug addiction:

Zafi: Good evening, Zarif. How are you?

Zarif: I am fine. What about you?

Zafi: I am fine too. I am afraid, I am disturbing you.

Zarif: Not at all. I am thinking of a matter seriously.

Zafi: What are you thinking of? Can you share with me?

Zarif: Yes, of course. It is the bad effect of drug addiction. My cousin, Hasan, has become drug addicted recently.

Zafi: Oh, very sad case! But the fact is that not only your cousin but also a lot of youngsters have fallen victim to it. It is destroying the peace of the country.

Zarif: Exactly! The addicts are inviting fresh people; they are alluring the non-addicts. Many come only to taste it and soon become desperate for it.

Zafi: Yes, once they come in touch with drugs, they soon forget what really values in life.

Zarif: Really, it is spreading at all levels like virus and many happy families are getting destroyed.

Zafi: Absolutely! In this case, the guardians should be more careful about their wards. The careless and busy parents are mainly responsible for this problem.

Zarif: Oh, yes! The problem starts from the family and gradually affects the whole society.

Zafi: Exactly! However, in case of symptom, measures must be promptly taken. Parents should not be annoyed with them. We also should not hate them but take care of them.

Zarif: Yes, we should treat them sympathetically. Otherwise, they will be more dangerous.

Zafi: Yes, being sympathetic and love them is the best healer for the addicts. Thank you.

Zarif: You are most welcome. Good night.

Adapted from <http://essaycore.blogspot.com.br/2015/02/dialogue-between-two-friends-on-drug-addiction.html>

PRACTICE

Complete the dialogue between two people talking about TV addiction with the following sentences:

But have you ever thought about the evils of addiction to TV?

It affects the eyesight.

Sometimes vulgar scenes full of sex and violence displayed on TV tell upon the tender minds.

It also makes us uncocial. We can't attend our guests properly because of our addiction to TV.

So we must be discrete in watching TV.

I also think so.

RYAN: TV has now become a part of our life.

BOB: _____?

RYAN: Of course. Too much watching TV causes great harm to the people.

BOB: _____

RYAN: _____

BOB: Sometimes TV shows thriller and crimes that lead our Young generation to imitate it.

RYAN: _____

BOB: Above all, addiction to TV hampers the studies of the students.

RYAN: _____

BOB: _____

Adapted from: <http://dialoguewriting-all.blogspot.com.br/2015/05/a-short-dialogue-in-about-100-words.html>



<http://www.englishblog.com>

This cartoon by Andy Davey from The Sun relates to research that shows that smartphones have turned Britain into a nation of mobile addicts. Regulator Ofcom found that 60 per cent of teenagers and more than a third of adults are 'highly addicted' to using their mobile phones.

The cartoon shows young people in a park. They are all on their mobile phones. The boy and girl in the foreground are actually speaking to each other on their phones. The joke is that they don't realize how addicted they are.

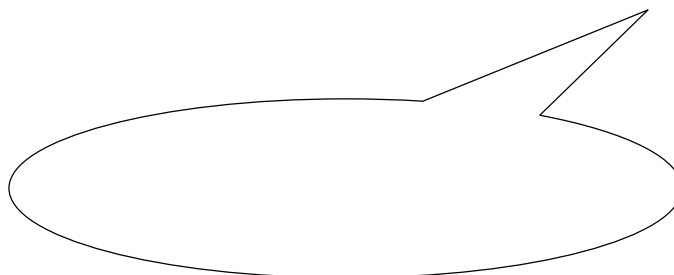
VOCABULARY

OMG stands for Oh My God, and **LOL** for Laughing Out Loud. Both are examples of SMS language or Textese (also known as text-speak).

<http://www.englishblog.com>

PRACTICE

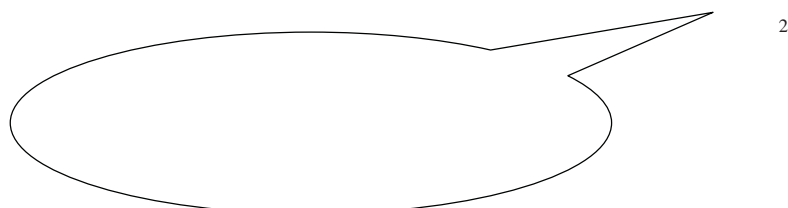
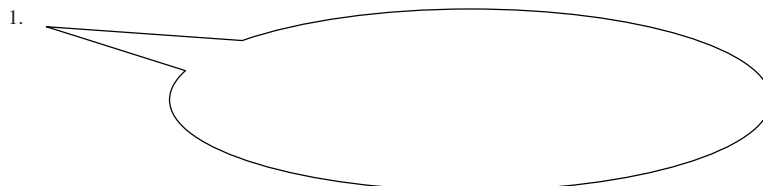
Make a comment about the cartoon. What does it show? What has been happening to the youths? Are we Brazilians also addicted to iPhones, mobiles? Are you addicted to digital technology? Speak about it:



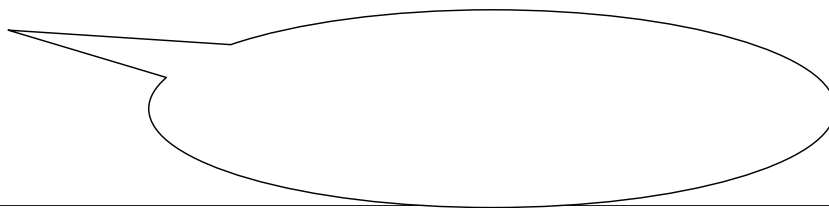
SPEAK ABOUT:

1. Why are cell phones addictive?
2. Aren't cell phones essential today? Why?
3. What's the biggest danger of cell phone addiction?

Fonte: videojung.com



3.



CONCLUSION

A dependência química ou qualquer outra é algo que prejudica o sujeito. Estar atento a comportamentos que se tornam muitas vezes repetitivos e começam a trazer consequências negativas é importante, assim como ter conhecimento sobre a dificuldade encontrada pelas pessoas que muitas vezes desejam sair dessa dependência e não conseguem.



SUMMARY

Dependência não está somente vinculada a química e sim em outros fatores comportamentais.



SELF-EVALUATION

Estou ciente do assunto abordado sobre *Addiction* ?
Assimilei os diversos tipos de dependência?
Refleti sobre o assunto proposto?
Compreendi a temática aqui tratada?



NEXT CLASS

Para a próxima aula estudaremos *Violence*.

REFERENCE

PALMA, Cortiano, RIGONI e GUEIROS. **Conecte Keys**-Volume único.
Editora: Saraiva Edição: 1ª Edição, 2011

<http://drugabuse.com/library/famous-drug-abusers/>

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