МАТЕРИАЛЫ ПО ПРОФИЛАКТИКЕ НАРКОМАНИИ ДЛЯ УРОКОВ АНГЛИЙСКОГО ЯЗЫКА

Профилактикой наркомании можно с высокой эффективностью заниматься и на уроках английского языка, используя содержание фильмов «Что такое наркотики и наркомания?» и «Правда о синтетических наркотиках», материалы занятий по их обсуждению и тексты из книг, формирующих антинаркотическое мировоззрение.

Для этого приводим материалы, составленные на основе просмотра и обсуждения фильмов, и тексты из книги И. Г. Аксаментова «Вот так» на английском языке. На русском языке они представлены в разделе «Материалы по профилактике наркомании для уроков русского языка».

Также приведены два примера упражнений с использованием материалов фильма.

Текст 1.

Wise men learn by other men's mistakes; fools by their own. If a man is smart, he will not repeat the mistakes of drug addicts, who starred in the movie «What are drugs and addiction?»

Everyday millions of addicted people wake up with only one intention, "I need a dose". Now they are down and out and some of them are going to stay there for their whole lives.

Dirty drug houses will become for them a place of supreme joy and happiness. Nobody who takes drugs will be able to become successful in life.

There are natural and synthetic substances that act mainly on the brain. A man changes his psychic state by taking them: he may become quiet, sleepy, or, alternatively talkative and energetic. Such substances are called drugs. After taking one dose, a person will soon get a desire to take another one. That's the effect of taking drugs on conscious and subconscious levels.

Drugs are substances which:

- Change the psychic state of a person;

- Infuse a desire to re-use them;

- Destroy the natural human mechanisms of generating joy.

The drug addict gradually loses the satisfaction of all that happens in life. The desire to use drugs again takes control over his thoughts and actions.

In recent years, development of the chemical industry has been quite rapid. As a result, the synthetic drugs, which are produced more and more every year, are becoming wide spread. Well-known cruddy smoking mixes, named "Spice" also belong to this category. At first, pushers misrepresented Spice to the people as harmless mixtures of herbs. It turned out, however, that Spice is a mixture of one or more herbs, sometimes medicinal, saturated with synthetic drugs. Even drug dealers themselves often don't actually know what they sell.

Текст 2.

An excerpt from interviews of drug users:

Victoria, 19 years, took drugs for 3 years:

- At first everything was good, but then the emotional deterioration, disappointment, physical pain came. You need to take a drug jolt just to feel normal. At the beginning, I used a low dose, but then I started to want more and more. That is the way it works. Since the drug is used continuously, it will no longer give any satisfaction. You are always increasing the dose.

Alexey, 26 years, used drugs for 5 years:

- If you don't have drugs, the only thought is where to get a dose. You never think about your parents, family or anything else except for drugs. If you hadn't borrowed or stolen money from someone, you go home, take some things, and sell them. When you get your dose you start to run on all cylinders. The next day you wake up and experience withdrawal sickness. You can do nothing but think about drugs once again. You're a slave to them.

An excerpt from an interview with a drug user

- I connected with the guys who smoked marijuana. Then we found a place to buy heroin. I sniffed for six months and then I became addicted. And no matter how many times I tried to give up, to brace myself, to recover, nothing happened.

Текст 3.

The "artificial pleasure" can be caused not only by taking drugs. In a scientific experiment, laboratory rats pressed a special button causing electricity to stimulate the pleasure centers of their brain. So, they kept pushing and pushing the button, forgetting about hunger and thirst until they died from exhaustion. The rats killed themselves. Drugs create just the same mental state in a certain area of the brain. It is sad to realize that drug users are in exactly the same position as those rats.

Alcohol and cigarettes also cause an effect similar to narcotics.

Just think about it, why do so many youngsters smoke even though they said before that they would never ever smoke?

That's because the nicotine has a narcotic effect and gradually causes chemical addiction. It's not strong at the beginning but grows with time.

If you see someone smoking, it means that the concentration of nicotine in his blood has decreased and now he needs to refill it, otherwise he will feel uncomfortable and won't be able to work properly. His desire to smoke the cigarette will grow stronger and stronger.

All of your acquaintances can be divided into two groups: smokers and non-smokers. Smokers are going to waste a lot of money, acquire chronic illnesses and are going to die much earlier than non-smokers. It's up to everyone to decide which group to join.

Текст 4.

The belief in such thing as "Light drugs", harmless to people, is wide-spread.

Different drugs as well as different viruses affect people very differently.

None of the 7 million addicts in Russia had an intention to become a druggy. They thought that there wouldn't be anything bad in smoking or taking a few doses of drugs.

But the path to drug addiction begins with a single use. For some people even once is enough to acquire a desire to use the drug for the second time and then for a third.

The drug for the drug-addict is like water for a normal person. Without water humans become thirsty. He will endure without it for a day or two, and then would get it anyway. Whether it will be the water that he would have to steal or the water in a bucket for washing floors, he will get it.

Текст 5.

An excerpt from interviews of drug users:

Eugene, 29 years old, 6 years of using drugs:

- What is withdrawal? It's like all your joints are going to be ripped out, you vomit, tears run down, your nose runs, you have a headache, your legs and arms are feel like they are being tortured. It is a disgusting feeling.

Artem, 23 years, used drugs for 4 years:

- At one moment you will wake up with such pain that you will look for a dose just to recover, to become who you used to be.

The pain is so strong that you will do anything to get drugs. You will commit any crime, in order to get a new dose. There are two ways for a drug addict: prison or death. There is no other way.

Natalia, 22years old, victim of the drugs:

- One day, I took a very large dose and went outside barefoot in winter. I did not feel anything at all. And when I regained consciousness I realized that my feet were amputated. Among the company, with whom I started taking drugs, some people have died already, someone still uses non-stop, and someone was put in jail.

Текст 6.

A person becomes a drug addict because someone is using drugs next to him. A drug addict is a dangerous member of society. Even though he hasn't ended up in the gutter yet, he can drag friends and acquaintances into it.

Addiction exists because drug addicts exist. Degradation of the addict is not a result of one day or even a month. A person who started using drugs seems to be internally and externally almost the same at first. He needs friends and partners who share his new passion.

Victoria, 19 years, used drugs for 3 years:

- If you know or suspect that your significant other or your friends use drugs, stop communicating with them and this will be your salvation. You will acquire many new friends and relationships, but your life is unique, it is priceless.

Текст 7.

Drug addicts themselves frequently point out two reasons for taking drugs.

The first is a curiosity. Curiosity is a very good quality. However, you cannot be a two-year-old child and satisfy your curiosity by putting dirt in your mouth. Little children can put in their mouth just about everything, even dog excrement to find out what it is. But adults shouldn't act like little children.

The second reason for taking drugs is the influence of friends.

If you spend time in the company of drug users, you will experience constant temptation to try at least once. It is an established fact that the person who joined a company of drug addicts by chance, even unwillingly, may try drugs just «for company».

Another reason to stop communicating with addicts is to help them. Boycotting them is a good way to influence them to stop taking drugs. Of course, we should talk to them first about what will happen to them if they don't stop. Show and discuss, for example, this film. But more likely, the desire to take the drug won't disappear just because of your words. They usually pretend that they live without the drug as long as necessary, that they can quit at any time, that they are not drug addicts. Every addict says that. You can't trust them. If they could have quit, they surely would have. They either do not want to or cannot.

Drug addiction even in the initial stages is a serious disease. The only things that can save the addicts is severe pressure of parents, friends, police and assistance of doctors.

If your comrades begin to use drugs - do not pretend that nothing is happening. Your inaction is tacit argument for them to continue their pernicious activity.

Текст 8.

Getting rid of addiction is very difficult. A difficult and painful path of rehabilitation exists for this. Only few addicts choose it, because abstinence initially bears suffering. This path is plod alone. Even people with a strong will may fail when trying to rehabilitate. The physical suffering of addicts can be relieved in the hospital, but the psychic emptiness remains for a long time. That's the reason why so many addicts are treated 10-15 times and all in vain.

Rehabilitation Center Consultant:

- I had many friends in my childhood, we were all joyful and happy. We were free and had a choice and none of us wanted to become a drug addict. Some of them began to live by the principle: You should try everything in your life. They thought that there wouldn't be addiction because of taking one pill or smoking one puff.

As a result, they got a broken life, full of personal suffering, mother's tears, drug addiction, prison and the cemetery at early age. However, others have used their freedom differently. They said no to joints, tablets and the first dose.

Others have used their freedom differently. They said NO to drugs.

As a result, they have become successful people running a good business, having a good car, a wonderful family, and most important - happy children.

Текст 9.

Taking drugs leads to the development of psychological and physical addiction. Psychological addiction is a strong impulse to take drugs with the aim to feel good and to relieve social anxiety and a feeling of emptiness.

To understand the thoughts of a drug addict, imagine that you feel like spending some days without food and drink. What will you think about then? About eating and drinking of course. The desire will control your thoughts and actions.

In the same way, the desire to take drugs controls actions of the drug addict and changes his life. Other things seem unimportant and nonexistent.

Gradually a drug user's personality degrades.

«Withdrawal» is a suffering that happens to people who are physically addicted to drugs. This condition expresses itself when a man can't get a dose of drugs. He will feel nausea, sore throat, panalgia, tremor etc.

No drug addict wants to get into this situation. They think that trying a drug once can't cause addiction. However, in Russia more than seven millions drug users have made this mistake. Don'trepeatit.

Тексты на английском языке из книги Ильи Аксаментова «ВОТ ТАК»

Первый раз

The first time

Sergey came to Nickolay and put a friendly hand on his shoulder.

- No offense. They played a joke and that's enough. - He offered him a bottle of beer. - Here, sip this. If you don't want to, don't do it. It's your business. You are no longer a child, man, but you still live by someone else's rules. I think everyone should try everything for themselves and then decide what he needs and what he doesn't. So, it's up for you to decide. I tell you one more time - I'm not going to offer you any bull crap.

Those words flattered Nickolay and he calmed down a bit.

- And you, have you tried?

- Me? Ha! You bet, many times.

- And do you have a longing for it?

- Ugh, dumbhead. I'm telling you, you've read nonsense and now believe everything. Do you long to drink the next day after you drink beer? Or do withdrawals start?

- Well, it happens when I drink too much.

- So, then you are drunk and you can't live without alcohol, can you?

- Yes, I can.

- Here is the same. No mood — no smoke. If you want - you smoke.

Kolya began thinking. He will be 18 years old soon. He graduated school, entered the university. Indeed, it's high time he lived independently, made his own decisions, and didn't wait for advice from his parents. It's possible to hide behind their backs until you are old, without really learning anything. He hasn't made a single manly decision at all because he has been listening to parents, teachers, grandparents and so on. I'll find out whether I am worth anything, whether I'm a man or not. And I'll find out if I'm strong enough to refuse other drugs. Sergey asserts there is no addiction from small doses and it seems to me he is not lying. Maybe it is really just baloney, scary tales about drugs. They say one must not drink vodka either but they chug it. What concerns Sergey is that he seems to be a good guy and I can become friends with him. What did he say about joining his business? It would not be bad at all. He does well and he always has cash. Therefore, I will be the same. Right, I have to justify his confidence.

And then he made up his mind.

If it weren't for the cocktails in his stomach, along with the great amount of beer, he would have thought differently. He might have thought over such an offer more critically. But now... All the forbidden distinctions were erased. If only...

They came to the table. Sergey took a blunt and smoked it. Then he told Nick to repeat after him. The guy inhaled too. Sergey looked at him smiling and patted him on the shoulder.

- Well done! And you were afraid of it.

- I was not afraid. I've just never tried, - he shrugged his shoulders.

- You always do something for the first time.

It was the first step into the abyss of drug addiction for Nickolay. He didn't imagine that soon the main value of his life would be drugs only and everything else would become irrelevant.

Через месяц

In a month

Nickolay watched Sergey rolling a blunt with a pounding heart. The desire to smoke the drug was so strong that it drowned out all other thoughts. It was like a brain cramp. There was nothing to fight the temptation with. Any attempt of objection or resistance was blown away by a hurricane of desire and hid in some distant corner of the consciousness. However, he fought. More precisely, he just pretended to struggle. It wasn't fair play. Instead of a categorical «No», instead of a radical decision to get up and leave and not to meet with Sergey anymore, instead of trying to forget, to dismiss and take a leave or transfer to another university after all he poorly thought that it's not necessary, that it would better not to do now, maybe tomorrow.... He had neither strength nor will to fight in the right way. The drug drew him in a terrible, infernal way. Suddenly, the understanding that he doesn't want to fight, doesn't want to give up Spice occurred to him from the depths of consciousness. This understanding scared him. Nick was sweating. As Sergey handed him a cigarette, then he came back to reality in a moment. Just in a moment, but it was enough to shake his head negatively:

- NO.

- What's wrong with you? This isn't very much- not enough to get high, just to raise the spirits and nothing else. — Sergey was sincerely surprised, - It will drive away your depression and that's all. It's just one cigarette after all.

It was as if he read the thoughts of Nicholas. Indeed, it won't be worse after one cigarette. As for the bad, difficult condition, it will disappear. «But it will be back, and it'll get worse and worse... » - someone either talked or knocked his head with a hammer. «No, no, come on. There's really not a lot of the drug, just to cheer up and your depression won't start because it's not enough». Cigarette smoke mixed with a sweet smell of burnt grass tickled his nostrils. There was peace and a good mood in that smoke. And that's it. There is just a good mood and no high, which means no hangover.

- Come on or it'll burn. To cheer up, - said Sergey.

At that very moment, Kolya lost, and surrendered. Inhaling greedily, he didn't feel shame anymore, didn't think this was the last time. In general, he thought about nothing but sank in desires and totally relaxed as he rolled down the short and dark road of drug addiction.

Признаки зависимости

Signs of addiction

Kolya was lingering about. He almost already didn't feel high. Dirty, dank, unhomely, dejected, driven to depression. He buried his hands in his pockets to feel folded paper bags. Touching them brought relief, but only for a moment. Air alone couldn't satisfy his appetite, but he needed to decide what to do next before taking another dose. He couldn't go home. He would be locked up and that would be the end. "Natasha's place?" — the thought materialized, then vanished in an instant. "No way" — the feeling from that previous life made him hang his head. Kolya blinked. Tears rolled from his red eyes down his cheeks. This feeling was called "shame".

"Well" — he thought — "I've reached a stalemate. And what to do now?" From the whole sentence "stalemate" was the word stuck somehow in his memory. At the same moment his excited imagination had drawn a picture of dim catacombs: a narrow path ended with a blank wall. Darkness and dampness were everywhere. There were walls on both sides, and a wall behind. Stalemate, trap, crypt. The word "crypt" evoked another association. Kolya tried to banish the vision, but it didn't leave. His lively, realistic imagination occupied his brain and overlapped the visual environment.

Now, the hallucinations began to have an impact on his physical well-being. It had become hard to breathe; his ears started ringing, and his temples started throbbing. It had become scary. It was an overwhelming fear. "I am going mad" — the thought sent him into a spin, Kolya stopped thinking about anything. An old man passed by like a black spot on the fusty, dim visual field of his depression. Nickolay shrank back crying, he shook all over.

In a muddy, irresponsible condition he hid himself behind trees, squatting for no good reason. He reached Natasha's home.

- Help me, - he bite his tongue a few times while saying it. His hand shook; crazed eyes looked here and there. His nose suddenly began to bleed. He felt better.

Родители

Parents

Today Sergey called. Kolya answered, sputtering through his own saliva, which suddenly had begun flowing inside his mouth. He asked for a dose.

- Give me a lone, I'll repay, Sergey. You know I will. Give it to me, please.

He just needed a hit. Only one would be enough and then he would be able to think and make a decision without a problem.

- I'll repay, I will!

Sergey told him to sell his computer, and Kolya agreed immediately. He didn't care how much he would get: one, two, ten or a hundred doses. He didn't think about the loss or about what his father would think. And what will I say? Don't care. I will think of something later.

Kolya tied the monitor up and began to lower it out the window slowly. Sergey waited outside with his hands raised.

After he shot up, Kolya felt good. He was calm and his depression had gone away. He didn't understand how he let himself sell his computer, his honor. He thought, "I probably was not thinking clearly and didn't understand what I was doing. Somebody else controlled my actions".

- It was your friend who made you do it, wasn't it? That bastard! And he was the one who gave you heroin. Answer me, theif! Was it him? What was his name... Sergey? Well, he will be running around.

The next day father brought a man who installed a lock in the hall door. He placed the TV, video, and audio recorders there from the son's room. He then closed the door and put the key in his pocket.

- Look! Look what you have driven me to do! To lock things away from my own son! — There wasn't rage, a feeling of breaking down had come instead. Everything was collapsing, falling. The end. A longing swept over his soul. — But why, Kolya? Why?! — His father caught him, and hugged his neck. — Why, son? What have we done to deserve this? What?

Father's voice began to tremor: - Hold on, son. Mom and I will help you, we won't leave you. We will break it together, three of us at any rate, and you will help us. We will lose without you. Will you? Can you promise?

Kolya nodded, sniffled and hid his head with eyes full of tears. When father locked the door, he collapsed on the bed, nuzzled a cushion and burst into sobs. Large tears rolled down his cheeks and he whimpered quietly. He whimpered like an animal who had fallen into a trap as he realized his fate. He bemoaned his ruined life, and his parents, whom he had betrayed and made to suffer, and his college friends, meeting, laughing, talking. He bemoaned often passing the night at the dacha, where it was so good to sleep and where he saw the sunrise while he fished. He bemoaned the spring in which he wasn't interested, and the sweet aroma of blooming bird cherries, which instilled confidence in long and eventful years.

And one more week later, in the same way as the computer, Kolya sold the carpet that laid on the floor in his room.

His parents sat at a table in the kitchen, drank tea and talked. There was only one theme of conversation for many months.

- You know, Misha, it's a sin to say so, of course, but I'm already under. I can't live this way anymore. It would be better, if Kolya died, - she broke into sobs. — Do you understand my desire for my own son to die? Oh, God, I'm sorry, but I give up. To cry my heart out and to regret once, then it would be the end. I hope to God, we are still able to live. We are not elderly, Misha. It would be even better if I died. To die and not see the nightmare. It think it would be so quick. Mikhail Dmitrievich sat in the gloomy silence. He was thinking about the same thing.

Воровство

Larceny

The cop's sickness grew constantly. He needed at least seven doses of drugs, which cost seven hundreds rubles in terms of money. And he needed to find this money somewhere every day. It couldn't be otherwise, the other way is to die. He made new "friends" from the wooden barracks in the working class area, where he idled around all the time. They stole and injected drugs together. It was dirty everywhere. The persistent musty stink of urine mixed with specific smells of by-product and colorless dullness. It was insanitary.

His body began to fetter with cramps. Even his fingers were cramped. Waiting for the morning, Nickolay squared and opened his fist, trying not to think about his belly-ache. At seven in the morning he showered hastily, pulled on the worn-shoes and went out to the street. It was necessary to find money to shoot up. Today he decided to rob kids as they went to school. A new day loomed before him, which he had to survive.

Exercises:

1. Complete the sentences using the verbs from the box. Put them in the correct form.

Wise men (1) by other men's mistakes; fools by their own.

If a man (2) smart, he (3) the mistakes of drug addicts, who

starred in the movie «What are drugs and addiction?»

Everyday millions of addicted people (4) with only one

intention, "I need a dose". Now they are down and out and some of them (5) going to stay there for their whole lives.

Dirty drug houses (6) for them a place of supreme joy

and happiness. Nobody who takes drugs will be able to become successful in life.

There are natural and synthetic substances that (7) mainly

on the brain. A man (8) his psychic state by taking them: he may

become quiet, sleepy, or, alternatively talkative and energetic. Such substances are called drugs. After taking one dose, a person will

soon get a desire (9) another one. That's the effect of taking

drugs on conscious and subconscious levels.

to act to learn to become to repeat (not) to wake up

to take to be to change to be

2. Complete the sentences using the next word combinations. Don't forget about the articles.

drug users, chronic illnesses, artificial pleasure, chemical addiction, scientific experiment, alcohol and cigarettes, special button, two groups, pleasure centers, narcotic effect, hunger and thirst

(1) can be caused not only by taking drugs. In (2) ,

laboratory rats pressed (3) causing electricity to stimulate (4)

 of their brain. So, they kept pushing and pushing the button,

forgetting about (5) until they died from exhaustion. The

rats killed themselves. Drugs create just the same mental state in

a certain area of the brain. It is sad to realize that (6) are in

exactly in the same position as those rats.

(7) also cause an effect similar to narcotics.

That's because the nicotine has a (8) and gradually causes

(9) It's not strong at the beginning but grows with time.

All your acquaintances can be divided into(10) : smokers

and non-smokers. Smokers are going to waste a lot of money, acquire

(11) and are going to die much earlier than non-smokers. It's

up for everyone to decide which group to join.

Перевод Т. П. Чирковой