

WHEN IT COMES TO ADDICTION, PREVENTION IS KEY!



Did you know that drug overdoses have quadrupled over the past two decades? In 2022, more than 100,000 Americans lost their lives to a drug overdose. There is urgency to *educate and talk with* our kids about the danger of drug use. That's why I created a Drug Prevention Workshop for teens! Check out these educational, engaging resources. I invite you to watch or read these resources with your teen. See the discussion questions on the bottom for talking points!

DOCUMENTARIES & DOCUSERIES:

- RECOVERY-BOYS (NETFLIX)
- HEROINE(E) (NETFLIX)
- THE PHARMACIST (NETFLIX)
- TAKE YOUR PILLS (NETFLIX)
- BEAUTIFUL-BOY (AMAZON PRIME)
- THE TRADE (SHOWTIME)
- DOPESICK (HULU)
- BEN IS BACK (HULU)

BOOKS:

- BEYOND ADDICTION
- WE ARE THE LUCKY ONES
- OVERCOMING OPIOID ADDICTION
- DOPESICK
- REWIRED: A BOLD NEW APPROACH TO RECOVERY
- IN THE REALM OF HUNGRY GHOSTS
- UNDOING DRUGS
- UNBROKEN CHAIN
- THE BODY KEEPS THE SCORE



TED TALKS:

- EVERYTHING YOU THINK YOU KNOW ABOUT ADDICTION IS WRONG
- THE POWER OF ADDICTION & THE ADDICTION OF POWER
- ADDICTION: DON'T LET THE BEAR CATCH YOU
- LESSONS A DRUG ADDICT CAN TEACH YOU
- NEVER ENOUGH: THE NEUROSCIENCE & EXPERIENCE OF ADDICTION

Discussion Questions:

- What part of the show stuck out to you? Why?
- Has anything from the show happened at your school?
- After reading that, what questions and emotions are coming up?
- How can I support you as you strive to be social and stay safe?

