

Elements Series: Parenting Under The Influence - Teacher Resources -

Unit Overview

Grade Level: 9-12

Kristi Hodson; Family & Consumer Sciences Teacher; Carthage High School

Essential Learning Targets:

Students will:

- Identify effects of substance use and abuse related to pregnancy and fetal development.
- Identify chemical risk factors that influence parenting practices.
- Identify consequences and struggles associated with substance use and abuse.

National Standards for Family & Consumer Sciences and Health Education

Human Development

12.2 Analyze conditions that influence human growth and development.

12.3 Analyze the role of family and social services support systems in meeting human growth and development needs.

Parenting

15.1 Analyze roles and responsibilities of parenting.

15.2 Evaluate parenting practices that maximize human growth and development.

15.3 Evaluate external support systems that provide services for parents.

15.4 Analyze physical and emotional factors related to beginning the parenting process.

Health

2 Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

5 Demonstrate the ability to use decision-making skills to enhance health.

7 Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

8 Demonstrate the ability to advocate for personal, family, and community health.




Changing Our Parenting Experience

Lesson Plans for Unit

<i>Learning Goal</i>	<i>Teaching Strategies & Student Activities</i>	<i>Assignment/ Assessment</i>	<i>Resources Needed</i>
BEFORE & DURING THE VIDEO			
<p>* Identify effects of substance use and abuse related to pregnancy and fetal development.</p> <p>* Identify chemical risk factors that influence parenting practices.</p> <p>* Identify consequences and struggles associated with substance use and abuse.</p>	<p>#1 Before watching the video... ~ Quick Write: <i>The Face of Addiction</i></p> <ul style="list-style-type: none"> o Ask students to answer the following questions on a piece of notebook paper doing a quick write. Explain that a quick write is putting their pencil to paper, and just writing, without thinking about spelling or grammar, just free flow writing for 1-2 straight minutes per question (adjust time as needed). When you call time, have them finish their last thought on the question and then put their pencils down while you ask the next question. This is just to see what they already know or ideas they already have about the topic. Explain there are no right or wrong answers. <p>Question 1: What does the word addiction mean to you? Question 2: What does the face of addiction look like to you? Question 3: How do addictions impact the development of children in the womb? Question 4: How do addictions impact children after they are born?</p> <hr/> <ul style="list-style-type: none"> o After they've answered the questions, let them have a discussion with a shoulder partner or table partner about their responses. One minute for each question. Have them add to their lists things they didn't write down themselves. o Once they've had a chance to discuss with a peer, ask for volunteers or call on random students to share their responses with the class. Have a class discussion; again, teacher's role is to just listen and facilitate the class discussion. The "learning" will take place later on in the activity. <p>#2 Opening Thoughts / Playing the video...</p> <ul style="list-style-type: none"> o Hand out the video worksheets to students. Explain that you are going to play the video and then stop it after the opener to answer the question at the top of the video worksheet. o Play the video, stop or pause it after the opener and have them answer the question on the video worksheet about the opener. o After students have answered the question, give them a minute to discuss with a partner. o After students have had a chance to discuss with a partner, ask for volunteers to share their responses with the class. o After students have answered the question, explain the worksheet concepts. <p>~ Worksheet Concepts</p> <ul style="list-style-type: none"> o Discuss what students need to record as they watch the video: <ul style="list-style-type: none"> - <u>Their Story</u> – The scenarios will share the person's circumstances surrounding their addiction of choice, how old were they when they got addicted? What was their "drug" of choice? What were the circumstances surrounding their pregnancy? How did they feel about their pregnancy? Other details about their lives that are pertinent to how their children developed in the womb and/or their drug addiction. 	<p>Quick Write: <i>The Face of Addiction</i></p> <p>Elements Series Video Worksheet: <i>Parenting Under the Influence</i></p>	<p>Elements Series Video: <i>Parenting Under the Influence</i></p> <p>Video Length 51:30</p> <p>Timer or other timing device to keep quick write and discussions on track.</p>

Lesson Plans for Unit Continued...

<i>Learning Goal</i>	<i>Teaching Strategies & Student Activities</i>	<i>Assignment/ Assessment</i>	<i>Resources Needed</i>
BEFORE & DURING THE VIDEO CONTINUED...			
	<p>~ Worksheet Concepts Continued...</p> <ul style="list-style-type: none"> o Discuss what students need to record as they watch the video: <ul style="list-style-type: none"> - <u>Physical Consequences or Issues Children Have</u> – Doctors, or in some cases parents, in the scenarios will tell you what’s going on in the physical bodies of the children, symptoms, developmental delays, and other things along those lines. - <u>Mental/Emotional Struggles</u> – Doctors, or in some cases the parents, will share what the struggles are mentally and emotionally in the families (things they worry about or are stressed about). In some cases they’ll share about the learning issues the kids have. - <u>Legal / Financial Consequences</u> – Jail sentences, prison time, court fines, in some scenarios they may lose a job or a house. - <u>Turning Point</u> – What happened that made them want to change to do things differently, give up the drugs, give up their unhealthy lifestyle, made them want to make better choices? - <u>Parenting Challenges</u> – Difficulties they have raising the children. Things they have to think about that they wouldn’t have had to think about before as parents. Situations that make it tough for them to be a parent due to physical, mental, or emotional struggles. - <u>Detective Kendra House</u> – Warn students that some of the things in this section will be disturbing. She will walk through each room of the home pointing out things that are causing her concern. She’ll name them off. Students need to write down one or two things she mentions in each room. They also need to pay close attention to what she said is the final result of her home walkthrough. - <u>Neonatal Abstinence Syndrome</u> – They need to listen for the actual definition that the doctor gives and then write down details about Tamara. - <u>Doctor’s Advice</u> – At the end of Tamara’s story the doctor gives some pretty blunt advice. What is this advice she gives? - <u>MO Representative Rehder Statistics & Law</u> – Two statistics are mentioned in this section. Students need to write at least one down. Remind them that statistics are numerical data concerning populations of people. As a result of the statistics mentioned, she talks about a law she is working on in the State of Missouri. They will need to write down those details as well. 	Page 2	

Lesson Plans for Unit Continued...

<i>Learning Goal</i>	<i>Teaching Strategies & Student Activities</i>	<i>Assignment/ Assessment</i>	<i>Resources Needed</i>
AFTER THE VIDEO			
<p>* Identify effects of substance use and abuse related to pregnancy and fetal development.</p> <p>* Identify chemical risk factors that influence parenting practices.</p> <p>* Identify consequences and struggles associated with substance use and abuse.</p>	<p>#1 When the video is over: ~ Worksheet Discussion</p> <ul style="list-style-type: none"> ○ Allow students a few minutes to discuss their findings from each scenario with their table mates or shoulder partners. ○ Call on students randomly to share their thoughts and findings aloud regarding what they noticed in each scenario for each of the concepts from the worksheet. <p>#2 After students have finished the video & discussion: ~ Quick Write Reference</p> <ul style="list-style-type: none"> ○ They need to get out the quick write that they completed before the video. ○ Hand out the Venn Diagram activity and have students compare and contrast their thoughts about the face of addiction before viewing the video and after viewing the video. <p>~ Additional Things to Consider and Discuss With Students:</p> <ul style="list-style-type: none"> ○ Thinking about the home in the walk through – what do you think was the socio economic status of the people that lived there? <ul style="list-style-type: none"> ● How does socio economic status play into the life of addiction? ○ One of the doctors in the video mentioned that a genetic risk to becoming drug addicted is increased if you have a parent who is addicted. How was this evidenced in the video? In which scenarios was it mentioned that their parents used drugs also? ○ A doctor mentioned in the video that the best way to be a parent and keep your family together is to have a planned pregnancy in sobriety. What are ways that you see this to be true or untrue in your life? In the lives of others? In society? ○ At the end of the video, it was mentioned that students in high school can fail a test and bounce back after that. What are some things that high school students would have a more difficult time bouncing back from? ○ Did any of the moms in the scenarios expect to be addicted or living a life of addiction the first time they tried a substance? 	<p>Elements Series Video Worksheet: <i>Parenting Under the Influence</i></p> <p>Elements Series Comparison Worksheet: <i>The Face of Addiction</i></p>	<p>Elements Series Video Teacher Discussion Guide: <i>Parenting Under the Influence</i></p>
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Modifications for Students w/IEPs, 504s, or Limited English Proficiency.			
<ul style="list-style-type: none"> ● IEP / 504 Students: Allow students to work with a partner as they are watching the video; each student looks for different things on the chart (one looks for two items from each scenario; one looks for the other three items). Another option is to have students look for two or three items of your choice from each scenario. Be sure to highlight these for them on their worksheet. In addition, it's important to allow students to discuss answers with a partner before asking them to answer out loud in an entire class discussion. ● Limited English Proficiency Students: If they have a low level of English proficiency, have students identify the English words they recognize in each scenario of the video and write them down. If they have a moderate level of proficiency, have them focus on the stories that are shared or the physical consequences the children have. If they are more advanced, have them focus on the mental/emotional struggles as well as the legal and financial struggles. You could include other items as well, depending on their level of English proficiency. 			



Elements Series: Parenting Under the Influence

Teacher Discussion Guide: *Page 1*



- **Paths to become drug addicted:**

Doctors say if you have a parent that is addicted, you have a greater genetic risk to be addicted yourself. No one wants to be a drug addict when they grow up. No one chooses it.

- **Lacey**

Back Story:

The car accident she refers to that happened her sophomore year was really bad, crushing one of her legs. There was no way to recover without pain meds. The addictive personality kicked in after that. She grew up in a totally dysfunctional home and was placed in foster care at about nine years of age. Both of her biological parents were addicts. This was a good placement, and she flourished and thrived. Although Lacey never “vowed” to stay away from drugs, they were not a part of her high school lifestyle. She enjoyed having fun in school and had plans for a successful future. Because these things made her happy, she did not feel the need to turn to drugs or alcohol during her high school years before her accident happened.

Video Notes:

In high school, she made the honor roll, was a cheerleader, and homecoming queen. Her counselor said that she’d be different than her parents. By the time she graduated she was addicted to pain meds. She became pregnant at age 20 with Caden. She was alone and homeless. Reality set in; she was solely responsible for the life of a child, when she couldn’t take care of herself. Twenty months later she became pregnant with baby #2, Carson. She said, “My addiction was as strong as my love for my children.” She had lost Caden and was about to lose Carson when she was living with her dad, and she started using meth because he was. When Carson was 22 months old, he died of a morphine and methamphetamine overdose. She has no idea how he got a hold of the drugs. She said her first goal as a parent should have been to protect her child. She failed at that. She was sentenced to seven years in prison for involuntary manslaughter and then five years each for two counts of child endangerment. Caden lives with his dad. She said all of her prison time won’t bring her son back. She said, “I would give my last breath for this to have not happened.”

When discussing Lacey's story, ask students who Lacey went back to for support. All youth need to understand that raising a child on their own is almost impossible; they will need a support system. If the support system is dysfunctional, how will that impact their life as well as their child's life?

- **Best way to parent:**

Doctors say that the best way to be a parent and to keep a family together is to have a planned pregnancy in sobriety. Parenting itself is so, very challenging. Addiction interferes with the basic human bond between a mom and her baby.

- **Salimah**

Back Story:

It is unknown if there was drug use or addiction in her family when she was growing up. She admitted that her mom brought different men into the home. (This wasn’t due to drug use necessarily but because her mom wanted a partner and was lonely.) Salimah got pregnant for the first time at 13. (The circumstances surrounding her pregnancy are unknown.)

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Teacher Discussion Guide: Page 2



Salimah Continued...

Video Notes:

She first got pregnant at 13. Five years later, she got pregnant again. At 19, after she had her son, her son's dad introduced her to crack cocaine. She had never done it before. It was the end of her life, and she began to live for her drug habit, doing anything to get drugs. She never stopped using crack when she was pregnant. She had ten kids with seven different fathers. She said she was "too busy getting high to go to the doctor for birth control." All ten of her children were taken away because they were born with drugs in their system. Several were adopted. She has no idea what their names are, where they are, and has trouble remembering their birthdates. She sees kids on the street, and she doesn't know if they are hers or not.

She said she had to hit rock bottom to get better. When baby #10, Saniah, was born in 2010, she saw her face and believed her to be her miracle baby. She was taken away at birth due to having drugs in her system, but Salimah fought for two years to get her back. After 20 years of drug use, she said she's been clean for six years and twenty-eight days. She said "I beat myself up for taking so long to get my life together... To be able to be a mom is the best feeling in the world.. It's not the life I wanted, but it's better than it used to be."

- **Cash & Mary**

Video Notes:

They adopted four children, who all have Fetal Alcohol Spectrum Disorder (occurs in a person whose mother drank during pregnancy.) The two older girls have the same birth mom. The two younger girls have a different birth mom. Both moms drank when pregnant with their girls. The doctor mentions these physical symptoms: a flat and thin upper lip, down slanting eyes, small heads, and low birth-weight when they were born. They are also chronically short.

Mentally/Emotionally: Long term issues include poor judgment, cognitive impairment, and ADHD.

Alcohol use during pregnancy is the leading cause of developmental disabilities and birth defects in the US. Alcohol changes the way the baby develops in the womb and causes permanent damage. There is no treatment and there is no cure for these issues. Alcohol was/is a major factor in unprotected sex with teens, increasing the risk of unplanned pregnancies.

Parenting issues: The girls do well with structure and consistency. Without structure or when unexpected things happen, it causes them all issues and problems. The kids have had to learn to ask for help when unexpected things happen. These kids can't be fixed; their environment must be structured, and they will need help forever.

Amanda (28) – has issues learning and processing information. She lacks good judgment, impulse control, and organization skills. She is a single mom with four boys and struggles to raise them on her own.

When discussing Amanda's situation, it would be good to point out to students the fact that she has four children and all fathers are absent, indicating a lack of good judgment.

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Cash & Mary Continued...

Sarah (22) – has lots of physical conditions and probably won't live as long. She couldn't read or do math when she was adopted. Her words and letters get scrambled. She had to work twice as hard academically to learn what she needed to. She received vision and physical therapy for years. She had to push herself.

Marangelis (20) – worked at an animal shelter. She is very disabled. She is set off by any disruption to her normal routine and can't be left home alone. She does not have good judgment about what she can or can't do.

Yulisa (19) – has a hard time reading and speaking. She worked in the back room at TJ Maxx and had a hard time remembering what tags went on which items. She has no "shut off" between her thoughts and speech, so she is unable to be tactful. She had a hard time in high school because of this.

When discussing all of the girls with Fetal Alcohol Spectrum Disorder in Cash and Mary's household, something to ask students to consider would be this: Would a young man looking to have a sexual encounter even notice there are learning disabilities present in the girl they are with?

- **Detective Kendra House's Walkthrough**

Why is this included in the video? It is not uncommon for these additional elements to be present in living environments when drug/alcohol/addiction is ruling the decision making process.

Living Room:

Gun magazines, weapons, pills everywhere, drug paraphernalia and drugs were easily accessible, the room was unsafe for children.

Bedroom:

No dog in the home, but a dog crate with toys in it, handcuffs, weapons, room isn't too dirty, but unsecured pills everywhere, and toys and kids' blankets in the bed indicate co-sleeping.

Little Girl's Room:

Huge red flags - used condoms on the bed, blood on the little girl's underwear, an empty enema bag, and a doll hanging in the closet by a noose. The biggest concern here is evidence of sexual activity in a small child's room which will take the investigation in a different direction.

Bathroom:

Gnats and flies everywhere indicate it hasn't been cleaned in a while, unsecured meds, dirty diapers on the floor, and the toilet works, which is a good sign.

Kitchen:

Insects, dirty food containers left open, and not much food there for kids to eat.

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Detective Kendra House's Walkthrough Continued...

Final Result:

Parents go to jail, children taken into protective custody, the detective will investigate things further, especially with the findings in the little girl's room.

- **Tina & Carlas**

Back Story:

The children had a mother that was an addict and who also grew up herself in foster care (the why factor is unknown).

Video Notes:

The first priority of Missouri's foster care system is reunification with the birth parents. This makes it hard for children to be fostered. Tina and Carlas fostered two children which they then adopted. As they were fostering the children, the biological parents had contact with the kids through the courts. Carlas said it was challenging to watch the parents lose the opportunity to raise their children. He considered the kids' birth parents to be helpless because they couldn't seem to get clean. The birth parents wanted their kids so badly, but just couldn't get clean.

Youngest Child:

He was premature at birth, born ten weeks early, with a birth-weight of 2 lbs 13 oz. He had street drugs in his system. Because he had an immature nervous system when he was born, he didn't have to go through painful withdrawals. Tina and Carlas were able to bring him home when he weighed four pounds and he was very fragile.

Oldest Child:

She was born full term, with a birth-weight of 6 lbs, 4 oz, with street drugs in her system. She had to be given methadone to go through painful withdrawals for 3 ½ weeks in the hospital. When they brought her home, she was irritable, easily frustrated, and screamed a high pitched scream a lot. Tina and Carlas had to swaddle her tight and hold her non-stop or she would continue to scream.

Parenting Challenges:

Tina said that it takes a lot of patience and knowledge to be a mom to these children. A developmental therapist, she said she can't imagine how a young teen mom could handle the stress and pressure of raising kids with the needs that her children have. She said it requires endless hours of caring for a helpless child and you have no life while doing it.

- **Neonatal Abstinence Syndrome (NAS)**

Video talks about moms using (narcotics – illegal or legal) when pregnant. In this instance, when Tamara found out she was pregnant, she was addicted to heroin. She was prescribed methadone, a narcotic, to come off of her heroin addiction.

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- **Tamara**

Video Notes:

She started using heroin 3-4 years ago and said that drugs knocked the bottom of her life out. Her baby, Cameron, is hard to care for. Symptoms of NAS withdrawal are irritability, diarrhea, spitting up, restless, constantly moving. Babies with NAS have difficulty getting comfortable, so, making the baby plain hard to care for. Tamara said Cameron has tremors and shakes a lot. Tamara mentions a lot that being on methadone was better than being on heroin and that she made the choice to have a healthy baby. “The right thing affected him now.” *The symptoms he has are a result of Tamara being on methadone at the time of her pregnancy.*

- **Doctor’s Advice:** The goal of a doctor is to have both a happy and healthy mom and baby. Many times moms feel guilty for using, and they feel like they can’t share their drug use with their doctor because they think the doctors will judge them. What moms need to know is that not telling makes things much worse. It’s best to be honest with the doctor so they can help in the situation. Again, the goal is to have a happy and healthy mom and baby.

- **Missouri State Representative Holly Rehder**

Back Story:

She was the oldest child in her family and made the personal choice to never use any drugs or alcohol due to the fact that she had several family members that had issues with the abuse of drugs and alcohol. She made a vow as a teen to never get involved in either. Her daughter suffered an injury that led to the need for pain meds. Due to genetics, her daughter was afflicted with an addictive personality. It’s important for students to realize that addictive personalities aren’t an obvious trait like a birth defect or diabetes or being a shy person.

Video Notes:

Rehder said she is the face of addiction today. At 17, her daughter cut her thumb at work and got a prescription for an opiate. Eventually, her daughter didn’t want anything they had dreamed for her, only drugs, and her drug of choice became meth. She has been in and out of both prison and rehab. Rehder’s grandson Kayden was born with opiates in his system. Holly Rehder and her husband have custody of him. Her grandson said “What do I do if mommy doesn’t wake up and you’re not here.” He also said, “Mommy is all better now. We don’t have to worry about that anymore.” Holly’s reply is that we will love our daughter through her stumbles. “We will always have hope for her.” Holly’s daughter is currently living at home and taking her AA program seriously.

Statistics:

Six thousand children were removed from substance abuse homes in Missouri last year.
Seventy-five percent of Missouri’s inmates have substance abuse issues.

Law:

According to Rehder, a Prescription Drug monitoring system is needed in Missouri. Currently, Missouri is the only state that doesn’t have such a program in place. The proposed law will involve a data base where the physician who prescribes the meds and the pharmacist who issues the meds can see when a patient has received those meds last. This way, patients can’t jump from one doctor and pharmacy to another. If there is a pattern or a problem of substance abuse, issues can be treated on the front end.

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Teacher Discussion Guide: Page 6



- **Increase in drug and alcohol use during pregnancy:** Doctors say that drug use has gone up dramatically over time in our society. It is equal opportunity, meaning it crosses all lines of socio-economics, affecting both the rich and poor. Drug and alcohol use causes people to engage in risky behavior. It affects the homeless. It affects those who choose to self-medicate. It is difficult to identify who is using just by making assumptions. It's not who you think it is.
- **Jeanine**
Back Story: There was addiction in her family when she was growing up.

Video Notes:

She drank for the first time at a friend's house at a high school sleep over party. Drinking made her feel like she fit in, so she kept doing it. When she went to college, she continued to drink and party. She graduated from college with her degree in physical therapy. She went to work with doctors and was eventually invited to parties and cocaine use. When she unexpectedly got pregnant, she realized that she had to do better and didn't drink 9 ½ years.

One day after work she went to a bar, the first time she drank after being sober. She never left the bar. She used cocaine with the bartender. Later, a painful condition led her to prescription drug use, which then led to a heroin addiction. She stayed in her room doing drugs, neglecting her kids. Her children said they felt abused and often had to make excuses for her a lot. "She really wasn't there for us... Substance abuse changed who she was," they said. "I was a hopeless person," Jeanine said. Eventually she lost custody of her kids, stopped working, ran through all of her money, and lost her house. Her turning point happened on Christmas Eve, when she was alone and realized all she had in her life was drugs. Today she is 3 ½ years clean and sober. "If I stay sober I am hopeful today," she says.

- **Additional Thoughts**

Students need to be aware of addictive tendencies in their family. Addictive personality traits are something we are born with, predisposed to; however, if we recognize the possibility is much higher in us because addiction runs our family, then we can adjust our behavior and decisions to avoid the possibility of becoming an addict.

Addiction isn't always just drugs and alcohol. It may manifest itself as smoking, over-eating, spending, shopping, gambling, or working out excessively. If it's something that can no longer be controlled, it could be a huge problem in their lives. For example: My parents just spend, spend, spend, even though they are broke, I may avoid spending, but I may be predisposed to some other type of addiction.

Somewhere it should be noted that all people considering parenthood should be ready to provide four basic things for their children:

1. Provision This includes financial support as well as other provisional items.
2. Protection This includes physical and emotional protections.
3. Love
4. Nurturing

Ask students if they are ready to provide the first two?

If they are already combining sexual activity with drugs/alcohol..... are any of these possible?

Elements Series: Parenting Under The Influence
Video Worksheet

Name _____



Opener: In the opening of the video this statement is made, “One hit can lead to a life of destruction.”
What do you think is meant by this statement?

Lacey

What’s her story?

Describe physical consequences her children have.

Describe some of her mental/emotional struggles.

Describe her legal/financial consequences.

What was the turning point in her story?

Salimah

What’s her story?

Describe physical consequences her children have.

Describe some of her mental/emotional struggles.

Describe her legal/financial consequences.

What was the turning point in her story?

Cash & Mary

What’s their story?

Describe the physical issues their children have.

What are some of their mental/emotional struggles as a family?

What are some of their challenges as parents?

Detective Kendra House

After being called to this home, what were the “red flags” in each of these rooms during her walk through?

Living Room

Parents’ Bedroom

Little Girl’s Bedroom

Bathroom

Kitchen

What was the final result of her home walk through?



Neonatal Abstinence Syndrome

Tina & Carlas

What's their story?

Describe the physical issues their children have.

What are some of their mental/emotional struggles as a family?

What are some of their challenges as parents?

What's does this mean?

What is Tamara's story?

What are physical consequences her child had?

What are some of her mental/emotional struggles?

What was the advice the doctor at the end of her story gave?

Missouri State Representative Holly Rehder

What's her story?

Who has custody of her grandchild?

What are some of their mental/emotional struggles as a family?

What are some statistics she mentions?

Describe the law she is working on and why it is important to her.

Jeanine

What's her story?

Describe her financial/legal consequences?

What are some her child's mental/emotional struggles?

What was the turning point in her story?



Elements Series: Parenting Under The Influence
The Face of Addiction Comparison Activity

Name _____

**Things I Thought About
Addiction Before The Video**

**Things I Thought About
Addiction After The Video**

**Things I Thought
That Stayed The
Same About
Addiction.**