

6. **What can Sam do to feel better?** (Talk to someone he trusts about how he feels, go for counseling, join Al-A-Teen, arm himself with information about addictions and not fall into the same addictive behaviors.)

### ***Research on Kids at Risk***

1. Visit a **website** that provides information on kids at risk: <http://www.alateen.org> and identify 3 facts on kids of addicted parents. Share these facts with your class. If desired make anonymous contact with Ala-teen members through e-mail at [www.wso@ala-non.org](mailto:www.wso@ala-non.org).
2. Conduct an **anonymous survey** on *Did you grow up with an Alcoholic?* by distributing the following 20 questions to the class/school and asking each student to complete the survey without signing their names. Tabulate the results, post them with support information on where to get help if students wish further information.

#### **20 Questions (circle the #'s if you answer yes)**

1. Do you have a parent, close friend or relative whose drinking upsets you?
2. Do you cover up your real feelings by pretending you don't care?
3. Are holidays and gatherings spoiled because of drinking?
4. Do you tell lies to cover up for someone else's drinking or what's happening at home?
5. Do you stay out of the house as much as possible because you hate it there?
6. Are you afraid to upset someone for fear it will set off a drinking bout?
7. Do you feel nobody really loves you or cares what happens?
8. Are you afraid or embarrassed to bring your friends home?
9. Do you think the drinker's behavior is caused by you, or other members of your family, friends, or rotten breaks in life?
10. Do you make threats such as: "If you don't stop drinking, fighting, I'll run away"?
11. Do you make promises about behavior, such as: "I'll get better school marks, go to church, or keep my room clean" in exchange for promise that the drinking and fighting stop?
12. Do you feel that if your mom or dad loved you, she or he would stop drinking?
13. Do you ever threaten or actually hurt yourself to scare your parents into saying, "I'm sorry" or "I love you"?
14. Do you believe no one could possibly understand how you feel?
15. Do you have money problems because of someone else's drinking?
16. Are mealtimes frequently delayed because of the drinker?
17. Have you considered calling the police because of the drinker's abusive behavior?
18. Have you refused dates out of fear or anxiety?
19. Do you think your problems would be solved if the drinking stopped?
20. Do you ever treat people (teachers, schoolmates, teammates, etc.) unjustly because you are angry at someone else for drinking too much?