

# Lesson 11

**Purpose:** To examine the effects of alcohol or other drug use on self-management and self-concept.

**Materials Needed** None

**Materials Provided** *Escape from the Shadow* Script Booklets; name tags; “Shadow” Poster 1 (Room); Student Activity Booklets, “Break This Negative Code!” (page 7); Bookmark 3, “I’m in Control!” (30, one per student)

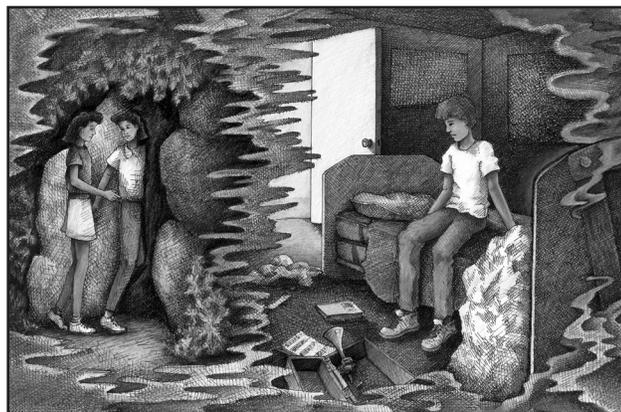
## Lesson at a Glance

- Step 1** Introduce the lesson, stressing that taking care of our resources gives us self-control, one of the most important keys to independence.
- Step 2** Display “Shadow” Poster 1 (Room).
- Step 3** Students read act 3, “Cruise Control”, of *Escape from the Shadow*.
- Step 4** Lead a brief discussion.
- Step 5** Students complete page 7, “Break This Negative Code!”, of Student Activity Booklets
- Step 6** Conclude the lesson by distributing Bookmark 3, “I’m in Control!”

## Procedure

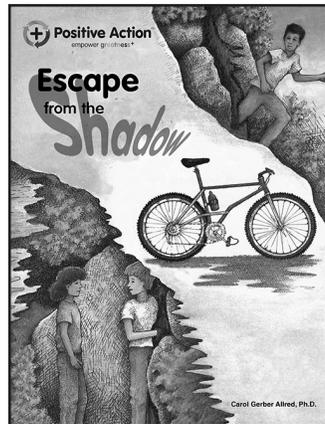
**Say** Unit 3 of *Positive Action* has helped us improve our abilities to manage our own lives. We’ve learned the importance of managing eight resources for building a good self-concept. Taking care of our resources gives us self-control—and that’s one of the most important keys to independence.

**Teacher** Display “Shadow” Poster 1 (Room). (See “Getting Started”, page 16.)



**Say** Today we’ll read the third act of *Escape from the Shadow*. As we read, I want you to think about this question: Who is in control? When Scott and David go bike riding, who is in control? Who is in control of their resources?

**Teacher** Ask for seven volunteers to read the parts of the Host, the Narrator, Scott, David, Carrie, Leslie, and Mattie. Distribute script booklets and name tags (optional, depending on how students react to them) and have the cast read act 3, “Cruise Control”, *Escape from the Shadow*.



## ESCAPE FROM THE SHADOW

### Act 3: “Cruise Control”

**Characters: Host, Narrator, Scott, David, Carrie, Leslie, Mattie**

**Host** Welcome again to *Escape from the Shadow*. The third part of this exciting story opens with David and Scott returning from yet another adventure on their bicycles—two incredibly beautiful 18-speed, all terrain mountain bikes that take them anywhere and everywhere they want to go.

The bikes need no maintenance, and their pedals move by themselves. All Scott and David have to do is name a place, and suddenly they are there. So far, they’ve seen things they never imagined they would see, sailing along highways, down cobblestone streets, over mountain roads.

They’ve seen people along the way, but the people never seemed to see them. No cars have been on the roads they traveled, there seemed to be no danger, and the boys have been wonderfully happy while speeding along on their bikes.

**Narrator** But the bike rides are the only times they’re enjoying now, and it’s getting harder and harder for them to return to the real world after each spine-tingling cruise.

**Host** Scott wonders if they’re doing the right thing. He hates being so tired and out of control all the time. What worries him even more is what he sees happening to David. When he’s riding, David is happy and relaxed, but afterwards, after the push through the Shadow, he doesn’t care about anything.

**Narrator** Scott’s been thinking about trying to talk David out of going on the rides, but the experience has become hard to resist. It’s like the whole world is theirs when they are on the bikes. This afternoon, for instance, they’ve just finished touring the Black Forest in Germany. Scott has already pushed his way through the Shadow and he’s watching David struggle his way out. Scott slowly shakes his head.

**Scott** *(Sarcastically.)* Good going, David. You looked like a fly kicking around in a spider web.

**David** *(Panting.)* I didn’t have any more trouble than you did. But, y’know, I’ve been

thinking. I think we ought to take someone with us. Maybe Carrie and Leslie.

**Scott** Why? I mean, maybe it's time to bring someone else in on this secret—but the twins?

**David** (*Angrily.*) Why? Because I want to take the twins for a ride on our bikes, that's why!

**Scott** They're not our bikes, remember?

**David** Oh, shut up. You don't need to correct everything I say. You know what I mean.

**Scott** We should take Lincoln. He knows we're going somewhere without him and I think he feels bad about it.

**David** (*Disgusted.*) Lincoln doesn't have to be with us all the time. I want to take the twins.

**Narrator** David's face turns red and he stomps off alone. These days he gets mad at almost everyone. Even his mother is getting to be a nuisance. She's asked a lot of questions. To avoid lying, David has told her as little as possible—that he's been with Scott, and she shouldn't worry because he'd get his homework done.

**Host:** But that's another problem. He isn't getting it done. He doesn't clean his room anymore, and even his trumpet, which he always loved, is gathering dust from lack of use. Somehow, nothing seems under his control anymore.

**Scott:** (*Panting.*) You don't need to run off mad. I just didn't know you still liked the twins.

**David:** What gave you that idea?

**Scott:** Two weeks ago you told me they were all you could think about. Since then, you haven't said a word about them.

**David:** I know. We've been too busy with the bikes. But I want them to go with us now. You're the one who said I should get to know them.

**Narrator:** It's the next day at the school lunchroom. David and Scott have just approached the table where Carrie and Leslie are eating. The twins' friend, Mattie Randall, is with them, but David doesn't let that bother him.

**David:** Mattie, get lost for a few minutes, will you. I want to talk to the twins. Thanks. See ya.

**Host:** Mattie picks up her tray, glares at David and moves to another table.

**Carrie:** (*Surprised.*) David, I can't believe you did that! That was really rude.

**David:** Oh, well. Hey, we want to give you two a chance of a lifetime. We want you to go someplace with us this afternoon.

**Carrie:** David, I don't know what's going on with you. Or with you, Scott. You guys are acting weird.

**David:** No, we're not. We're just like always. Do you want to go or don't you? Hey, look, if you don't want to find out—

**Scott:** (*Interrupting.*) Knock it off, David. Hey girls, just meet us at the edge of the woods after school and we'll show you something we found. Try it just once. Think of it as an experiment. If you don't like it, okay. But you'll have fun. And David won't...act like this.

**Leslie:** I don't know...we'll think about it.

- Narrator:** But after school the twins are waiting. Curiosity forced them here in spite of David's rude behavior. David points to one of the girls.
- David:** Now which one are you?
- Scott:** (*Embarrassed, laughing.*) Oh, David, don't tease Leslie. Hey, Leslie, I'm sure glad you and Carrie decided to come. I know you won't be sorry. Just follow us.
- Narrator:** After a short walk, the girls stop and look around.
- Carrie:** What's that dark place over there? I thought I'd seen every inch of this place, but I've never seen that! I'm not so sure this is such a good idea.
- David:** Hey, come on, there's nothing to be afraid of. In fact, it's a gateway to something great! Here, Scott, you go on ahead and show them how to get through.
- Host:** Everybody enters, and within minutes Carrie and Leslie are bedazzled by the bikes and lulled by the peacefulness of the ring of light. Then, in a flash, they find themselves seated on the bikes with the boys standing on the pedals, and the four of them are zooming along the California coastline. To David and Scott, the view is a familiar one, but to the girls it is fresh and exciting. Everything looks so grand: the sun is blazing, the sky is clear blue with wisps of white, and the water sparkles in the sunlight as waves break over massive boulders.
- Leslie:** You're right, Scott. This is incredible.
- Carrie:** Incredible! How can this be happening?
- Scott:** (*Laughs.*) We told you, didn't we? Y'know I feel so good, I feel like a different person. I'm really glad you girls joined us.
- Carrie:** But how do you do this? How do you make it travel where you want?
- David:** I don't know. We just think where we want to be, and then we're there. Hey, I'm sorry about the stuff I said before. I don't even know what got into me. I really like you, both of you, you know.
- Carrie:** You're a lot nicer when you're like this. You were right, Scott. The experiment is a hit!
- Narrator:** The ride was fantastic that day, but it had to end all too soon so the girls could get home. When passing back through the Shadow, Carrie and Leslie looked twice as strong as the boys.
- Host:** For the next three days the twins went riding with David and Scott every day right after school. The time on the mountain bikes was thrilling—seeing new places, going where they wanted to go, laughing and having fun. Only the returns were not much fun.
- Narrator:** Now, in the morning light, Scott thinks about the increasing difficulty of breaking out of the Shadow. David has always denied it, claiming the return was not getting any harder, but Scott knows something isn't quite right about any of this. He wonders if anyone else notices. He's about to enter the school building when he finds out somebody does. Mattie slips up behind him, catches his arm and spins him around.
- Mattie:** Scott, I want to know what's going on.
- Scott:** What are you talking about?

**Mattie:** The last three days you've gone somewhere with Carrie and Leslie, and now something strange is happening to them. They aren't the same people. They've been grouchy with me. They're not even very nice to each other. And they're letting everything go to pieces. All of a sudden they don't seem to care about anything. They've never been like this before.

**Narrator:** Scott freezes. Mattie seems to be describing him, not the twins. He knows he's been grouchy and has been letting things go to pieces. But, the twins? He hasn't seen any changes in them.

**Scott:** *(Rudely.)* Oh, come on. How am I supposed to know what is bugging a couple of girls? And why don't you mind your own business, anyway? I'll bet you're just jealous because they're having a good time without you.

**Narrator:** Mattie's lips tremble. Her eyes mist over, and she turns and runs away. Scott feels guilty about treating her so rudely, but he makes no attempt to chase after her to apologize. That might encourage her, and he doesn't want to do that. He wants her to quit nosing around.

## DISCUSS

1. Are Carrie, Leslie, David, and Scott more independent or less independent than they were before they first went into the Shadow? Why?
2. All are less independent because the Shadow experience is controlling their lives.
3. In what ways is the Shadow managing their lives?
4. The Shadow has become the most important thing in their lives; the Shadow is not only taking up a good deal of the kids' time, but they have lost interest in school, friends, family, and everything that used to be important to them.
5. How has the Shadow affected their ability to manage their resources?
6. Negatively; all the kids have quit managing all eight of their resources: time, energy, possessions, money, talents, thoughts, actions, and feelings.
7. How does the use of alcohol or other drugs affect the way people manage their resources?
8. Negatively; people who aren't in control of their lives can't do a good job of managing their resources.

**Teacher** *If time allows, have students turn to page 7, "Break This Negative Code!", in their Student Activity Booklets and decode the negative effects of both the Shadow and drug abuse. If you are out of time, instruct the students to complete the activity sheet at their leisure.*

*Distribute Bookmark 3, "I'm in Control!", and have each student autograph his/her bookmark.*

**BREAK THIS NEGATIVE CODE!**

Because of the Shadow, the lives of Scott, David, Corey and Luke changed drastically! They were losing control of their lives, as the shadow and drug dealers took control of their lives.

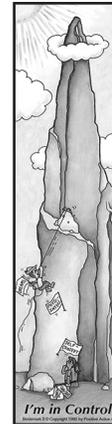
Use the code key below to decipher some of the negative effects of both the Shadow and drug abuse.

A	E	I	M	Q	U	Y
B	F	J	N	R	V	Z
C	G	K	O	S	W	
D	H	L	P	T	X	

They felt tired and \_\_\_\_\_ daily. They were \_\_\_\_\_ to others. They often felt \_\_\_\_\_ and couldn't think clearly. They were too \_\_\_\_\_ to associate with others. They were becoming very \_\_\_\_\_ and grouchy. They began to be careless and \_\_\_\_\_ Their regular routine of school, friends, and family seemed \_\_\_\_\_. They felt others would not \_\_\_\_\_ their secret pleasures.

Now use the code to write another negative effect of the Shadow and drugs in the space below. Ask a friend to figure it out.

Amely Street 11-1-2000 © Copyright 2010 by Proforma Action Co.



**Say** Drugs take over people’s lives, just as the Shadow is taking over the lives of the characters in this story. Once people start using drugs, they are no longer able to be good managers of their resources. They lose their independence. Please keep this bookmark to remind you to always stay in control of your life.