

# Sticky Disease

## Grown ups

The concept of addiction is difficult to understand for Adults, and so for Children it is even more complicated and confusing. The fact someone can't stop doing something that is harmful is an illogical idea.

The aim of this task is to try and give a better understanding of addiction.

This is an open situation, try and allow the child to say as little or as much as they'd like. Either way just be prepared to hear them and give them the space to be heard, whether it's their words or silence, both are ok and as adults we can let them know that.

## Guide

Firstly explain to the child that people who drink too much alcohol or take drugs can become poorly, it can cause problems and they can find it hard to stay away from or stop the alcohol or drugs. This is a disease called addiction, we can also call it the sticky disease because the drugs and alcohol become stuck together and it's hard to separate the them.

## Instructions

You will need

- Scissors (either child's safety scissors for a child to use or the adult can do the cutting out. Please do not leave a child unattended with scissors.)
- Glue

Start by cutting out the shapes below. Using the figure of a person explain that is like a person with addiction and the shapes are the drugs or alcohol. Use glue to stick the shapes to the figure. Put the figure somewhere to dry. Once dried you can sit down again with the child. Tell them you both are going to try and pull the shapes off.

If you start by pulling at the pieces so if it rips the child knows it's ok, they're meant to break. Let them join in and try to rip off all the pieces.

When all the piece have been ripped off you can talk about how it wasn't possible to pull the pieces apart fully. Talk about how this wasn't because the paper or glue were bad, talk about how the sticky disease doesn't happen because mum or dad are bad. Be prepared to keep the conversation going as long as they need. Finish off by telling them how well they've done.



