

STORY OF ADDICTION

INDIVIDUAL
ACTIVITY



Lessons in Mental Health

In this project, your task is to create a short story about an individual dealing with addiction.

Remember, behind every person with an addiction, there's a unique story.

Your story should explore at least two contributing factors to addiction and illustrate how these factors interact to shape the person's struggle.

Story of Addiction Individual Activity

Reflect on the different factors of addiction and create a storyline that encompasses at least two factors.

- Create a “book cover” for your story using Canva.
- Search for “book cover” in templates.
- Design your book cover to reflect your story.
- Add a page within the same document and write your story.
- How do the factors contribute to addiction?
- How are the factors connected with one another?
- Write your story in paragraph format.
- **Min 500 words**

Contributing Factors Of Addiction. Reference a minimum of two factors in your story:

- | | |
|---------------------------|-----------------------------|
| A. Easy Access | F. Early exposure |
| B. Lack of Social Support | G. Family history |
| C. Abuse | H. Mental health conditions |
| D. Poverty | I. Peer pressure |
| E. Lack of resources | J. Trauma |

Turning In Your Activity:

- Create your book cover in Canva. Search for a “Book Cover” template.
- Add a page to your document. to write your reflection.
- Make sure to check your spelling and grammar.
- Ensure the factors you highlight are easy to identify.
- Minimum of 500 words.
- Download your completed book cover and story as a PDF.
- Upload online to “Story Of Addiction.”



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- Use this worksheet as is, or view the Canva link for a fully modifiable template.
- Link: [Story of Addiction Individual Activity](#)
- Canva is FREE for all teachers.
- You are welcome to download and use this resource for your personal and classroom needs. However, any redistribution, whether free or paid, or unauthorized publication online is strictly prohibited.