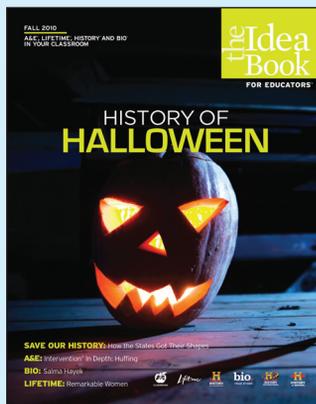


Educate and empower with The Idea Book



The Idea Book for Educators® is a biannual magazine for teachers that offers fresh insights into the ways teachers can energize their classrooms. Created by the Education Department at A&E Television Networks, *The Idea Book* includes teacher's guides for programs featured on A&E®, HISTORY®, BIO™, and LIFETIME®, contest information for students and teachers, and much more.



A&E Classroom June 2 of A&E TVT

ADDICTION IN UNIFORM

When a soldier returns home from the battlefield, he or she may find it difficult to readjust to civilian life. This is especially true for soldiers who have served in Iraq or Afghanistan. Many of these soldiers have an addiction to prescription drugs, and this addiction can lead to serious health and legal problems. This program explores the challenges these soldiers face and the ways they are being helped.

Curriculum links: This program addresses the social and emotional learning standards for middle school students. It also addresses the health and safety standards for middle school students.

Vocabulary: addiction, prescription drugs, soldier, military, PTSD, PTSD symptoms, PTSD treatment, PTSD prevention, PTSD awareness, PTSD support, PTSD resources, PTSD information, PTSD help, PTSD relief, PTSD recovery, PTSD healing, PTSD cure, PTSD management, PTSD control, PTSD prevention, PTSD awareness, PTSD support, PTSD resources, PTSD information, PTSD help, PTSD relief, PTSD recovery, PTSD healing, PTSD cure, PTSD management, PTSD control.

Discussion questions:

- What are the symptoms of PTSD?
- How can PTSD be treated?
- What are the challenges of returning home from war?
- How can we help soldiers with PTSD?

Standards:

- Health: Understand the importance of mental health and the signs and symptoms of mental health problems.
- History: Understand the impact of war on society and the role of the military in our lives.

Additional activities:

- Write a letter to a soldier with PTSD.
- Research the history of PTSD.
- Interview a veteran with PTSD.

Resources:

- PTSD: What You Need to Know: www.va.gov/opa/whatsnew/ptsd.htm
- PTSD: A Guide for Families: www.va.gov/opa/whatsnew/ptsd.htm
- PTSD: A Guide for Veterans: www.va.gov/opa/whatsnew/ptsd.htm

Books:

- PTSD: A Guide for Families: www.va.gov/opa/whatsnew/ptsd.htm
- PTSD: A Guide for Veterans: www.va.gov/opa/whatsnew/ptsd.htm

Web Sites & Books:

WEBSITE: www.addiction.com

BOOKS: *PTSD: A Guide for Families* by the Department of Veterans Affairs, *PTSD: A Guide for Veterans* by the Department of Veterans Affairs.



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