

## **Pretty Wrecked - Confessions of a Teen Addict and Her Road to Recovery** **Curriculum Consideration(s)**

*“My students always ask me for stories. First of all, I don’t really have any... and I’m not sure I should share that [personal] information. With **Pretty Wrecked**, I can tie Tracy’s stories into the existing curriculum, which the students love!” ~ JF, 27-year high school health teacher*

**CONNECTING STORIES TO THE CURRICULUM:** “People remember stories...” → Let’s bring the facts and statistics to life! The below are suggestions for incorporating various vignettes from **Pretty Wrecked** into the PA Department of Education standards currently being used for students in 9<sup>th</sup> thru 12<sup>th</sup> grade(s).

**NOTE** – The book can also be used for curriculums such as: ETR HealthSmart, National Institute on Drug Abuse, Prentice Hall, Discovery Education, etc.

### **Academic Standards for Health, Safety and Physical Education**

#### **10.1.12.A — Growth & Development Factors**

- **Against the Wall** — Home conflict and chronic stress shaping early coping/autonomy.
- **O’Malley & the 4-Leaf Clover** — Sudden family/financial instability as an acute stressor affecting choices and trust.
- **This Is It. This Is the Answer** — Validation/relationship dynamics opening pathways to risk; substance access; escalating risk in mid-adolescence; long-term implications.

#### **10.1.12.D — Use / Non-Use of Drugs (evaluate health, social, legal issues)**

- **Who Am I Dancing With?** — Pre-event alcohol and drug use, social impact/consequences.
- **Diagonal** — Impaired judgment after heavy drinking; drunk driving; legal implications.
- **Lunch Break** — School-day use & off-campus procurement, deception as addiction markers, escalation and co-occurring risky choices.

#### **10.2.12.D — Decision-Making for Short- & Long-Term Health Goals**

- **Meeting Makers Make It** — Daily “next-right-action” routines; sponsor/accountability.
- **Get Busy Living** — Replacement behaviors and supportive environments sustaining recovery.
- **I Want My Baby-Back Ribs... and College Degree** — Identity-aligned long-term commitments (education/career).

#### **10.3.12.A — Personal & Legal Consequences of Unsafe Practices**

- **These Pants Are Not Flattering** — Club-drug possession/use; poor decision-making; safety risk.
- **Road Rage** — Anger triggers behind the wheel; personal injury; how decisions impact others.
- **The Library, the Cops, and a Turtle** — Dorm police contact; possession/discipline risk and collateral roommate impact.

#### **10.3.12.C — Strategies to Avoid / Manage Conflict & Violence**

- **Slippery Slope** — Narrates cognitive progression (justifying + rationalizing) that leads to increasingly unsafe practices, escalating drug involvement, creating predictable flashpoints for conflict.
- **The Red Zone** — Anticipate high-risk contexts (blacking out, sexual assault); boundaries, buddy systems, bystander moves, and help-seeking.

**Example of how *Pretty Wrecked* is currently being used to connect to ETR HealthSmart Curriculum:**

ETR CURRICULUM LESSON	PRETTY WRECKED VIGNETTE(S)
Risk Factors	The Things We Carry (p.15) Against The Wall (p.38) Mutation (p.57)
First Drug Use / Stages of Addiction	The Washcloth (p.32) This is it. This is the Answer (p.63)
Stages of Addiction / Warning Signs	This is it. This is the Answer. (p.63) Slippery Slope (p.122)
Dangerous Situations / Black Outs / Understanding Consent	Who am I Dancing with? (p.86) Tequila (p.140) The Red Zone (p.160)
Drinking & Driving	Diagonal (p.91)
Getting Professional Help / Recovery / Resources	Send Me an Angel (p.208) Meeting Makers Make It (p.223) Progress, Not Perfection (p.297)

**THE RESULT:** Better engagement, attention, and retention!

- As you cover material relevant to the curriculum, the engaging, raw storytelling style of the vignettes in ***Pretty Wrecked*** adds elements of visual and emotional connection, which aids in students' memory retention.
  - Many students request the book outside of class so they can follow Tracy's full journey, not just the chosen classroom vignettes.

Dear school administrators & teachers: Please note that ***Pretty Wrecked*** covers topics of abuse, drug/alcohol addiction, sexual assault, and uses strong language. While the content would not be adjusted, the author is open to publishing a school curriculum version of the book that obscures some of the strong language with dashes or asterisks. This adjustment is only recommended if legally necessary, as it is the direct and adult nature of the book that contributes to its resonance with teens.

