

Extension Activity List

1. Self Reflection
2. Personal Oath
3. Storyboard
4. Think Like a Parent
5. When in Doubt - List it Out
6. Extra! Extra! Read all about it!
7. Write About It



Substance Use and Youth



Slide: Questions

Facilitator Notes:

Activity List:

1. Self Reflection
2. Personal Oath
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Extension #1: Self reflection



Slide: Extension #1: Self Reflection

Facilitator Notes:

Activity:

Ask students to complete a picture of themselves. Each picture represents a goal they wish to accomplish and know they can accomplish if they remain alcohol and drug-free.

The photo can be placed:

1. On a page to be put into a class “photo album”.
2. On a wall in the classroom as a collage.
3. Or as a take home for parents to see

Example Picture Ideas:

1. Becoming an athlete.
2. Becoming a police officer, fire fighter, or medic.
3. Becoming an artist.
4. Learning how to code.
5. Writing a book.

Extension #2: Personal Oath



Slide: Extension #2: Personal Oath

Facilitator Notes:

Activity:

Ask students to make a personal commitment to yourself. (private or shared)

Pick one of these modalities or all 3!

1. An artistic graphic made into a collage on the classroom wall.
2. Written in a journal, sent home in the agenda to parents and family.
3. Used as a P.A. Announcement – Each students is shared once per day.

Example Commitment Statements:

1. Promising to follow the laws of substance use not until age 19 years old.
2. Focus on being healthy by using informed decision making about all aspects of our lives.
3. Look for supports when ever I need them to stay safe!

Extension #3: Story Board



Slide: Extension #3: Storyboard

Facilitator Notes:

Activity:

Students can make a story board.

The storyboard can then be:

1. Shared with the class.
2. Taken home to be shared with parents.
3. Put on a classroom wall or school hallway.

Example Storyboard ideas:

- How they might help someone with addiction. i.e. Notifying a nurse, police, health care practitioner.
- Steps of someone real or fictional get better and work through their addiction. With the focus on how people get better, not the drug they were taking.
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Extension #4: Think Like a Parent

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Slide: Extension #4: Think like a Parent

Facilitator Notes:

One way to prevent drug use is for parents/guardians to talk to their kids about drugs.

Activity:

Pretend you are the parent and write a fact sheet that lists what parents should tell their kids about the misuse of drugs/alcohol and how best to bring up the subject.

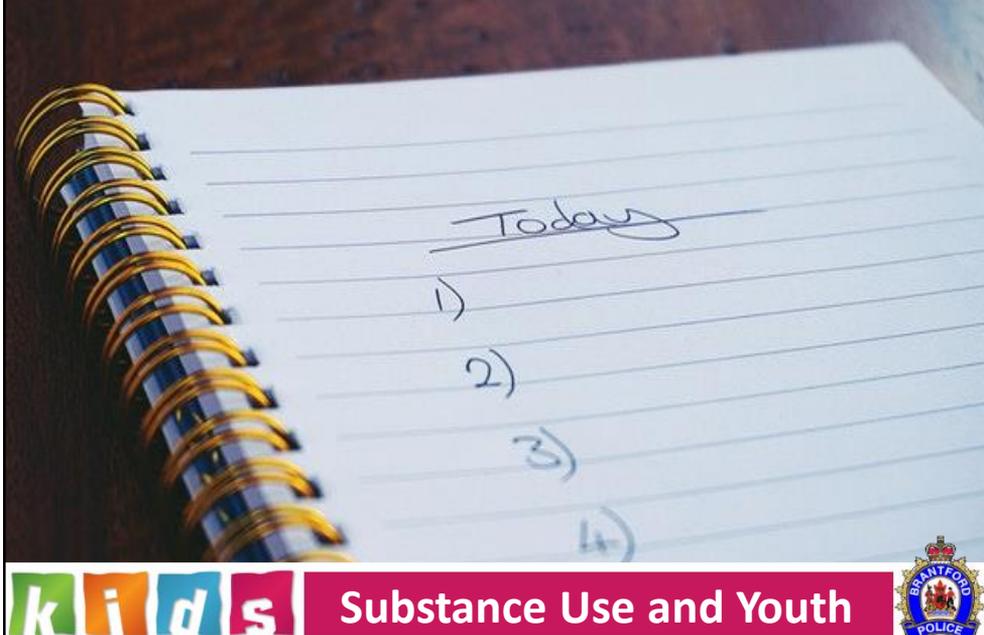
Students can then:

1. Share the fact sheet with the class as if the other students were their kids.
2. Take the fact sheet home to show parents.
3. Compare with other students and add to the list.

Example Facts:

1. Cannabis is the most widely used drug.
2. The amount of caffeine in the energy drinks is not regulated.
3. Prescribed drugs may also be illegal in the possession of someone for whom that they were not prescribed.
4. Alcohol is illegal for people under the age of 19 years old.

Extension #5: When in Doubt - List it Out



Slide: Extension #5: When in doubt list it out

Facilitator Notes:

Activity:

Make a list of what kids can say to deal with peer influence to do drugs.

The list could include:

1. Quick one liners to make it clear that drugs/underage drinking isn't for them.
2. Facts on drugs and underage drinking that can be used in conversation

The list can then be:

1. Taken home to share with parents and siblings.
2. Shared with the class.
3. Posted in the class room or school hallway.

Example Statements:

1. Hugs Not Drugs!
2. Smoking 1 joint is equal to smoking 5 cigarettes
3. E-cigarettes can contain other harmful substances besides nicotine.
4. Cigarettes contain over 4,000 chemicals that are harmful to the body

Extension #6: Extra! Extra! Read all about it!

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Slide: Extension #6: Extra! Extra! Read all about it!

Facilitator Notes:

Activity:

Create a newsletter comparing and contrasting the difference between e-cigarettes and tobacco cigarettes.

The newsletter can be:

1. Shared among class mates
2. Taken home to show parents
3. Shared with the school

Resources for student research:

Tobacco: <https://uwaterloo.ca/tobacco-use-canada/youth-tobacco-use>

E-cigarettes: <https://uwaterloo.ca/tobacco-use-canada/e-cigarette-use-canada>

Extension #7: Write About It

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Slide: Extension #7: Write About It

Facilitator Notes:

Despite the risks, some students decide to drink/do drugs.

Activity:

Create a story about a situation you could be in where alcohol or drugs are involved and what you should do. This could be a story you have heard or a fictional story you make up. Your story needs to be realistic and include specific details.

The story can be:

1. Shared and discussed with the class.
2. Taken home to show parents and siblings.

Example Story topics:

1. Friend steals alcohol from parents.
2. Friend shows up at school under the influence.
3. Friend tries to get you to do drugs.