

COMPLETE TEXTS OF THE ACTIVITY GUIDE - CEGEP

This year, to support Drug Awareness Week from November 19 to 25, 2006, we are suggesting three original activities for the students at your Cegep. These activities were prepared by the Student and Community Affairs Department at Collège François-Xavier-Garneau.

Activity 1

1,2,3 GIVE ME THE KEYS !

THEME : impaired driving

This is a simulation activity during which the group of students must convince an intoxicated friend who is determined to drive to hand over the keys.

Objectives

- To increase student awareness of the risks associated with driving a vehicle with faculties weakened by alcohol or drugs.
- To increase student awareness of the different causes of impaired driving.

Participants

- Facilitator who will play the role of an intoxicated student.
- Facilitator who will host the game and will give the floor to the teams.
- 9 to 36 participants
- Divide the group into small teams of three to six people, to form a maximum number of six teams.

Steps

- Have the teams sit in a circle around the “intoxicated” facilitator/student.
- The facilitator explains that each team will play the role of the student’s group of friends, who quite obviously is in no condition to drive his vehicle.
- Before starting the game, the facilitator asks the teams to find arguments that they can use to convince the student not to drive his vehicle and appoint someone who will be spokesperson for the group.
- The teams (the people appointed to be the spokespeople) take turns trying to convince the facilitator/student, who will reply as though the situation were real.
- The exercise continues until the teams run out of arguments.
- In the end, the facilitator/student will agree to give up his keys.
- Hand out the “Do you know...?” questionnaire designed by the Drug Abuse Prevention Committee at CEGEP François-Xavier-Garneau (the questionnaire can be found at www.dependances.gouv.qc.ca)
- Using the questionnaire, discuss with participants the concept of impaired abilities.

Activity 2

IF YOU ROLL ONE, DON'T ROLL AWAY

THEME : cannabis and its influence on driving

Host a booth based on the theme of cannabis and its influence on driving. Participants will be asked to answer the questionnaire “If you roll one, don’t roll away” and to interact with the booth facilitator.

Objective

- To increase student awareness of the risks associated with driving an automobile while under the influence of cannabis.

Participants

- Two (2) facilitators
- The entire student population

Steps

Set up a booth in which the participants will be comfortable to fill in the questionnaire.

The facilitators hand out the questionnaire “If you roll one, don’t roll away” (produced by the *Association des intervenants en toxicomanie du Québec inc./AITQ*) and ask students to fill it in. They can take this opportunity to briefly present the questionnaire to the students. To order the questionnaire, simply send an e-mail to info@aitq.com, specifying the quantity required.

Participants are asked to fill in the questionnaire on site, which is then used to talk about the subject with them. People who will be participating in this activity are eligible to enter a draw for a membership card for the escort driver program, Tolérance-Zéro.

Activity 3

SYNTHETIC DRUGS, STREET DRUGS

THEME : Conference on synthetic drugs

This activity entails organizing a conference on synthetic drugs. This will involve contacting an organization or a person that could help you in that activity.

Objectives

- To provide general information on synthetic drugs
- To increase student awareness of the dangers of illegal drugs and the consequences of the abusive consumption of these drugs.

Participants

- Speaker who specializes in the topic of drug abuse (Contact the *Association des intervenants en toxicomanie du Québec inc./AITQ*) to find the names of speakers in your region).
- Facilitator (introduces the speaker and hosts the question period).
- Number of participants based on available space.

Steps

- Organize the talk on synthetic drugs.
- Contact an organization or person who could give the talk.
- Prepare the room in a way that promotes interaction.
- If the talk is held in a closed room, it can be filmed and used again another time if necessary.