

DRUG AWARENESS WEEK

NOVEMBER 19 TO 25, 2006

High School ACTIVITY GUIDE

This year, to commemorate Drug Awareness Week, we are offering you the possibility of organizing original activities for high school students. You can also find other activities on the www.dependances.gouv.qc.ca Web site.

Activity objectives:

To develop among young people the feeling that they are competent when it comes to making informed choices about drinking alcohol and taking other drugs.

To enable young people to exercise critical judgment when it comes to drinking alcohol and taking other drugs and to the at-risk behaviours associated with their consumption.

Note: We recommend that you involve a member of the school's specialized support staff in the rollout of these activities (psychoeducator, psychologist, specialized educator, substance abuse worker, social worker, etc.).

1 HOW TO ORGANIZE A GREAT PARTY, AND *C'MON LET'S TALK* CONTEST (Secondary 1, 2, and 3)

Activity steps:

- First, distribute the *C'mon let's talk* contest entry forms to the students (also available on the www.dependances.gouv.qc.ca Web site). Allow 5 to 10 minutes for students to complete the entry forms, and mail all of the completed entry forms to the address indicated.

Length: Maximum of 15 minutes

Materials required: Contest entry forms, and large envelope or box to collect them.

- Then, hold a group discussion on the elements that are necessary in order to have a great party

Length: 20 to 30 minutes

Materials required: A blackboard for writing down the suggestions from students.

Four questions to ask to initiate the discussion:

- Tell us about the best party you ever went to. What made the party so much fun?
- What do you think is most fun about a party?
- What can ruin a party?
- If you all had to work together to organize the best possible party, what would be the most essential things, and why? (*Ask each student for one thing to add to the board.*)

Note: Here are a few elements: friends, good music, decorations, refreshments, snacks, dancing, a theme for the evening, a movie at the end of the evening, etc.

Caution:

This discussion must be closely monitored, and discipline must be maintained in the group in order to prevent the students from going overboard with their comments and questions and from straying from the topic at hand. The teacher must be able to steer the students back to the primary objective of the discussion, which is to demonstrate that young people can have fun at a party without having to drink alcohol or take other drugs.

C'MON,
LET'S TALK



Santé
et Services sociaux

Québec



With the participation of:
• ministère de l'Éducation, du Loisir et du Sport

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IT'S YOUR TURN TO TALK (Secondary 3, 4, and 5)

Activity steps:

- Ask students to read one of the articles published on the www.dependances.gouv.qc.ca Web site – *C'mon let's talk* activity.
- Once the students have finished reading the article, review the main ideas with them, and begin a group discussion about the situation described in the article¹.

A few questions to ask to initiate the discussion:

- What are the facts? (*who, what, how, why, and where*).
- What is the event outcome, or what are its consequences?
- What do you think about the facts, and about the outcome or consequences?
- Were other opinions expressed in the media? Do you share these opinions? Why?
- Why did this event happen?
- What could have happened differently?
- What lesson can we learn from it?

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THE MEDIA CONFERENCE (Secondary 4 and 5)

Activity description:

The activity involves preparing and holding a media conference as part of Drug Awareness Week.

The media conference will provide students with the opportunity to express themselves, before the local media, about drug awareness and the prevention of dependencies in general, which are topics that are important to them.

This activity can also take the form of a simulated media conference without the media actually being invited. Why not ask students to play the roles of journalists and to produce an article or video report following the media conference?

Preparation for this activity should begin two or three weeks before the date selected for the media conference.

Preparation guidelines:

- Obtain authorization from school administration to hold the event.
- Choose the topic that will be presented to the selected media, obtain documentation relating to the topic², and prepare the contents that will be presented at the media conference.
- Choose the spokespersons (the young people who will speak before the media), who will present the group's position. Decide who will play the role of facilitator.
- Draft a list of guests and of the local media (daily and weekly newspapers, radio, television) who will be invited, find their coordinates, and send out invitations.
- Prepare a program for the media conference.
- Organize the logistics for the event (choice of date, room, room layout, reservation of the necessary audiovisual equipment, photocopies of the media release, etc.).
- Draft the invitation for the media and the release.
- On the evening before the media conference, call the selected media in order to raise their interest and to invite them to the media conference.

Distribute the tasks among the young people who are interested in participating in the activity, and plan follow-up meetings leading up to the media conference.

(To review these steps in detail, visit the www.dependances.gouv.qc.ca Web site *Media conference* activity).

¹This activity could also be the topic of a written assignment followed by an oral presentation.

²To obtain documentation on a topic, visit the www.dependances.gouv.qc.ca Web site, which presents a wealth of information.

