

activity guide

FOR GROUPS OF TEENS AGED 13 TO 18

DRUG
AWARENESS WEEK
NOVEMBER 18 TO 24, 2007

This year, we are offering you suggestions for original activities for teens aged 13 to 18 during Drug Awareness Week, which will take place from November 18 to 24, 2007.

Note: We recommend that you enlist the services of a member of the school's complementary staff (psychoeducator, psychologist, specialized educator, addiction counsellor, social worker, etc.) to facilitate all of these activities.

Activity: The Law of Effect

it's not

MEGA!
to talk
about it

The effects of a drug can be very different from one person to the next, because they depend on the characteristics of three clearly defined factors: the psychotropic **product**, the **individual**, and the **context**. These three factors can influence the consumption experience. This is called the Law of Effect.

PRODUCT + INDIVIDUAL + CONTEXT = EFFECT

By participating in this activity, teens will learn the basic concepts of the Law of Effect. More specifically, they will be made aware of the factors that influence the effects of consuming alcohol, cannabis, and designer drugs.

Length of activity

40 to 60 minutes.

Number of participants

Up to 40 (10 teams of 4 teens).

Format

Presentation and interactive activity in small groups.

Materials required

- PowerPoint presentation entitled *The Law of Effect: it's not illegal to talk about it*, including notes for the facilitator.
- A kit that includes 30 cards to be printed out (10 *Individual* cards, 10 *Product* cards, and 10 *Context* cards) and the sheet entitled *Countless effects*.

These tools can be downloaded from the www.dependances.gouv.qc.ca Website (Information campaigns – Activities section).

Description of the activity

1. Referring to the presentation entitled *The Law of Effect: it's not illegal to talk about it* and the facilitator's notes that are included in the presentation, the facilitator explains the Law of Effect.
2. The facilitator then divides the teens into teams of four.
3. Each team draws three cards (one card representing each of the three factors that influence the effect: a *Product* card, an *Individual* card, and a *Context* card).
4. The facilitator hands each team the sheet entitled *Countless effects*. On this sheet, in addition to the physical effects, we have also included the emotions that a person may experience after using one or more drugs. It is important for young people to recognize the fact that drugs emphasize the emotions that a person is experiencing at the time of consumption, because people often turn to using drugs to change their current state of mind in the belief that drugs always create pleasure.
5. The team must determine the effect by referring to the cards that they have drawn, and must ask themselves the following questions:
 - *What effect will the psychotropic product have on the individual?*
 - *Why will it have this effect?*The team must reach a consensus with respect to the effect, and must justify this choice.
6. Each team explains the effect and justifies its choice by identifying the elements that led them to believe that the individual will experience the effect that they have chosen.
7. The facilitator may ask the teams to comment on the individual's behaviour by asking the following question:
 - *Considering the characteristics of the individual, the product, and the context in which the individual consumed the product, what would be the best behaviour to adopt in this case?*

Each team shares its thoughts and answers with the whole group.

(This activity was designed by Jocelyne St-Pierre and Lynda Villeneuve, substance abuse counsellors in Haut-Richelieu.)

Many more activities to discover

You will find other activities on the www.dependances.gouv.qc.ca Website (Information campaigns – Activities section).

- 1, 2, 3, impro
- What's your passion?
- Jimmy's story
- "Peanut" game
- Giant Snakes and Ladders game
- Family recipe
- It's your turn to talk
- Press conference
- My passion, my dream, now that's what I call candy!
- Etc.

Useful publications

The ministère de la Santé et des Services sociaux offers a number of useful publications to enable you to promote drug awareness among young people. They can all be downloaded from www.dependances.gouv.qc.ca (Documentation – Publications section). You can also order copies by writing to diffusion@msss.gouv.qc.ca.

- Drugs... Let's Talk about it!
- Young people and alcohol
- Teens & Cannabis
- Young people and Designer Drugs (new)
- Crystal meth