

AGTIMENT GOVERNMENT OF THE PROPERTY OF THE PRO

DRUG AWARENESS WEEK 2008 www.parlonsdrogue.com

This year, during Drug Awareness Week from November 16 to 22, 2008, we suggest offering these original activities to students aged 10 to 14, who are completing elementary school or attending the first and second levels of secondary school.

IMPORTANT: You will find the complete description of all of the activities and all of the relevant appendices at www.dependances.gouv.qc.ca (Information campaigns – Activities section).

Comment:The activities that follow are not recommended for the school groups at the Secondary 3 to 5 levels. For this clientele, an activity guide for young people aged 15 to 21 is available and can be downloaded at www.dependances.gouv.qc.ca (Information campaigns — Activities section).

Activity I Making friends isn't always easy

Activity description: This activity consists of a series of scenarios followed by group discussions. The worker or teacher reads the description of a scenario out loud. Every team has five minutes to discuss the best choice to make in the situation that is described. One spokesperson per team states the team's choice and explains why this choice was made.

Activity format: Group of twenty young people divided into teams of three to five participants.

Length: 40 to 60 minutes for the series of five scenarios.

Activity 2
The interview

Activity description: Each young person is given an interview sheet. They take turns being interviewees or interviewers. At the end of the interviews, using the information contained on the sheet, each young person verbalizes a description of the person he or she interviewed. After the presentations, the worker or the teacher may begin a group discussion.

The worker or teacher concludes the exercise by explaining to the students that the personal strengths that were expressed (passions, interests, dreams, etc.) are all protection factors against addictions. Each participant must realize that he or she has strengths and must learn to exercise them in day-to-day life.

Activity format: Group of 20 students in teams of two.

Length: From 45 to 90 minutes, depending on the number of participants. Can be conducted over two periods: first, the interviews, and second, the oral presentations.



Activity 3 Toxico Contest

Activity description: We are inviting students to show off their drawing talents and send us a drawing portraying the theme of Drug Awareness Week 2008.

Activity format: Individual, team, or class project.

Length: The contest presentation will take ten minutes and the creative work time is variable. The creative work can take place outside school hours or in class, specifically during art class.

Activity 4 What is your opinion? Quiz

Activity description: The What is your opinion? quiz is an overview of realistic situations in which the students are called on to use their judgment to find answers.

Activity format: Quiz comprising ten questions.

Length: 15 minutes.

Number of participants: Individual activity.

Helpful publications

The Ministère de la Santé et des Services sociaux offers a number of helpful publications to enable you to tackle the issue of substance abuse with young people. They can all be downloaded at **www.dependances.gouv.qc.ca** (Documentation – Publications section).

You can also order copies of selected brochures by writing to: diffusion@msss.gouv.qc.ca.

- Drugs... Let's Talk about it
- Young people and designer drugs
- Young people and alcohol
- Teens & Cannabis
- The dangers of chugging alcohol



