

IT'S NOT WORTH
THE RISK



DRUG
AWARENESS
WEEK

ALCOHOL
DRUGS
GAMBLING

ENGAGEMENT AS A PROTECTIVE FACTOR

Quebec.ca/AlcoolDroguesJeu

WORKSHOP
GROUP
ACTIVITY GUIDE
FOR AGES 13 TO 16

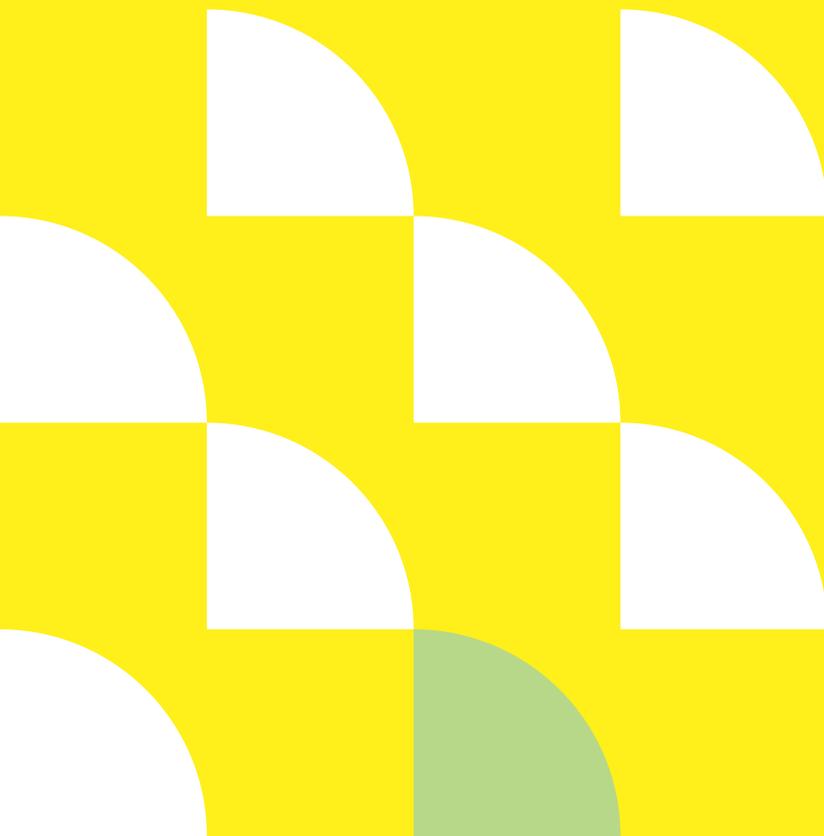


ENGAGEMENT AS A PROTECTIVE FACTOR

This year's Drug Awareness Week will take place from November 18 to 24, 2018. We've developed fun new activities for ages 13 to 16!

Activities and guides are also available for ages 10 to 12 and 17 to 24. Download them at

www.msss.gouv.qc.ca/professionnels/dependances



THE 2018 ACTIVITY GUIDE IS A TOOL FOR TEACHERS AND PROFESSIONALS WORKING WITH YOUNG PEOPLE AGES 13 TO 16.



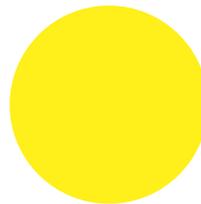
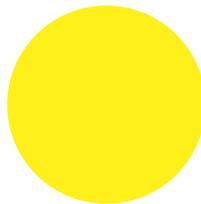
These activities are being introduced as part of Drug Awareness Week but they can be conducted at any time of the year. We also recommend tying in with other programs already in place in the school, such as the Healthy School initiative and ÉKIP integrated promotion/prevention and violence prevention activities.

The activities in this guide were developed to encourage young people to get actively engaged in their communities. Engagement is a proven protective factor that is extremely effective at countering risks associated with alcohol and drug use and gambling. It can help youngsters develop personal and social skills that become additional protective factors useful in many areas of their lives and may prevent risks associated with alcohol and drug use and gambling.

More specifically, the first activity helps teens realize that the personal and social skills they develop from engaging in an activity can help them in other settings. They will be better equipped to navigate various situations in life, including those times when they will encounter alcohol or drug use and gambling.

The second activity aims to help young people become more aware of the consequences associated with alcohol and cannabis use and gambling, even on an experimental or occasional basis. It will also help them identify various strategies for reducing or avoiding the risks and consequences of drug and alcohol use and gambling.

Appendix 1 of this guide contains additional information about protective factors and engagement.



CHOOSE YOUR CHALLENGE



ACTIVITY

1

OBJECTIVES



THE OBJECTIVES OF THIS ACTIVITY ARE FOR YOUNG PEOPLE TO:

- Realize that they will do better in their activities if they choose to engage on an organized and regular basis, and that the strength of the group will help them succeed
- Identify the personal and social strengths and skills they acquire or could acquire through the activities they engage in
- Realize that these skills are protective factors that can help them in various aspects of their lives and protect them from the risks associated with drug and alcohol use and gambling
- Talk to other teens about situations where it would have been helpful for them to engage in an activity, given the potential benefits

REQUIRED MATERIALS

- Activity Guide
- Enough copies of the **CHOOSE YOUR CHALLENGE** document for the group
- The Drug Awareness Week poster for teens ages 13 to 16 (optional)

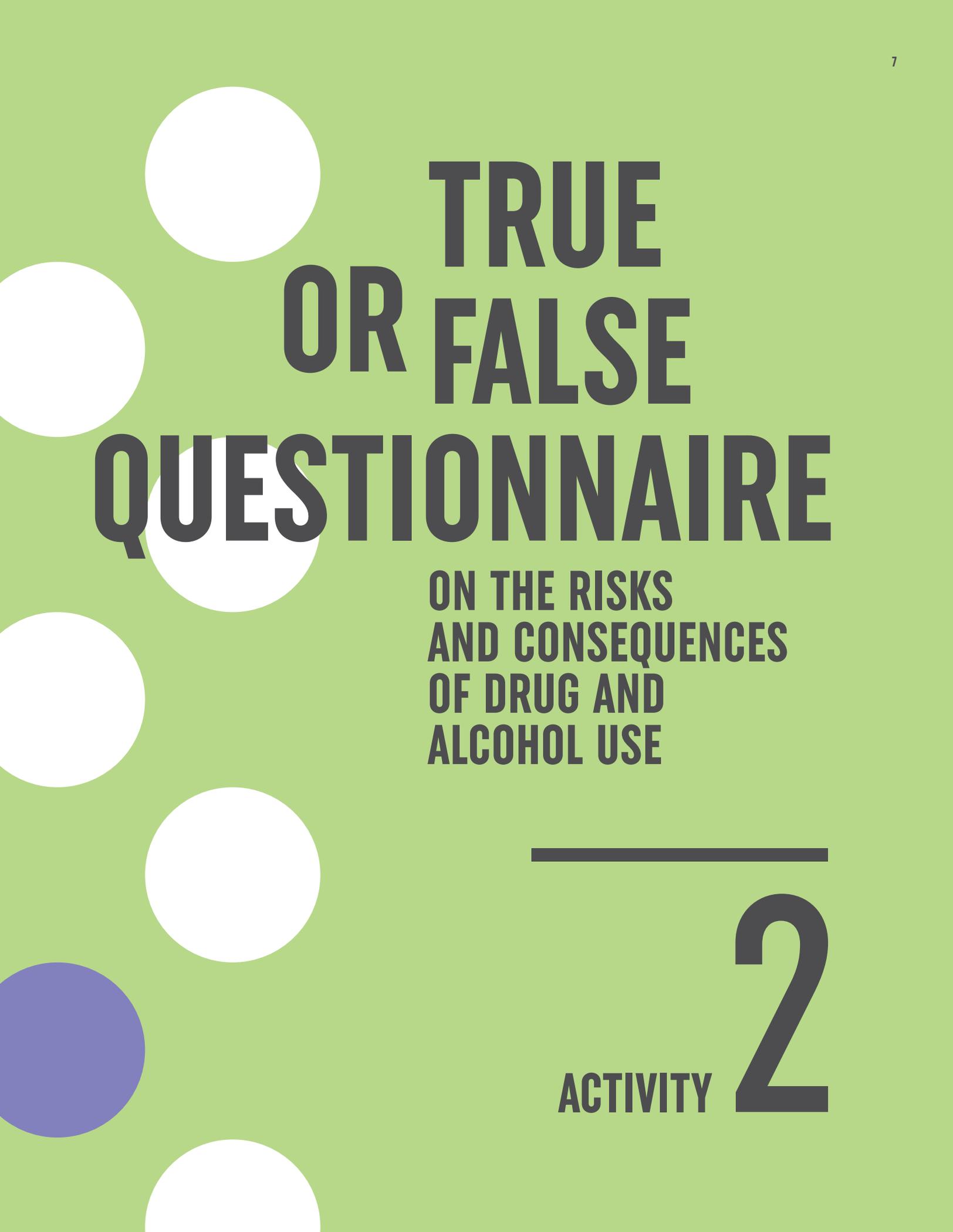
HOW THE ACTIVITY WORKS

- The leader reads the definition of engagement to the group.
 - The definition is in Appendix 1.
- The **CHOOSE YOUR CHALLENGE** document is handed out to participants.
- Time for participants to read about **CHOOSE YOUR CHALLENGE** on their own:
 - Each participant chooses their favorite starting paragraph and reads their scenario as instructed.
- Time to read all the scenarios as a group.
- Helps participants become aware of other possibilities and certain interesting aspects of engagement.
- Time to talk about students' real-life experiences:
 - What would they like to get involved in?
 - Where can they find resources to help them learn and be successful in their activity?

DURATION

- **30 MINUTES**





TRUE OR FALSE QUESTIONNAIRE

ON THE RISKS
AND CONSEQUENCES
OF DRUG AND
ALCOHOL USE

ACTIVITY

2



OBJECTIVES

THE OBJECTIVES OF THIS ACTIVITY ARE FOR YOUNG PEOPLE TO:

-  Make young people aware of the consequences associated with alcohol and cannabis use—even on an experimental or occasional basis—or with gambling.
-  Help teens identify various strategies for reducing or avoiding the risks and consequences of drug and alcohol use.

REQUIRED MATERIALS

- Activity Guide
- A pencil for each student
- The **TRUE OR FALSE** document projected at the front of the room. You can also have printouts for each student (the full version, with answers and additional information)
- The Drug Awareness Week poster for teens ages 13 to 16 (optional)

HOW THE ACTIVITY WORKS

- Read the first statement:
 - Ask those who answer TRUE to raise their hand.
 - Ask those who answer FALSE to raise their hand.
 - Give the answer to the first statement.
 - Give them the additional information for the statement.
- Repeat for the remaining statements.

DURATION

- **25 MINUTES**





APPENDIX

1

DEFINITION OF ENGAGEMENT

Engagement can take many forms, including volunteer work, social activism, individual or team sports, music, the arts, intellectual activities, or hobbies. It can take place in a wide range of settings, including home, school, and youth, academic, or community organizations.

In order to be considered a form of engagement, activities must connect the participant with the outside world, be important and meaningful, and be structured and have a clear purpose, in contrast to so-called random activities such as playing with friends and watching television. The activities must allow the young person to interact with caring adults who support and encourage their engagement.