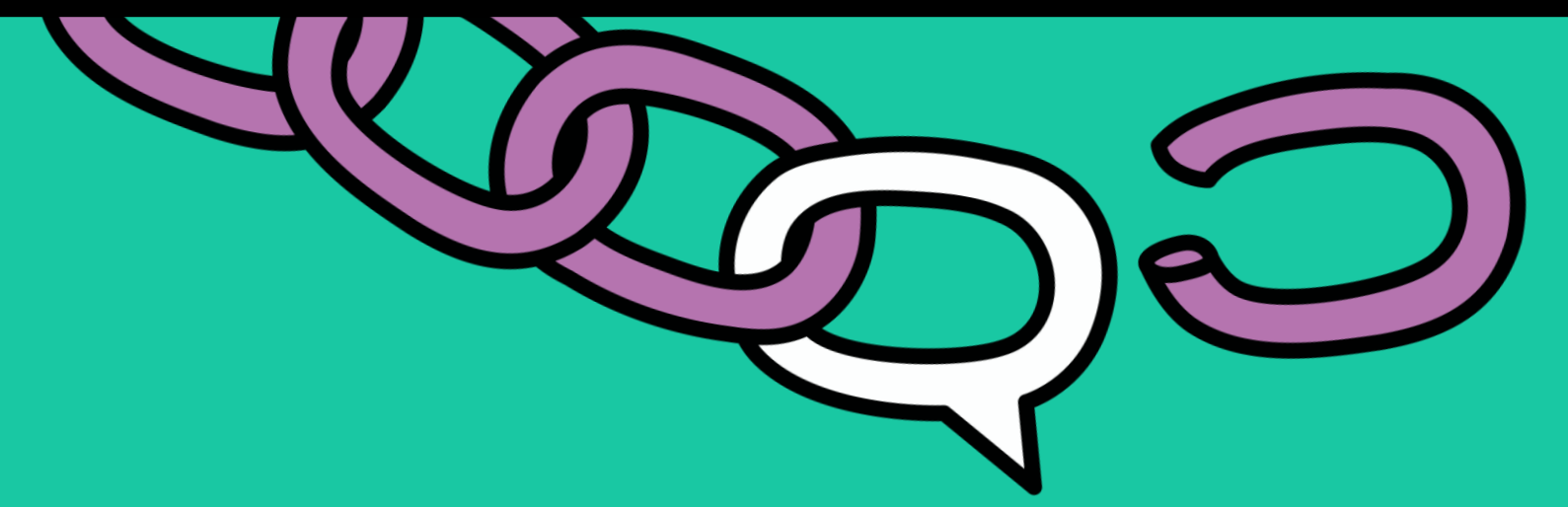


LET'S TALK ABOUT IT.

ACTIVITY : RALLY Support Services



SUPPORT DOCUMENTS FOR THE ANIMATION :

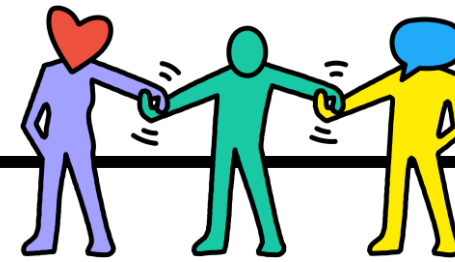
- ★ Use of PAS and practice of GG (12-16 and 17-24)
- ★ Drug Awareness Week and competency
- ★ Asks for Help (PAS and GG)
- ★ Animation : Drug Awareness Week

KNOWLEDGE TO BE ACQUIRED (ÉKIP Framework):

Learn strategies for dealing with situations that require help for yourself or others.

CONTENT TARGETED BY THE ACTIVITY:

- ★ Situations that require young people to ask for help.
- ★ Strategies for dealing with situations that require help for oneself or another person, particularly with a view to prevent the risks associated with the use of PAS and the practice of GG.
- ★ Support services available in the community.



DESCRIPTION OF THE ACTIVITY :

- 1 Animation of a discussion with the students concerning :

A

Situations that may lead young people to ask for help for themselves or others, particularly in the context of PAS use and the practice of GG.

Themes could be:

- ➔ what motivates them to use PAS or practice GG;
- ➔ circumstances that might require help for oneself or for others;
- ➔ signs, attitudes or behavior suggesting a need for help.

B

Strategies for dealing with situations that require help, particularly in the context of PAS use and GG practice.

Themes could be:

- ➔ trustworthy people to talk to;
- ➔ resource people in their environment;
- ➔ support services available in their environment;
- ➔ how to access these resources or services;
- ➔ means of communication and how to formulate a request for help;
- ➔ favorable conditions for asking for help.

ACTIVITY : RALLYE

Support Services





Drug Awareness Week
Québec.ca/AlcoolDroguesJeu

For situations that make you worry, ask for help.




DESCRIPTION OF THE ACTIVITY :

2 Carrying Out the Activity:

-  Display situations, in the form of a rally, that may lead people to seek help for themselves or another person, particularly in the context of PAS use and GG practice. These situations may have been described or chosen by the young people.
-  In teams, invite students to go to different stations to identify signs, attitudes or behaviors requiring help, and the strategies to use in this situation. Ask students to identify a person, resource or support service that can help them.
-  Pool the students' answers by summarizing the strategies to use when a situation requires help for oneself and others. Use the information found in the supporting documents.
-  Conclude the activity by recalling the support services available in their own environment and how these resources can help them.




POSSIBLE REINVESTMENTS :

 Invite support staff from your school to come and present the services offered.



Visit with the students and show them where to find the location of the support staff in your school.  

 Invite community organizations to come present their services to the students (kiosks, presentations in class, etc.).

