



## Manitoba Addictions Awareness Week

# Say "KNOW" To Drugs! Awareness Activities

Suggested Grade Level: Senior 1 to 4

### Part 1 - Drug Chart Activity

Say "Know" - Activity 1

⇒ **What they know:**

Divide students into small groups and have them brainstorm everything they know about a drug. (You could include such drugs as: alcohol, GHB, LSD, Rohypnol, Cocaine/Crack, Magic Mushrooms, Methamphetamine, etc.) Suggested questions for brainstorming could be: What does it look like? How is it taken? How much does it cost? What are the positive and negative, the short-term and long-term effects?, etc. Have the students write this information on a chart.

⇒ **What they need to know:**

Give the students time to research the accurateness of the information on their chart. They can use the school library, the public library and Addictions Foundation of Manitoba Library. They can consult reference books, newspapers, journal/periodical articles and videos.

⇒ **Putting it all together:**

Invite the students to present the information they have researched. Discuss their findings and examine how the beliefs that the students had and the researched information concur. Intersperse their information with yours, i.e. "Are you aware that Ecstasy ..?" This is an excellent moment to dispel myths and highlight certain facts.

### Part 2 - Developing a Refusal Plan

⇒ Have the students write up a scenario in which someone offers them Ecstasy or other drugs. They can follow this model:

He/she says:

You say:

Then he/she says:

And you say:

Finally he/she says:

And you say:

⇒ The facilitator could process the activity by asking the following questions. How might you be feeling in this situation? What might make it hard for you to refuse? What might help you refuse? Why do some kids find it hard to say "No"? Where does the pressure come from? How might your friends react if you refuse?

⇒ Discuss refusal skills and strategies and remind the students of a few guidelines.

1. **You don't owe anyone an explanation for refusing a drug. A simple "no" or "no thanks" is enough.**

2. **If it helps you get out of the situation, you can say whatever you want, i.e. "Not right now", "I'm allergic to it", "I'm good", "I'm on medication", etc.**

3. **If the other person keeps insisting, you can cut him or her off altogether by saying: "I said no!", "I don't want to discuss this!" etc. Remember, if you get into a discussion, you have more chances of getting hooked.**

4. **If all else fails, you can walk away from the situation.**

⇒ This activity can be done as a role-play where the students can practice refusal skills and strategies. The group can give feedback on the effectiveness of the responses and together the students can brainstorm additional refusal responses and practice them.

⇒ Activity created by AFM Youth Staff.