

Manitoba Addictions Awareness Week



Preventing FASD

FASD Activity 4

A Friend In Need - Classroom Activity:

SYNOPSIS

Using a specific scenario, young people will learn how to support and help a friend in making informed choices for a healthy pregnancy. They will identify and learn about community information, programs and support systems that are available to a woman who finds herself in this situation.

METHOD

❖ **SHARING THE SCENARIO – Share this scenario by reading it to the group.**

- At age 16, the last thing Michelle had planned on was becoming pregnant. In fact, when she missed her period the first month, she told herself that it was just late, and that her recent “Super Skinny Diet” (potato chips and diet soda) was why she felt sick once in a while. She couldn’t be pregnant. After all, she had only gone all the way that one time with Jason and he could hardly even grow a mustache yet! Besides, he had promised her that he knew how to hold back until the last moment so there wouldn’t be any problem. Of course, after all they’d been drinking at the party.

Michelle was already 10 weeks pregnant before she finally admitted to herself that it was true. She began drinking more than she used to just to escape from thinking about her problems. She was less and less like the person she had been a couple of months ago.

Her best friend was the only person who knew about the pregnancy. Michelle had been too scared to tell Jason at first, but now he wasn’t even talking to her anymore since she’d gotten heavily into alcohol. A lot of her other friends had begun to turn away too.

Her best friend became very worried about Michelle and decided to ask for some help.

❖ **HELPING A FRIEND – In small groups have students discuss the following questions:**

- What are some of the things Michelle’s friend needs to think about in supporting and helping her?
- How might Michelle stay healthy for herself and for her baby? What kinds of choices place Michelle and her baby at risk?
- How might you help Michelle get the information she needs?

❖ **TAKE IT A STEP FURTHER - GATHERING INFORMATION – Have the group research some support systems in your community for Michelle or someone in her position.**

- Have students brainstorm what they know and the questions they have about FASD.
- Have them answer these questions and gather additional information they could use to help Michelle by exploring the Internet, the school library, videos, guest speakers and community resource centers such as, the **Addictions Foundation of Manitoba Library**.
- Have them share their findings with the class.

❖ **WRITE A NEW ENDING FOR THE SCENARIO – Have students individually or in groups write and perform a new ending for the scenario using effective communication tools (see FASD Activity 3) and the information they have found.**

❖ *Activity created by AFM Prevention & Education staff.*