



# MANITOBA ADDICTIONS AWARENESS WEEK

## WORKPLACE ACTIVITIES

*Ideas and suggestions for events that make a difference*

Activity Type	Activity	Event
<b>PHYSICAL</b>	<ul style="list-style-type: none"> <li>■ De-alcoholized Wine Tasting</li> <li>■ Play one of the games in this Kit's Activity Section – <i>“Learning through doing....Let the Games Begin!”</i></li> <li>■ Scavenger Hunt</li> <li>■ Hike for Health</li> </ul>	<ul style="list-style-type: none"> <li>✓ Host a de-alcoholized wine tasting event.</li> <li>✓ Develop and play a workplace version of <i>“The Amazing Addictions Race”</i> game (<b>Activities Section 2.2</b>).</li> <li>✓ Have employees collect articles from a list.</li> <li>✓ Plan a noon hour walk for employees with a predetermined route around the workplace. (Include a rest stop in a park if possible for a brown bag lunch.)</li> </ul>
<b>DISCUSSION</b>  <b>“Let’s talk about...IT”</b> – Show you care about and support healthy choices in your workplace!	<b>“FOOD FOR THOUGHT SERIES”</b>  1. Parenting For Prevention 2. Do you have a healthy workplace? 3. Keeping The Fun In Gambling. 4. Driving While Impaired 5. Herbal Medicines: Weeding Fact From Fiction. 6. Crystal Meth Awareness 7. Families and Addiction. 8. Kick Butt At Work! Smoking Cessation Program.	25 Minute presentations and question period <b>OR</b> a Panel Discussion. Invite a guest speaker knowledgeable on the subject and hold a lunch hour information and awareness session. Have a question and answer period following the presentation by the speaker.  (Refer to <i>Food For Thought Series 3.1</i> for a list of speakers on a range of topics)
<b>PROMOTIONAL</b>	<ul style="list-style-type: none"> <li>■ Newsletters</li> <li>■ E-mail messages</li> <li>■ Payroll Stuffers</li> <li>■ Public Service Announcements</li> <li>■ Show a video(s)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Send slogans or awareness messages to employees’ E-mail during Addictions Awareness Week.</li> <li>✓ Advertise weeklong activities planned for the workplace or order multiples of the free brochures available in the <i>Supporting Resources Section 4.5</i>.</li> <li>✓ Refer to P.S.A. sheets in <i>the Contest &amp; Promotion Section 1.3</i> of this kit.</li> <li>✓ Arrange to borrow a video from AFM Library that relates to the planned activity. Refer to <i>Section 4.1</i> of this Kit.</li> </ul>
<b>PARTICIPATION</b>	<ul style="list-style-type: none"> <li>■ Encourage staff to have their children (K to Grade 12) participate in this</li> </ul>	<ul style="list-style-type: none"> <li>✓ Show your workplace cares about Healthy Choices. Set up a competition for</li> </ul>

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	<p>year’s addictions awareness contest sponsored by Elks &amp; Royal Purple of Canada.</p> <ul style="list-style-type: none"> <li>■ Random Acts of Kindness Week</li> <li>■ Screening clinic (heart, hearing, eyes)</li> <li>■ “Smoke-free day”</li> <li>■ “Caffeine-free day”</li> <li>■ Mocktail Contest</li> <li>■ Plan an <b>“Electronic Trivia Contest”</b> focusing on preventing alcohol &amp; other drug misuse and problem gambling.</li> <li>■ Casual Day</li> <li>■ Wind-up get-together for a lunch hour.</li> <li>■ Sponsor “Tie a Ribbon on for AAW”</li> </ul>	<p>your employees’ children at your office, secure prizes from local businesses display their creations – and enter them in this year’s MAAW contest. (see <b>Contest &amp; Promotion Section 1.1</b>).</p> <ul style="list-style-type: none"> <li>✓Have employees exchange names and plan an act of kindness a day for one another. This is a great family activity as well.</li> <li>✓Have the Heart &amp; Lung Association or other organization set up a clinic.</li> <li>✓Promote a “Weedless Wednesday”</li> <li>✓Pick a date and promote a Caffeine-free day.</li> <li>✓Hold a contest during the week and have employees create their own non-alcoholic recipes for drinks and mix them for a panel of judges.</li> <li>✓Ask “trivia” questions during MAAW. Circulate them by e-mail. Correct entries go into a draw. Have daily winners and a grand prize winner at the end of the week.</li> <li>✓Employees make a nominal donation to dress casual on a specified day/date. (Donate money collected to EAP for resources).</li> <li>✓Have employees bring a bag lunch or organize a cost per person event. Present special achievement awards at this time to recognize individual’s efforts for the week</li> <li>✓Call local merchants and gather support. Make ribbons available from local merchants and arrange discounts at recreation facilities for people wearing ribbons.</li> </ul>
<b>EDUCATIONAL</b>	<ul style="list-style-type: none"> <li>■ Circulate a quiz on alcohol and other drug-related issues to all employees. Use <b>Information &amp; Activity Section 2</b>. to create the quiz.</li> </ul>	<ul style="list-style-type: none"> <li>✓Distribute a quiz on Monday as a kick-off to the week; collect the entries by Thursday. Hold a presentation ceremony on Friday during lunch hour or coffee break. Give MAAW t-shirts as prizes.</li> </ul>