



Manitoba Addictions Awareness Week

DRUGS & SPORTS



TEACHABLE TOPICS - can be modified a range of grades.



BODY TALK

Drugs & Sports - Activity 4

Have each student bring an ad selling an "unrealistic body image" to class. Each ad should have product name/clues covered and should be mounted on a piece of paper, numbered, and displayed on the classroom/gym walls. Provide a numbered sheet and have students circulate, observe the ad and try to identify what product is being sold. Share the results. Show a video (AFM Library - 204-944-6279) on body image and/or the power of advertising. This is an opportunity to talk about:

- ⇒ Truth and what is really being sold by the advertising
- ⇒ The benefits of a healthy diet
- ⇒ Regular exercise
- ⇒ Well designed weight/fitness training programs
- ⇒ What is the advertising "ideal" versus realistic body images?



YOU ARE WHAT YOU EAT!

Drugs & Sports - Activity 5

Bring in an ad for a nutritional supplement product. Have students brainstorm:

- ⇒ What they know about nutritional supplements and performance enhancing drugs.
- ⇒ Questions they would like to have answered.

Group students by topic and have them research their topic in the library. Invite a speaker (**Speaker's Forum**- Resource Section) to provide the "FACTS" on such performance enhancing drugs and nutritional supplements. Students then produce their own ads (radio, video, poster) promoting the "FACTS" and healthy alternatives.



SPECIAL NEWS REPORT - HEAR ALL ABOUT IT !

Drugs & Sports-Activity 6

Divide your class into 4 or 5 groups and have each group plan, research and perform a **Television News Report** on drug use by athletes. For background information, have students use the school/public library to research an actual incident. Students could role-play a variety of characters in their news report: the athlete; the coach; the family/friends; other players; the physician; the news reporter; the public. The report should include the facts, the physical and emotional effects, and the legal consequences of such drug use. These reports could be videotaped and shared with other classes. Invite a local media personality to provide "how to's" on news reports and help evaluate the final products.



RAP IT UP

Drugs & Sports - Activity 7

Divide your class into groups. Have each group develop a **RAP ROUTINE** on such topics as: healthy body image, smart choices around drugs & sport, truth in advertising, etc. Have them perform their routines for other classes or at an assembly. Videotape them; share them with the media and the MAAW Committee - we'd love to see them.