

## STAYING SAFE BOOKLET

Using the “Tough Kids and Substance Abuse” activity suggestions in the MAAW Resource Kit, the Champlain School Grade 3 class participated in a neighborhood safety walk identifying places students could go to ask for help. They took pictures of themselves in front of each of the safe places, and rated each place on a Friendly scale of 0-10. They then published the addresses, hours open, access to phone, phone number and names of contacts, etc. were used to produce a “**Staying Safe**” Champlain School Neighbourhood Booklet, which was distributed to each student in the school during Addiction Awareness Week.” This activity made all the students at the Champlain School aware of safe helpful community resources that students can go if they need to escape from a difficult or dangerous situation.

## MEDICINE WHEEL STONE

The Helen Betty Osborne High School in Norway House suggests collecting rocks and having students paint them in the four colours. (red, white, black and yellow). Each student would then have their own Medicine Wheel Stone – a reminder of the need to have a healthy balanced life.

## DESIGN YOUR OWN GAME

Have your group research tobacco prevention and using the facts design a board game. Use a **don't start using tobacco** pile of cards to make your way around the board and a **quit using tobacco** pile of cards to make it interesting!

## HOLD A BUTTON DAY

Students could make and wear buttons that promote healthy lifestyles. Buttons could then be traded or mounted on a wall display at the end of the day. Students could be encouraged to participate by entering their name in a draw for a MAAW t-shirt or other prize.

## SCAVENGER HUNTS

Organize a scavenger hunt promoting healthy activities. Answers to the list of questions could be found at the local recreation/community centres, libraries, parks and health units. All those participating could be entered in a draw for donated prizes.

## ORGANIZE A HEALTH FAIR

Invite health providers (public health nurses, injury prevention, diabetes educators, addiction workers, dental therapists, tobacco educators, mental health workers, dieticians, environmental health officers, healthy baby educators, etc.) to your facility. Have them bring pamphlets, videos and displays to educate your target group. Gather door prizes to give away throughout the day. Provide participants with passports. Have displayers stamp their visitors passports at each booth and at the end of the day draw lucky passports to win prizes. Serve healthy refreshments, snacks or lunch to attract a crowd

## AMAZING ADDICTIONS RACE

Use the guidelines in **Section 2 – Information & Activities** to design your own **Amazing Addictions Race Game**. Informative, active and fun, this game is modelled after the popular T.V. series. It can be played using small or larger groups. Participants accomplish tasks and face challenges while learning about substance use/misuse, gambling and addictions. Operating as an effective team as they encounter detours, roadblocks and pit-stops! This game may provide an opportunity to plan and co-ordinate some of the game elements with other organizations in your community. **Let the fun begin.....**

## ROLE PLAY

Children and teens need help learning to resist peer pressure and to say “No” to bad ideas. Have them role-play situations in which they might be tempted by harmful addictions and practice ways in which they can resist the pressure.

## VIRTUE BINGO

John W. Gunn School designed an activity entitled “Virtue Bingo” which recognizes monthly virtues. They combined it with the “Random Acts of Kindness” activity. The teachers recognized these acts of kindness with students receiving a small token for their positive/healthy choices.

## 'HIGH ON LIFE'

Students/staff held a “High on Life” week to promote increased awareness of drugs and a healthy lifestyle. There were activities every day-a high on life poster contest, high on life fitness day, high on red day, high on jeopardy day, and high on sharing day. (Stonewall, MB)

## COMMUNITY IDOL CONTEST

Organize a talent show open to all students showcasing youth talent – preferably during school hours to enable parents, teachers and students to watch. Everyone who enters would receive a prize. Check out MAAW’s free **The Best of Me!** pen!

## PRODUCE A VIDEO

Produce your own video about addictions focusing on how we can support one another in making healthy choices. Enter it in this year’s **“The Best of Me!”** contest.

## TEACHER IN-SERVICE

Plan a teacher in-service day around addictions. Orientate teachers to the various resources that are available to help them teach their class about avoiding addictions (for example, learning about the harm that addictions cause, dealing with peer pressure, finding support to recover from addiction). Stress the need for schools and teachers to provide healthy role models

# Manitoba Addictions Awareness Week

Here are some activities that have taken place in Manitoba schools, communities and workplaces!

**This year's theme is *The Best of Me!***

Here are some useful communication skills to help open discussions around the province.

Good communication and meaningful discussions take skill and practice. They happen when participants:

- Listen without judgment,
- Are open to the opinions/ideas of others
- Listen carefully and respond thoughtfully
- Don't worry about being right
- Stay focused and ask for clarification when needed
- Repeat what's been said to ensure it is correct
- Listen to themselves and pay attention to how they respond to certain topics/issues
- Are honest while still being polite, respectful and considerate of the feelings of others
- Understand and acknowledge most things are not black or white but somewhere in between
- Have integrity and build trust.

## Manitoba Addictions Awareness Week Committee

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## TWENTY QUESTIONS

Prepare a questionnaire of twenty questions focusing on alcohol, drugs and gambling. Distribute the questionnaire throughout the school/community or workplace. Collect the

entries at the end of the week. Obtain prizes from locally businesses. All those who answered 10 questions correctly are eligible for the draw. Hold a special presentation ceremony.

## COVER A WALL

Have your group design messages, posters, and artwork to get the message out about addiction awareness. Once permission is granted, cover a wall in a public area (restaurant, public office, store, etc.)

## HAVE A PERFORMANCE ART SHOW

Invite members of your community to produce posters, poems, songs and stories that speak to the harm done by addictions, or the joys of living a healthy lifestyle. Have an evening when the public is invited to see the art produced. Enter your creations in this year's "*The Best of Me!*" contest.

## FATAL VISION KIT

St. Rose du Lac and Waterhen-Skownan Schools introduced the Fatal Vision Goggles Kit. They designed an obstacle course that participants navigated wearing the goggles. This clearly demonstrated the feelings and level of impairment after a few drinks.

## HOLD A THEATRE WORKSHOP

Invite someone who has experience in theatre to lead a group to develop a play about an addiction issue. They will brainstorm scenario ideas, develop a skeleton script, practice acting and more before they are ready for the stage. Plan a special time to present it to the community.

## SPONSOR A SELF-HELP OR ADVOCACY GROUP

Sponsor a self-help or advocacy group in your school or community. Members can support one another in overcoming addictions or raising the level of awareness on issues/concerns around alcohol, tobacco, other drugs and gambling.

## PARTICIPATE IN THIS YEAR'S THEME - *The Best of Me!*

Manitobans care about substance use/ misuse and addictions. Take the lead in supporting and promoting the "*The Best of Me!*" theme. Open the discussion using any of the ideas, suggestions and activities included in this kit or communicating in poetry, art, video or essay form in this year's contest. It only take one person to open the discussion...you can make a difference! See the **Promotion Section** of this 2008/09 Kit for more details.



Use some of the great ideas in this kit to open the discussion about substance use/misuse, gambling and addictions!