

Suggestions for events that make a difference!.....

1. Make a conference of it. Invite speakers on different topics (refer to the Resource Section of this kit on “**Speaker’s Forum**”). Try a panel discussion, a debate, or motivational talks.
Possible topics:
 - ✓ Crystal Meth.....facts, issues, action!
 - ✓ Dealing with peer pressure
 - ✓ Teen attitudes toward alcohol use
 - ✓ The harmful effects of smoking and second-hand smoke
 - ✓ The harmful effects of binge drinking
 - ✓ The effect of advertising on alcohol use, smoking, gambling
 - ✓ Legal issues: legal ages for drinking, smoking and gambling. Should they be changed? Penalties for supplying underage users. Should they be tougher?
 - ✓ Illegal drugs...What are the consequences?
 - ✓ Fetal Alcohol Spectrum Disorder: A high price for drinking
 - ✓ Eating Disorders....Who’s at risk?...What are the signs and consequences?
 - ✓ Where to go for help
2. Have a **Dump the Butts Day**. Gather up all the junk you can find: empty liquor bottles, cigarette packages, butts, etc. Use this as a chance to clean up the area around your school. Add to that junk your t-shirts, hats, toys etc. that carry logos for tobacco and alcohol. Choose a day to “Dump the Butts”. Gather everyone together and conduct a ceremony during which you throw all that junk in a dumpster or garbage can. Invite the parents! Invite the neighbours! Invite the media! For a grand finale do something healthy: a healthy snack, or a healthy exercise. (**Important!** Be sure that children know **not** to pick up dangerous objects like broken glass or used needles. They need to call an adult to help with those objects.)
3. Have an alcohol-free and smoke-free dance.
4. Create an arts event around healthy living. Produce posters, poems, songs, and stories about addictions, related issues and about addiction-free healthy living. Participate in this year’s “**The Best of Me**”.
5. Sponsor a *Tie A Ribbon* Day. Sell (or distribute and ask for a donation) ribbons to support healthy addiction-free living. Donate the proceeds to a group such as Mothers Against Drunk Driving, or a shelter for abused women and children.
6. **Proclaim your home, car, school, playground, park, workplace or organization Smoke Free**. Put up signs to announce it to everyone. Distribute “**No Smoking**” signs to participants.
7. Organize a sports contest emphasizing “**Healthy Choices**” during MAAW. Teams can be comprised of kids or kids against the teachers. Provide healthy snacks and beverages for refreshments.
8. Create a special newsletter for Addictions Awareness Week. Fill it with information and artwork focusing on issues around the use and misuse of alcohol, other drugs and gambling.
9. Have youth express themselves by participating in mask-making workshops during Addictions Awareness Week. The decorative masks can be exhibited with photographs of their creators making healthy lifestyle choices.