



YouthLink Safe for Life: Drugs Optional Post-Field Trip Activity

Purpose: The purpose of this activity is to practice the strategies for saying no to drugs that were discussed in the Drugs Safe for Life presentation.

Materials:

- Paper or poster board for each group of students
- Marker/pen/pencil for each student
- Printed scenarios for each group, or display them on a screen for the students to see

“Saying No” Brainstorming (10 minutes):

- **Say:** Remember from our drugs presentation – if you feel empowered and safe to say no to being offered drugs or alcohol, that’s great! But we might not always be in a situation where we are comfortable saying no, and that’s okay too. Just because we might not be comfortable saying no **does not** mean we have to say yes! That’s why we want to have other strategies if we ever find ourselves in a situation like that.
- **Review** the strategies from the YouthLink presentation for saying no to drugs. For example: Developing a safety plan and code word with a safe and trusted adult, making up an excuse to leave the situation, explaining why drugs are bad, just saying no if you feel comfortable to do so.
- **Explain:** I have divided you into groups. Each group will be given a piece of paper to write on. You will have ten minutes in your groups to brainstorm some strategies to use if you are in a situation where you do not feel comfortable saying no, then we will have a class discussion to share the ideas we came up with. Remember to use the YouthLink Smart Choice Checklist tool when discussing your thoughts.

Note: The students can be split up into any size of groups, including partners. There are three scenarios below, so multiple groups may be completing the same scenario.



Scenarios Activity (20 minutes):

- **Say:** In your groups, I want you to share with your group members what you would do if you were the person in each of the scenarios. What would you do if your friend were in those scenarios? Afterwards, we will discuss our ideas as a class.
- Following the brainstorming, invite each group to share their thoughts. Ask the rest of the class for questions and comments that they can add to the scenario. Encourage the students to use the smart choice checklist school to describe how the situation would make them feel, who they could go to for help, and strategies for how they could safely get out of the situation.

Scenario #1:

You are at a party with your friends. One friend suggests you all smoke some marijuana from a joint. You have never tried it before, and you know you don't want to.

What could you do?

Scenario #2:

You and some friends are having a sleepover at a friend's house. One of your friends pulls out a bottle of alcohol. They take a drink and then pass it around. Then, the bottle is passed to you.

What could you do?

DRUGS



Scenario #3:

Your friend has started hanging out with older kids who smoke at lunch time. One day, they ask you to join them for lunch, and one of the other kids offers you a cigarette. Your friend tells you that it's no big deal, and that the other kids will think that you are cool if you participate.

What could you do?