

re:TH!NK

Youth Activity Guide

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Think About It

Above the Influence



Activity Description:

www.abovetheinfluence.com

“Think About It” is an activity that involves students by asking them to make visual displays of the “Tags” other students have completed.

The purpose is to engage students in conversations about their reasons to be substance free and show that there is a connection between them and their peers related to reasons for being above the influence.

Time required: One hour

Supply List

- Tags already made
- Tape
- Hole punch
- String
- Colored Paper
- Glue
- Above the influence sheets

Teaching Points

- Explain Above the Influence
 - A community of teens for teens.
 - About being an individual not a follower
 - Standing up to negative influences
 - Knowing the facts about drugs, alcohol, and smart decision making.
- Explain where the Tags came from
 - Other students were given a presentation and made their own tags or reasons for being above the influence.
- Explain the activity
 - Each student takes a stack of tags and gathers their supplies.
 - Have them read all the tags
 - Discusses with people around them what their tags say.
 - Have kids finish the display that they are working on.

Discussion Questions

- Were there any tags that stuck out? If so why did they stick out?
- How many could you identify with, and why.
- Were there any tags you struggled to understand or identify with?
- What is your reason to be above the Influence?



Seeing Clearly

Alcohol or Drugs



Activity Description

Seeing clearly will have youth clean windshields in a parking lot than leave a sheet of paper with a message from the coalition about not driving impaired, and a resource for a safe ride home. The purpose is to have students get out and active, while spreading a great message of not driving impaired.

Time required:

Depending on how far you have to travel for the cars as short as an hour or as long as 2 hours.

Supply List

- Spray Bottles filled w/ soapy water
- Rags or a Squidgy
- Sheets of paper with message (typed up & cut ahead of time)
- Windshields to wash

Talking Points

- Explain the activity
 - Going into a parking lot filled with cars, and washing the windshields.
 - Make sure to take anything that will scratch the car out of your pockets or off your clothes.
 - After washing windshield, will place a card under one of the windshield wiper blades.
- Depending on how many cars there are this activity could take from an hour to two hours.

Discussion

- What were some of the strengths about the activity? Weaknesses?
- Do you think people will read and think about the messages that we gave them?
- How does it make you feel that people may be driving after drinking to much alcohol?
- What are other ways we can remind people to be safe and get alternative ways home?

Flash Mob

Tobacco/ Other

Activity Description

A flash mob is an organized movement that seems to come out of thin air for the general public. (YouTube flash mobs) This program was planned using tobacco statistics but could easily be modified to fit specific campaign initiatives and gain visibility.

Time Requirement: In order to prep the activity get supplies together, think of what your message will be and figure out how to execute the flash mob allow for at least 2 hrs. The activity it self will take about a hour to two hours. This all depends on how complex the flash mob execution will be, if you simply have everyone fall dead at the same time than it wont take as long as if you have people chant, or learn a dance routine.

Supply List

- Group of brave people
- A meaningful message to share
- Signs to hold
- Markers

Teaching Points

- You will need to have a meeting 15 mins before the activity to teach everyone the chant or to tell them what will be happening.
- Have everyone sync their watches or phone so that everyone does the activity at the same time.
- We told people to walk around through the crowd at the farmers market like normal. Than at 10:05 everyone was to fall down “dead”. They held their signs so that people could read what they said, while they were laying “dead”.
- See attached sheet for messages that were on signs.

Discussion

- How did people react to you?
- What did you hear people say about your sign or the flash mob in general?
- Do you think this was an effective way to get our message across?

SIGN MESSAGES

- New tobacco products come in candy flavors like grape, cherry and sour apple.
- Tobacco companies lied under oath that nicotine was NOT addictive.
- There are over 4000 chemicals in a cigarette.
- Big Tobacco spends \$274 million in WI on advertising.
- "We don't smoke it. We just sell it. We reserve that for the young, the black, the poor and the stupid."—tobacco company executive
- 22 Wisconsin teens become regular smokers every day.
- 17.7% of WI high school students smoke.
- 200 people die in Winnebago County every year from tobacco-related illnesses.
- Between 1998-2004, Big T increased the nicotine in their products by 10%, and kept it a secret.
- "If you are really and truly not going to sell to children, you are going to be out of business in 30 years." –Bennett LeBow of Liggett/Brooke Group, Ltd.
- Big Tobacco is using sweet flavors and bright packaging to sell teens cancer. It's manipulative.
- "Nicotine is addictive. We are...in the business of selling nicotine."—Brown & Williamson Report, 1963
- Nearly 90% of adults who smoke started before they were 18 years old.
- 1/3 of all youth smokers will die early from smoking-caused diseases.
- An American dies every 72 seconds from a tobacco-related illness.
- "Today's teenager is tomorrow's potential regular customer."—Phillip Morris memo, 1981.
- Big Tobacco got me...don't let them get you!
- I am one of 85 (who've already died in Winnebago Co.)
- Big Tobacco LIED to me.
- I tried Big Tobacco's candy.
- Stop Big Tobacco's candy flavored killers.
- Fight Big Tobacco's Manipulicious Lies



Life Choices Miniature Golf

Any Substance



Activity Description

Youth are given the choice of 4 golf balls; each ball is a different color. Depending on the color it correlates to a substance choice. Green was marijuana use, blue was tobacco products, red was alcohol consumption, and pink was substance free. The students are told to pick a color ball than they see if they can make the put. When they have made the put they get to choose a piece of paper that corresponds with the color of the ball that they choose. Each sheet of paper has a consequence for the choice that they made.

Time requirement: To gather supplies and make the consequences of their choice of ball I would allow for two to three hours. This games lends it's self to taking up as much time or as little time as you want. This activity was done at the boys and girls club for three hours and students came and went as the pleased.

Supply List

- Golf balls
- Putter
- Put-Put Hole
- Consequences on sheets of paper

Teaching Points

- You have to make a decision on what color ball to use just like you do in real life.
- Even with an informed decision you some times do not know the consequences of your choice.

Discussion Questions

- What do you think of the choice you made?
- Would you ever choose to use that substance?
- If your substance free how does it feel to be put in a situation where you got in trouble or lost something because of one decision?
- Do you have any stories about the substance that you choose?
- Do you have friends that have used before, what was it like, did you do anything about it?

Tattoo a TV



Physical Activity

Activity Description

This activity proves to be interactive as it invites youth to write alternative activities to watching TV on an actual old television set. We want them to be something active, but something such as reading was allowed to be put down as well. This is a good activity to do at a health fair, National Night Out, the back to school fair etc.

Time Requirement: This is simple the prep time will take about 10-15 mins making sure you have all of your materials and give aways. The thing that may take the longest is finding a old TV.

Supply List

- Old TV
- Permanent Markers
- Give aways (Frisbees, water bottles, sweatbands)
- Information about re:TH!NK
- An out going person who will pick kids brains about what they like to do for fun.

Teaching Points/ Discussion Questions

- What do you do for fun in summer?
- What do you do for fun in winter?
- What kinds of games do you like to play with your friends?
- Do you like playing outside?
- Are there any active games you can play inside?
- Do you watch a lot of TV? If so how much?



Key Chains for a Cause

Alcohol



Activity Description

The key chains are intended for youth to gift them to a loved one over the age of 21. Kids are instructed to decorate their key chain with a “Don’t Drink and Drive” message on them to encourage their loved ones to rethink drunken driving. These are used as a point of decision prompt that the person will take with them wherever they go. Kids can also make a card telling the person who is going to receive the card why they love them and reason for them to not drink and drive.

Time requirement: This activity will take about an hour or so. By the time you explain the activity why it is important for people to have reminders to make good decisions. The prep time won't take more than about 20 minutes. Making sure you have all the supplies for the project.

Supply List

- Key Chains (Oriental Trading.com)
- Markers
- Cards stock- Kids can make a card to go with the key chain
- Scissors
- Sheets of paper with mock messages on them for kids to use

Teaching Points

- First have the kids identify who they are making the key chain for
- Have the kids brainstorm some messages around not drinking and driving
- One key chain to decorate for the most important person in their life.

Discussion Questions

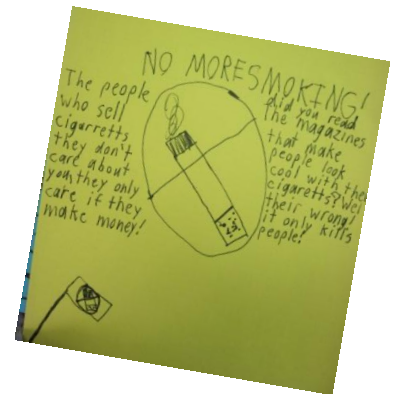
- Why shouldn't you drink and drive?
- What can happen if you drink and drive? (OWI, Jail, Death, Embarrassment)
- Have you seen any adults you care about drink and drive?
- What can you tell the important people in your life if you want them to make the right decision?

Prompts for Key Chains

- I love you! Don't drink and drive!
- Make the right choice. Don't drink and drive!
- Call for a ride home! Don't drink and drive!
- I want you around for a long time, don't drink and drive!
- Think of me! Don't drink and drive!
- You're my hero, don't drink and drive!



Pizza Box Brigade Tobacco/ Alcohol/ other



Activity Description

This activity will allow kids' creative sides to flow. As the leader of the activity you will focus your message down to a few different key themes, then give the kids paper and markers, and let them spread the message

Time Requirement: Finding a pizza place that will attach the flyers will take anywhere from an hour to two hours. Making the flyer will vary in time. If you have a certain amount you want to make or you can simply have each youth make two or three.

Supply List

- Colored paper
- Markers
- List of messages to put on signs
- Stickers with the re:TH!NK logo on them
- A pizza place to take the flyers

Teaching Points

- Describe what your cause is and why it is important to them.
 - YRBS data
 - Nation wide stats
 - School stats
- Then give them the sheet with the key themes on it
- Many times it is best if you can do an example of a flyer so that kids can visualize what needs to be done.
- Remind kids that these flyers will be going into the community so they must do their best work!

Discussion questions

- This will depend on what substance or what your key themes are
- Always ask how do the kids feel about the topic
- Does it directly affect them? Do they know someone who has or do they do this activity?

Lesson Learned

The first time I did this I gave kids a sheet of paper that had the message at the top of the sheet than they could add their own message at the bottom. You must talk to a local pizza place and ask them if they will attach the signs to their pizza boxes.

*See following two sheets for examples of themes and hand outs



re:TH!NK would like to remind you that April is Alcohol Awareness month. This art work has been done by students at YouthGo in Menasha.



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Public Service Announcements

Alcohol

Activity Description

You can do public service announcements for any topic. We have done them on under age alcohol and also on prescription drugs. We also make an intro video of a group of kids reading our mission statement and vision. Make sure that you get a signed photo/video release from kid's parents before you use them in any type of video. The release form is in the resource section in the binder.

Time Requirement: To write new scenario's I would allow for at least one hour. To execute and film the PSA it should take about a hour to hour and a half. This will depending on the age of the youth your working with, and how focused they are.

Supply List

- Props for your skit
- Flip camera for filming
- Scripts for students to read from
- Flexibility

Teaching Points

- You will need to assign students to each role
- Make sure to go through the whole script with the kids first
- Ask the kids if the skit seems realistic, if not maybe you need to make some last minute changes to the script

Discussion Questions

- Ask students how it felt to play their role
- Do they associate with that role in real life?
- If they had to play a role which they don't associate with ask them if it was hard to portray that character.
- Who's actions did they model the behavior after, maybe an older brother or sister who they have seen doing that.

re:TH!NK PSA for TV Show

Give each person one or two lines to read

1. We aim to improve
2. The health of Winnebago county residents
3. By preventing and reducing the use
4. And exposure to tobacco,
5. And the abuse of alcohol
6. And other drugs
7. Through effective community collaboration
8. How does re:TH!NK do this?
9. By promoting safe and healthy decision making
10. Changing the social acceptability of substance use and abuse
11. Serving as resource for the community
12. Connecting our youth parents, organizations, and local leaders to each other through our organization.
13. Empowering the community to embrace responsibility for change
14. Raising awareness through informative skill building efforts
15. Establishing and maintaining an organized coalition structure
16. Providing a catalyst for community action and policy
17. Utilizing evidence based practices.

All: re:TH!NK.... YOUR LIFE... YOUR CHOICE...

PSA About Responsibility

The group will be having a party, loud music, dancing, video games going on, people drinking soda, having snacks.

Scene one: Back room of YouthGo

Person one: walks in, with a bottle in a brown paper bag

Person One: “The party has arrived!!!”

Everyone stops and looks at them pauses

Person two: *walks up to person one* “dude, we don’t want that stuff here!”

Person one Whatever this party is lame anyway, *walks out*

Scene Two: walking down the hall way

Person Three: *walks in grabs a few people and takes a bag of pills out*

Person Three: Hey you guys want some of these?

Group: *Shakes their heads and walk away.*

See person 3 sitting by them selves than gets up and walks out.

Scene Three:

People playing pool

Person Four: I can’t believe that _____ brought booze, what the heck is he thinking?

Person Five: I know I am happy he left I didn’t want to get in trouble for that. I don’t need to be drinking to have a good time.

Scene Four:

Person Six: I have even seen _____ with prescription pills; I wonder what is going on with them. And I sure wouldn’t want to get into trouble for having someone with those pills at my party.

Person Seven: I know that was weird and why would she/ he bring them here, they should know none of us need drugs or alcohol to have a good time!

Group: *Dancing around and having a good time! 😊*

PSA on Social Host Ordinance

Scene One: Parents talking to each other sitting in bed

P1: If her and her friends are going to drink anyways, they might as well be drinking in our basement where we can take the keys and keep an eye on them.

P2: I don't know how I feel about that. I guess you have a point.

P1: At least we know they won't be driving. There is nothing we can do to stop kids from drinking anyways.

Scene Two: Party night

The camera pans down the street, cars are on either side of the road, lights on at one house on the block. Next shot is a person walking up to the door, the Daughter opens the door and you can see the party going on inside.

Daughter: Hey, the beer is on the besetment, and we have to try and keep it down my parents are up stairs.

Scene Three: Parents bedroom

Scans the parents laying in bed with their eyes open, look at each other.

P1: Yeah, I am going to go check on them.

Scene Four: Front entry of house

Parent walks by front door, here's a knock, opens the door, and before looking out the door

P1: Sorry there are to many kids here (starting to look up) you'll have to go home.

Police officer standing at the door.

Officer: We had a noise complaint

Daughter: (acting drunk) Parent, We're out of beer!

Scene Five: Kids leaving the house

Scene Six: Parents sitting in the kitchen drinking something hot, wearing pj's

P1: A 1,000 dollars and a court date, seriously, I can't believe we did this.

Freeze frame:

Voice over: Stay out of the neighborhood gossip, save thousands of dollars, and be responsible, talk to your kids about underage drinking.

Tell me a Story

Alcohol



Activity Description

This activity encourages students to share a story that they may not want to own up to. Each student is given a blank sheet which they have to fill out a story about a time that they or someone they know used drugs, tobacco, or drank alcohol. It serves as a very good way to have a discussion about decision making. It is important to make sure that the group knows that no one will get in trouble and it is a safe space for the conversation to happen.

Supply list

- Pens or pencils
- Sheets with prompt on it and space to write (see following sheet)

Teaching Points

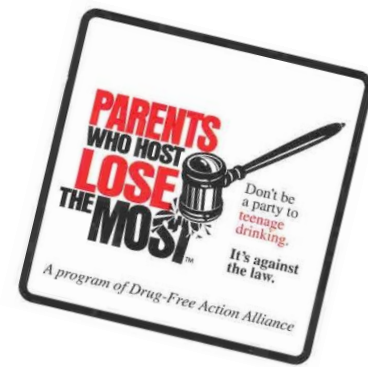
- Set ground rules
 - What is said here stays here
 - No making fun of anyone
 - Do not say what story is yours
 - Make only comments that are respectful and focused on the discussion
- Tell everyone that this is a silent activity and they must think about their story
- After appropriate time gather everyone for a group discussion
- Read stories aloud for everyone to hear

Discussion

- How does it feel to have other people hear your story?
- Do you feel like other people's stories are similar to yours?
- Do you know other people who have had similar experiences to yours or any of the other stories?
- Are you surprised by any ones stories?



Parents Who Host Alcohol



Activity Description

This is a state wide campaign that is put out by the Wisconsin Clearing house. The campaign is done in spring targeting parents and who better than sped the word than kids! There is a ton of programs and types of outreach that can be done with Parents Who Host.

Supplies Given by the Clearing House

- Yard Signs
- Window clings
- Posters
- Fact Sheets
- Folders with information
- Pledge cards
- Stickers
- Pre-inked Stamp
-

Ideas for Outreach

- Organized a city wide volunteer day for yard sign distribution
- Radio commercial done with youth
- Segment on the re:TH!NK TV show
- Youth talking to city counsel, school board, or booster clubs about the campaign
- Flashmob
- Many more!

Resources

<http://sites.google.com/site/parentswhohostwi/>



Chalk it Up for Prevention

Tobacco/ Alcohol/ Any



Activity Description

This is a fun activity to do when the weather is nice out! It is simple and allows students to be creative while still getting the coalitions message out. You will be able to take any kind of message or prompt and have students simply chalk the messages on any side walk, driveways, or roads.

Time Requirement: The prep time for this activity is not more than 30 minutes to gather supplies and make fact sheet for students to chalk. The activity length will depend on how much space you have and how many students you have. It will take at least one hour to conduct the activity.

Supply List

- Chalk
- Messages to be chalked

Teaching Points

- Make sure to always get permission if you are going to be chalking on private property! The side walk in front of a business between their property and the road is owned by the city or town so you can chalk on it! 😊
- Explain the activity and have the students brainstorm locations for the message, a gas station fast food restaurant, etc.

Discussion questions

- Did anyone say anything to you as you were chalking?
- Will you point out your art work to people you know and your family?
- Why did you choose the message you did to chalk?
- Do you think people will stop and read it?
- Did you make any words more bold or a different color, if so why those words?



Human Billboard

Other Drug/ Any



Activity Description

Have a group of energetic youth doing a human billboard is a great way to get your message out! Find a busy street corner and have students hold their signs up so that passing cars are able to see the. You will have one word on each poster board when all the signs are held up together your message will be legible.

Supply List

- Poster board
- Markers
- Message for signs
- Busy street corner

Teaching Points

- Students will be in charge of making a cheer, chant, dance, or doing the wave while standing on the corner.
 - It doesn't have to be those things exactly but something fun to get peoples attention.
- Educate students of message and purpose of the project.

Discussion Questions

- What were people's responses when they drove by?
- What do you think the effectiveness of this program was?
- What did you enjoy or not enjoy about this activity?