





## Week Three Theme: **ALCOHOL, DRUGS, AND THE MIND/ BODY/SPIRIT BALANCE – PART II**

The girls will continue with the topic of alcohol/drug/nicotine use and how deciding to use substances can affect the “balance” in their lives.

Activities are designed to demonstrate that when a person starts to use substances, it can take over and dominate their life.

In addition, by practicing the use of refusal skills, girls will develop the language and confidence they need to manage pressure from peers to use substances.

### **ACTIVITY**

- “Life” Mobiles, role-play, journal writing, self-affirmation statements

### **MATERIALS**

- Popsicle Sticks
- Hangers
- String/ribbon
- Pens/markers
- Role-play Situations (Provided At End Of Unit)

### **PURPOSE**

- To increase understanding of how the use of alcohol/drugs/nicotine can negatively alter the balance of mind/body/spirit
- To raise awareness of the influence of peers on feelings, thoughts, and behaviors
- To empower girls to realize that they always have choices
- To help girls learn and practice refusal skills, skills for thinking under pressure, and skills for dealing with difficult peer situations

### **FACILITATOR PREPARATION**

- Have materials ready from materials list above. Copy, “role-play” situations and cut them up so there will be one situation per group.



# Week Three



## OPENING RITUAL

Do the same opening ritual each time.



## THEME INTRODUCTION

Introduce the theme of the week, "Alcohol, Drugs and the Mind/Body/Spirit Balance."



## CHECK-IN

Go around the circle and have each girl "check in" as to what is going on in her life.



## ACTIVITY 1

### "Life" Mobiles

- 1 Have the girls write a list in their journals of 5-10 activities that they enjoy participating in. This list can be very broad including things like sports, school, hobbies, reading, relaxing, eating, hanging out with friends, using the computer, talking on the phone, watching movies, napping etc.
- 2 When they have finished, pass around a basket of popsicle sticks and have each girl take 5-10 sticks (one for each activity on her list). Also provide a hanger for each girl and string or ribbon for tying on the sticks.
- 3 Have the girls write the activities they enjoy on the sticks and hang them from the hangers to represent the many things they like to do.
- 4 After their mobiles are finished, bring out the 8" by 11" Alcohol/Nicotine Posters from last session (one for each girl). Have the girls each tie her poster to one end of the coat hanger.



## SHARING OF ACTIVITY

### Ask, "What happened when the alcohol/nicotine poster was added to the mobile?"

- How can drug use cause an "imbalance" in someone's life?
- What are some of the things people stop doing when drugs take over their lives?
- Have you ever heard of the term "preoccupation"? How does drug use cause a preoccupation that effects other areas of a person's life?
- What are some ways we might return to a balanced life after we start using drugs?

*After the discussion have the girls remove the posters from their mobiles.*



# Week Three



## ACTIVITY 2

### Role-Play and Group Discussion

- Divide the girls into groups of 3-4 and hand out the role-play situations.
- Give the girls 10 minutes to prepare their scene.
- Have each group present their scene to the other girls.

*If necessary, remind girls to use the following successful strategies in their role-plays for managing peer pressure:*

- *Stay calm, be direct and give good eye contact (this increases your chances of being heard and respected)*
- *Try asking a direct question like “Are you asking me to smoke that cigarette?” Or, “Are you suggesting we drink alcohol before the dance?” (This takes the pressure off of you and puts it back on the person who is pressuring.)*
- *Say No. Be clear and don’t apologize. “No, I don’t smoke.” “No, I don’t drink.” “No, I don’t want to drink before the dance.” (If you are clear and direct, it reduces arguments from others.)*
- *Offer alternatives...”No, I don’t want to drink...why don’t we go to the movies instead.”*
- *If none of the above works, leave the situation.*



## SHARING OF ACTIVITY

### After each role-play, lead a discussion using any of following questions:

- What did it feel like to be pressured? Or to be pressuring?
- Why do you think some people pressure other people to drink or smoke?
- Was there anything else the person who didn’t want to drink/smoke could have done or said?
- What other options are available to you for getting out of situations like these?



## ACTIVITY 3

### Self-Affirmation (Reflective Journal Writing)

Have each girl write a list of 3-4 self-affirmations describing herself in relation to her ability to think under pressure and stand up for herself.

You can share some of the following examples to help:

- I know what I believe and am able to do what is right for me.
- I will surround myself with friends who can support me in my decisions and who will stand by me in hard times.
- Staying true to myself is more important than pleasing other people or being “cool.”
- I always have options in any situation if I stay calm and trust myself.



## CLOSING RITUAL

Go around the circle and have each girl close by reading one or more of her affirmation statements out loud.





## Role-Play Situations

**ACTIVITY HANDOUT** *(Cut on the lines and give one scenario to each group)*

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You are going over to a friend's house to get ready together before the school dance and one of your other good friends will be there too. When you are getting ready your friend shows you that she has stolen some "wine coolers" and "ice lemonades" from her parents garage refrigerator and she wants the three of you to drink them before leaving for the dance. What do you do?

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You go to a slumber party at the home of a "new" friend that you just met this year in your P.E. class. You don't know her that well but you think she's really cool and many of your good friends are going to the party. You are all in your sleeping bags sleeping outside on the backyard deck when your "new" friend pulls out a pack of cigarettes. She says her older brother got them for her and before you know it she has lit one and it is already being passed around the circle. What do you do?

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Your friend's older sister is driving a group of you to the movies. Before getting ready to go, you realize that the older sister (the driver) is drinking alcohol in the bathroom with one of her friends. What do you do?

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You are meeting two friends at the mall. When you get there they have met a couple of really cute guys and are hanging out with them. One of the guys says that he has some "great weed" and suggests you all go out to his car in the parking lot to smoke a joint. Your best friend has whispered to you that she really likes one of the guys and that she wants to go. What do you do?

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You go with a date to the dance. After his parents drop you off out in front of the school, he tells you that he has to walk around the corner to his friend's house to pick up his buddy. You walk to his friend's house together and when you get there his buddy takes you both to the backyard and hands you each a beer. What do you do?

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