

VIRTUALLY ADAPTED
ACTIVITY –
TEEN DRUG USE & ABUSE

ACTIVITY TO IDENTIFY THE REASONS THAT TEENS
EXPERIMENT WITH OR ABUSE DRUGS AND
POTENTIAL CONSEQUENCES

From the Girls Circle Activity Guide, “Paths to the Future” (Session 7)

 **ONE CIRCLE**
FOUNDATION
We are all connected.

To All One Circle Facilitators,

With these difficult times, One Circle Foundation wants to acknowledge you for the great work that you continue to do with youth.

In an effort to make that a little easier for you, we are adding Adapted Activities from our curricula in order for you to have the ability to hold Girls Circle and The Council for Boys and Young Men sessions online with the youth in your programs. As you know, the creative and experiential activities presented in the Activity Guides require individuals to be in a live, in-person circle. We began adapting these activities so the youth could participate from the safety of their homes. These adaptations are made available to you on the One Circle Foundation website “Virtual Solutions” section, for your easy access.

Each adapted activity will note which Activity Guide they were adapted from as well as which session. We include an outline of the six steps of the Girls Circle Model and the seven steps of The Council for Boys and Young Men Model for you to use as a guide.

PLEASE NOTE: These adaptations do NOT include the full session; only the **ACTIVITY** step is described. However, you will see in the adaptation that there is an overview of the topic and brief discussion to incorporate into your circles. The objectives of the activity align with the original intent of the session.

Girls Circle:

Opening Ritual
Theme Introduction
Check-In
Activity → ADAPTED
Sharing of Activity
Closing Ritual

The Council for Boys and Young Men:

Opening Ritual
Theme Introduction
Warm-Up
Check-in
Activity → ADAPTED
Reflection
Closing Ritual

We welcome your suggestions and feedback. We also want to hear of any adapted or original activities you are doing online with the youth that you serve. Please email info@onecirclefoundation.org to share the online adaption work that you’re doing, and we invite you to share with one another in our Facebook Facilitator Support Group. Visit @onecirclefoundation on Facebook to join the conversation.

We at One Circle Foundation are committed to supporting all of you as we find our new normal. Be safe and continue to reach out for support from One Circle Foundation.

Virtually Adapted Activity – Teen Drug Use and Abuse

Adapted from Paths to the Future Session Seven, Activity One: Teen Drug Use and Abuse and Activity Two: Life Maps

Topic: Teen Drug Use and Abuse

Many young people experiment with illegal drug use at some point during their teen years. Some teens tend to abuse drugs because of stress in their home or school lives. Also, some teens that use drugs continue using during their adult years. Although experimentation has become the norm for many teens, there are some significant risks to both experimental and consistent drug use.

Objectives:

- To identify reasons that teens experiment with or abuse drugs.
- To examine drug use and abuse and the potential consequences.
- To explore possible ways to reduce harm from drug use.

Prior to the Activity: Let the youth know they will need a few pieces of blank paper, a pen or pencil, and either some crayons or colorful markers.

Procedure to Lead Activity:

- 1 Let youth know we will be having a discussion today about the reasons that teens experiment with or abuse drugs.
- 2 Tell the circle participants you will be asking them a few questions in regards to drug use and abuse and the potential consequences and explore possible ways to reduce harm from drug use.
- 3 Ask the youth the following questions:
 - What is the difference between experimenting with drugs and abusing drugs? What are some reasons teens experiment with drugs? What are some reasons youth abuse drugs? Why do some teens enjoy using drugs? How is peer pressure involved? How does stress affect drug use? What effect does low self-esteem have on drug use? What do you think about family problems and drug use? *Invite the youth to share their thoughts. Give them a few minutes to respond.*
 - What are some things that can happen when teens use drugs? How do teens decide when to use some of the harder drugs? What ends up happening to young people who get involved with drugs? What types of things happen when a teen has a family member who is addicted to drugs? How have drugs affected you and/or your family and friends? *Invite the youth to share their thoughts. Give them a few minutes to respond.*

- How can teens avoid getting addicted to drugs? What are some fun things teens can do that don't involve heavy drug use? How do you decide whether to try a certain drug? How difficult is it for a teen to control the amount and type of drug used? When was there a time you felt good about a choice you made about drugs? *Invite the youth to share their thoughts. Give them a few minutes to respond.*

4 Summarize the Discussion:

- Take time to summarize all the key points that were made and the discussion as a whole.

Activity Two: Life Maps

1 Invite the youth to participate in a Brief Guided Imagery

2 Ask the youth to find a comfortable place to sit and to close their eyes if they feel safe doing so.

3 Say;

- “Your journey is unique – no one but you has traveled the exact route. You’ve had many important experiences in your life. Some of these experiences have been troublesome, while others have been great highlights. Things have occurred that you have no control over, for example, changes in your family, moves, births, and deaths. Other experiences have occurred because of your actions, such as friendships, school and extracurricular achievements or disappointments, alcohol and drug use, and legal matters.
- Take a few moments now to envision your life journey, as if it can be shown on a map. (Pause a few seconds.) What does your Life Map look like?
- What sort of climate were you born into, emotionally speaking? Was it warm, temperate, cool, or stormy? How does the road that you have traveled look? Where and when has it been a smooth surface? Where has it been rocky, with pits and grooves? For some, family conditions such as parental arguments, financial hardships, immigration, or cultural barriers may leave sharp turns or deep holes in the road, or barren environments. Important moments, like sports championships, first romantic relationships, or first role in a play or music group, might stand out on a map as great stops along the way. Which stops have filled you up as a person? Which roads have been dead-ends, or left you dry, or left you behind? If you’ve used substances, when did you first begin? It could have been a first cigarette or a can of beer. Where were you when you began using it regularly? How did the road look at that time? How does this road feel now? Where is it heading? What other junctions or intersections are you approaching?”

Drawing a Life Map

4 Continue with instructions:

- “Take about 15-20 minutes now to show your Life Map on paper. Using the materials that you have, you can show your journey, beginning with the time of your conception and birth up through

the present time. Let colors, shapes, and images express your story. Include significant moments, people, achievements, and losses, both within and outside your control. If you have used substances show the course of your substance use on the journey, since its beginning.”

- 5 Give the youth 15-20 minutes to draw their picture.
- 6 After they have completed the drawing, ask the youth to raise their hand and you will call on them to share their drawings by holding the drawings up to their camera.
- 7 After each youth has shared, thank everyone for sharing.
- 8 Ask:
 - How was it for you to create your map?
 - What do our maps show that we have in common?
 - What differences stand out in our journeys?
 - What sort of role does substance use tend to have in these journeys?
- 9 Go around the circle one last time. Ask the Application Question:
 - **What road do they want to take and what is one roadblock they can address in the next week?**

Thank everyone for their ideas and participation.