

Lesson Plan Title: Positives and Negatives (30 minutes)

Description: A frank and open discussion about what is good about drinking and drugs and what are some downsides.

Rating: I would use this exercise near the end of an Alcohol & Drugs section of a workshop. It is a good close and leaves the group with something to think about. I would pair it with the “Healthy Alternatives” lesson plan with this one first.

Goals: - To recognize the “positive” and “negative” aspects of alcohol intake and drug use. - To compare the two aspects and see which one outweighs the other - To develop alternative options in order to gain the same positive aspects.

Materials Needed: A big piece of paper or whiteboard. Writing materials.

Procedure: Step 1: Introduce the “positive” aspects by asking why people do drugs and drink. Maybe write down a few examples such as “fitting in” or “escaping boredom”. Write down any suggestions from the group. Step 2: Ask about the downsides to drugs and alcohol. make sure to include health as well as social risks. Write down suggestions from the group. Step 3: Take a look at the “positive” and “negative” aspects. Have the group compare the two lists and see if all the “negative” aspects make the “positive” aspects worthwhile. (is it ok to ruin your immune system in order to fit in). It is important not to preach. Allow the group to make their own conclusions. Keep this discussion very open. Step 4: Take another look at the “positive” list and ask if there are any ways to achieve these without resorting to drugs and alcohol. For example to escape boredom you could start a sports team instead of drinking. Write down suggestions from the group. Step 5: Close with a discussion about why people still do drugs when you can achieve the “positive” results in different ways. Talk about recreational use vs. addictive use. We aren’t saying “stop doing drugs, drugs will kill you”. We are just trying