

Lesson Plan Title: Healthy Alternatives (60 minutes)

Description: To illustrate and create action plans based around alternatives to drug and alcohol consumption

Rating: This should be done near the end of the workshop. It could be done in conjunction with the Positive and Negative Lesson Plan.

Goals:

- To illustrate healthy alternatives to drug and alcohol consumption
- To create an action plans to address drug and alcohol issues
- To get the group to set goals

Materials Needed: Large paper to write on, paper to hand out, writing utensils. (worksheet?)

Procedure:

Step 1: Start talking about interests. What are the members of the group interested in? Soccer? Guitar? Painting? Write these down on a list.

Step 2: Talk about healthy alternatives to drug and alcohol consumption. Have a discussion on how their interests could help curb the need to party (get rid of boredom). Ask for more activities that they could get other people involved in.

Step 3: Break into smaller groups (depending on how large the original group is). Have them brainstorm an activity that interests them. Get them to write out:

- * What it is
- * What do they need to make it happen
- * What are the benefits of it happening

Step 3: Introduce the idea of setting long and short term goals in order to make their even happen. Use an example (A soccer tournament) to show examples of goals. Long Term Goal: Have a Yukon Wide soccer tournament. Short term goals: Get funding, get equipment, get a space. Under each short term goal get them to write down what they need to do to