

# **THERE'S NO "I" IN "DRUG FREE"**

## **Program Description:**

Research suggests that the presence of an enriched, social environment can reduce the use of habit forming drugs among inhabitants. The distress related to isolation and a lack of social skills, combined with the ease of access to drugs, can potentially cause a person to turn to habit forming drugs to seek relief. This program teaches team building skills in an effort to encourage social behavior and delay the onset of potential drug use. The program focuses on three, specific team building components (interpersonal relationships, problem solving, and role clarification). Participants will be guided through three activities. The first activity stresses the importance of structure, and emphasizes how each member's individual role can lend to overall team success. The second activity identifies major problems within the team and urges participants to work together to find solutions. The third activity allows participants to practice giving and receiving support. Through these activities, this program aims to create a more productive, focused, and aligned group in a fun and interactive way.

## **Objectives:**

1. To build effective working relationships.
2. To explore solutions to team problems.
3. To ignite an overall sense of achievement and success.

## **Descriptions of Program Activities:**

### **Activity 1: Transformers**

Participants will be broken up into groups and will be instructed to make various shapes with their bodies. The goal is to highlight how each member of a group contributes to the achievement of a shared goal.

### **Activity 2: ZOOM**

Participants will each be given a picture card. The objective is to line up in sequential order without showing other group members their individual cards. At the end of the activity, the group will reveal their cards all at once, and they should make a full, picture story from start to finish. The goal is to solve a problem as a group through effective communication and various problem solving strategies.

### **Activity 3: Who was my guide?**

Participants will take turns leading each other on a trust walk. One partner will be blindfolded, and will be able to speak and ask questions throughout the activity. The other partner, however, will have full visibility, but will not be able to speak whatsoever. At the end, participants will have the opportunity to guess who their partner was, and explain how they knew. The goal is to initiate trust within the group, and to explore reasons why both giving and receiving support is so crucial in school and social life.

**Approximate time:** 1 session, 45-60 minutes

**Grade Level:** 7<sup>th</sup>-10<sup>th</sup> grade

**\*\* NOTE:** A gymnasium/large, open space is needed to facilitate this workshop