

Why I won't start

Time: 30 minutes

Materials

- Materials vary depending on format

Instructions

- Open a whole-class discussion inviting students to name some of their favourite activities (some may mention playing sports, watching TV, reading, dancing, playing video games, etc.).
- Instruct students to work individually to create a representation of their preferred activity (e.g. an illustration and/or written description of the activity and what they enjoy about it).
- As a whole class, discuss the effects of drug use on the ability to engage in certain activities. Ask students to reflect on what they know about the effects of substance use and whether/how these effects would impact their ability to enjoy those same activities.
 - Examples:
 - Poor lung function affecting athletic performance
 - Alcohol impairing athletic performance and increasing risk of injury
 - Headaches and nausea from energy drinks, making activities unpleasant
 - Illness, injury, or death would prevent enjoyment of any of these activities
- Instruct students to work individually to create a representation of how drug use would negatively impact their ability to enjoy their preferred activity.
- As a whole class, discuss some of the students' representations. On chart paper, write down some of activities that can be negatively affected by drug use.
 - Optional: Post the chart paper on a bulletin board/wall in the classroom or hallway.
- Allow students to complete their representations.

Teaching Tool

Be smart, don't start – Grade 3

- Optional: Post their work on the board/wall around the chart paper.
- Optional: Have students create a “Be smart, don't start” or “I won't start” banner to post above the bulletin board.

Variations

- Have students act out their chosen activities and how substance use might hinder their ability to enjoy those activities.
 - This could be used as a game of charades in which points are awarded for correctly guessing the activities and substances, as well as correctly explaining the effects of the substances as they relate to the activity being performed.