

MODULE #4 Drug Education & Prevention

WEEK #5 Community & Resources

Essential Question for Module: How might we create a 5 step plan for your peers who are experiencing stress and triggers?



Materials needed

- Pen
- Paper
- Markers
- Clipboards



Group Discussion: Take time to discuss the following questions with your members (15 minutes)

- What are the main reasons people turn to drugs?
- Read this article: <https://www.recoveryconnection.com/10-reasons-people-abuse-drugs/>
- What is your biggest takeaway from this article?
- Where could you seek support if you or someone you know is experiences one or more of the examples provided in the article?
 - Your mentors at the Boys & Girls Club
 - School Counselor
 - A trusted adult
 - The Wellness Center (All participating Empowered Voices members have access to the Wellness Center at BGCM. Phone number: 310-457-6801 ext 74141 Email: wellnessinfo@bgcmalibu.org)
 - Additional hotlines and resources: <https://bgcmalibu.org/hotlines-contact-details/>



Design Thinking Challenge: Community & Resources

1. Your member's challenge is to create a 5-step plan for their partner.
 - a. Each 5-step plan should include the following
 - i. A healthy coping skill
 - ii. A trusted adult that can speak to
 - iii. A hotline or a resource they can reach out to if needed



2. Have members get into pairs and take turns interviewing each other with the following questions. Give members a piece of paper and a pen so they can take notes/sketch while interviewing their partner. They can ask the following questions to get them started. **(10 minutes)**
 - a. Have you experienced any of the examples or stressors and triggers explained in the article? If so, which ones?
 - b. What other stressors are present in your life?
 - c. Who do you talk to when you are feeling upset?
 - d. Do you feel like you are a part of a supportive community?
 - e. What is a healthy way you cope with stress?
 - f. What makes you feel calm and regulated?
 - g. Do you know where you can go or who you can talk to for additional support?
3. Ask your members the following questions to help them reflect on their partners' answers.
(5 minutes)
 - What did you find out about your partners' experiences?
 - What stood out to you?
 - What are you curious about?
4. Have each member come up with a need statement for their design challenge.
(10 minutes)

_____(my partner)_____ needs _____ because/in order to_____.

Examples: My partner needs a 5-step plan that will outline people she can confide in because when she is stressed or upset, she feels isolated.

5. Have your members brainstorm 25 different ideas to meet the needs of their needs statement. Give members a piece of paper and a pen so they can take notes/sketch while they brainstorm together. **(10 minutes)**
6. Have students make a prototype that includes their best ideas. For this lesson plan. The prototype their 5-step plan should be displayed on a piece of paper. Members can draw or write out their plans. **(15 minutes)**
7. Have members share their prototypes with their partners. Have members take turns providing clear and helpful feedback to one another. **(5 minutes per person)**

Wrap-up Discussion: Take time to discuss the following questions with your group of members. (10 minutes)

- How did it feel to be open and vulnerable with your partner?



- How do you feel about having a 5-step plan created just for you?
- When and how will you implement this plan?
- How can we be a support for our peers?
- What are some things we can do at our Boys & Girls club to help build our sense of community?