

Substance Abuse Prevention Day 2018 Team Prep Guide



Substance Abuse Prevention Day

February 21

10 am

Georgia State Student
Center
55 Gilmer Street SE
Atlanta, GA

Important Announcement

1. Make sure to register your team for Substance Abuse Prevention Day [here](#).
2. As your team progresses through this guide, make sure they prepare using the substance abuse issue that they will be discussing with their legislator.
3. If you have questions or concerns related to SAP Day at the Capitol, make sure to contact Brittney Newton at: brittney@ccapsa.org

Substance Abuse Prevention Day 2018 is right around the corner! It is our hope that this curriculum will help you to prepare your Youth Action Team to make the most of their face-to-face time with their state legislators.

In this packet, you will receive a number of activities that will help youth to become better advocates for both Substance Abuse Prevention Day and all year round. If you need more information about how to prepare, we also encourage you to visit the Voices for Prevention website at www.v4pga.org, where you will find information about the difference between advocacy and lobbying, how to locate your legislator, current alcohol, tobacco and other drug legislation and lots of great substance abuse prevention dates and resources.

Curriculum Check List

- Activity: "Cross the Line If..."
- The 5 Whys Worksheet
- Talking Points
 - o Extra Points: Have youth look up the legislators for which they may meet. You may even have them send an email to their legislators letting them know they are coming.
- One Pager Worksheet
 - o Use this one pager worksheet to then create a digital one pager that can be used on SAP Day.
- Activity: Champion Practice

Cross the Line If...

Time: 10 Minutes

Group Size: Any

Materials: Masking Tape

Preparation: Place a long piece of masking tape on the ground in the middle of the space you'll be using. The tape should be about 1 foot long per participant.

Ask participants to stand on one side of the masking tape line. Let them know that you will be reading some statements related to advocacy. Ask them to cross the line if that statement applies to them. Let them know that once they cross to the other side, they will turn and face the side they just left. Every time you read a statement that applies to them, they should cross the line.

Cross the line if you have cared about any issue

Cross the line if you have talked to another person about that issue

Cross the line if you have tried to help someone understand why an issue is important to you

Cross the line if you liked or responded to a post about an issue or cause on social media

Cross the line if you have ever posted about a cause that you care about on social media

Cross the line if you have signed a petition

Cross the line if you have shared about your cause in another way outside of social media

Cross the line if you have corresponded with a legislator or policymaker by mail or email about an issue important to you

Cross the line if you have called a legislator or policymaker about an issue important to you

Cross the line if you have spoken in person to a legislator or policymaker

Cross the line if you have talked to that legislator or policymaker about an issue or cause that you care about

Cross the line if you have informed the legislator or policymaker about what efforts you are doing related to the issue or cause that you care about

Cross the line if, after speaking with the legislator or policymaker, you checked back in with them about the issue important to you

Cross the line if you sent a thank you letter to the legislator or policymaker for their time or efforts

The 5 Whys

The 5 Whys technique originated at Toyota as a way to resolve problems in their manufacturing process. The 5 Whys practice helped Toyota to understand the root cause of a problem, devise actionable ways to address the root issues while sharing what they learned with others.

When it comes to substance abuse prevention, we can utilize this same process in order to identify root causes of substance abuse issues in our own communities and then to come up with ways to address those issues. When we speak to our community and policymakers, we can then share what we've learned and use these partners to help us affect change.

Instructions: As a group, identify one substance abuse issue that is going on in your community. Then, as a group, ask the question "Why?" five times (or as many times as you need to) until the root cause is identified.

What is a substance abuse issue in your community?

Why?

Why?

Why?

Why?

Why?

What are three actionable ways that your community can address these root issues?

1. _____

2. _____

3. _____

Talking Points

Step 1: It's time to do some research. Find three credible sources of information and choose three (or more) pieces of data, facts or stories that are related to the substance abuse issue you have chosen.

Source: _____

1. _____

2. _____

3. _____

Source: _____

1. _____

2. _____

3. _____

Substance Abuse Prevention Resources

- [Voices for Prevention](#)
- [Georgia Student Health Survey 2.0](#)
- [SAMHSA](#)
- [NIDA for Teens](#)
- [Center for Disease Control and Prevention](#)
- [GUIE](#)

Source: _____

1. _____

2. _____

3. _____

Step 2: Let's talk about why this issue really matters. Write three reasons why this issue is important to you and/or your community.

1. _____

2. _____

3. _____

Now, remember that you will most likely only have about five minutes with your legislator. Circle 2-3 of the talking points that you think are most important to your issue and would resonate with your legislator. Then choose who will introduce those talking points and commit them to memory.

One Pager

Organization Name

Organization Physical Address

Organization Phone Number

Organization Website

WHO WE ARE

What is the mission of your organization?

What strategies does your organization use to address substance use and abuse?

WHAT WE DO

List 3-4 prevention activities, events or campaigns that you have done in in the last three years that might resonate with your legislator or policymaker.

- _____
- _____
- _____
- _____

WHY YOUR ISSUE MATTERS

Choose 2-3 important statistics about your prevention issue that might be important to the legislator or policymaker. Don't forget to site your source!

Pro Tip: Using state or local statistics can be a major homerun when talking to legislators

- _____
- _____
- _____

Champion Practice

Time: 15-20 Minutes

Group Size: Any

Materials: None

Begin with a quick discussion of how important it is to develop and practice your advocacy skills. These skills will be important not only on Substance Abuse Prevention Day but whenever you're talking to members of your community about issues that matter to you.

Next, invite everyone to find a partner and to practice a strong, professional handshake. Remind them, a strong handshake includes:

- Using right hand to firmly grip the other person's right hand
- Straight wrist, flat palm
- Two to three vigorous shakes for two to three seconds
- Eye contact and a warm smile

After about two minutes (or when you notice most people are done), call time and invite a few partner pairs to demonstrate their strong handshakes.

Then, ask them to do their handshake one more time and, as quickly as they can, find a new partner. Once they are with their new partner, tell them to then introduce themselves like they were speaking to a legislator or policymaker. They should include the following in their introduction:

- Full name
- Age, school and grade
- Youth Action Team name
- Why they are meeting with their legislator

After about two minutes (or when you notice most people are done), call time and ask for a few volunteers to demonstrate their technique.

Next, ask them to introduce themselves one more time and, as quickly as they can, find a third partner. Once they are with their new partner, explain that this time they will share substance abuse prevention talking points with their partner. After about two minutes, ask for a few partner groups to share their talking points.

Now, explain that during Substance Abuse Prevention Day, they might be crunched for time. Let them know that it's time for them to practice like the true advocacy champs they are and to follow directions closely. Explain that over the next several minutes whenever you shout "Handshake!," everyone will find their handshake partners and do their handshakes. When you shout "Introduction!," everyone will find their introduction partners and do their introductions. Finally, when you shout "Talking Points!," everyone should find their talking points partners and say their talking points.



HOT TIPS

- You may need to demonstrate a strong handshake for the youth.
- Make sure youth complete the talking points worksheet before beginning this activity.
- Talking Points should be related to the substance abuse topic for which youth will be speaking with their legislators.