

## Sources of Support

Ages 11-14

**Activity Card 4**  
**45 Minutes**  
**Topics: Critical Thinking, Peer Pressure, Sources of Support, Substance Use**



### Activity Overview

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Children will demonstrate their understanding of identifying people and community resources that can help with substance use situations.

### Assessment

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The educator observes children's demonstrated knowledge and understanding of people and community resources that can help with substance use situations.

### Equipment

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Chart paper, Map of community, Markers, Sticky notes

### Minds On

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Hand out a sticky note to each child and ask him or her to write two true statements and one false statement about the effects of substance use.

Have children move around the room. When the educator claps his or her hands, children find a partner and take turns reading their three statements to their partner, who will guess which two statements are facts.

Continue the activity, with children working with different partners each time.

After an appropriate time, regroup and have children share any statements that stumped their partners.

### Consolidation

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Challenge children to think critically about the following topics and respond using a journal entry or Exit Card:

1. Healthy ways in which they cope with stress in their daily lives (e.g., being active, writing, eating healthy foods, reading, talking with a friend, etc.).
2. Sources of support they have in their life (e.g., an aunt, a family friend, a public health nurse, etc.) that they could go to if they were struggling to cope with stress.