



wreckED Facilitator's Guide

Contents

Background	3
Program Name	3
Program Components	3
Role of the Facilitator	3
Tips for Conducting the wreckED Presentation.....	4
What to do if there is not enough time to play the card game.....	4
The wreckED Card Game	4
Directions.....	4
Object of the game.....	4
Elements of the game.....	5
Set-up.....	5
How to Play	5
Tips for Playing the Game	6
High School / Young Adult Game Scenarios	7
Middle School Game Scenarios.....	9
Discussion Questions	11

Background

wreckED is a substance abuse prevention and education program developed by the Partnership for Drug-Free Kids to help teens consider the realities and consequences of using alcohol and other drugs. wreckED is available to anyone who works with teens and can also be used on a peer-to-peer level, where older teens can facilitate the program for younger teens. wreckED works well on its own or with other activities from our Above the Influence youth engagement program.

Program Name

“wreckED” (pronounced as two words - “wreck” and “ED”) playfully combines a credible negative consequence of drug and alcohol use, “getting wrecked,” with the program’s intended purpose - “ED,” as in education.

Program Components

The wreckED program has three major components:

1. A 10-minute video that gets participants thinking about the issue and encourages discussion. The wreckED video may be viewed and accessed here: <http://bit.do/wrecked-video>
2. Discussion about those issues generated by the video. Discussion prompts are based real-life drug and alcohol scenarios, and directions are provided to facilitate an innovative, interactive card game.
3. Online follow-up is encouraged for participants to learn more, access additional tools and stay engaged in the issue. Teens are asked to visit www.abovetheinfluence.com, the online hub of the national Above the Influence program, which encourages teens to stay true to themselves and make informed, healthy decisions. Adults interested in implementing the Above the Influence program should visit www.ATlpartnerhsips.com.

Role of the Facilitator

The facilitator for the wreckED program:

- Introduces the wreckED program and explain why the attendees are at the presentation and what we hope they will gain from the program.
- Shows the ten-minute video.
- Emphasizes the availability of the online resource, www.abovetheinfluence.com
- Asks if there are any questions or comments about the video.

- Engages the audience in a stimulating discussion by playing the card game (Game rules are below).
- If there is not enough time for the card game, the discussion questions can be used.

Tips for Conducting the wreckED Presentation

Facilitators should:

1. Make sure your audience knows that everything discussed during the presentation is confidential.
2. Remind your audience that there will not be any negative comments about, or judgment of, anyone in the room.
3. Remind everyone to be respectful of each other during the card game and any discussion.
4. Make sure everyone in the group is engaged. (This can be challenging at times, and if someone does not feel like participating in the discussion, don't push it.)
5. Make sure everyone who wants to speak gets a chance.
6. Make sure audience members are talking to each other and not just answering the questions provided by the facilitator.

What to do if there is not enough time to play the card game

The card game is a great tool in fostering discussion, but limited time or a larger audience can present a challenge. If the setting is not conducive to the card game format, the facilitator can engage the audience using the discussion questions provided at the end of this guide or read the card game scenarios and simply ask the audience members what they would do.

The wreckED Card Game

The game is designed to simulate real-world choices, behaviors, and consequences. The game engages the teens and helps them identify potential risk factors in their lives, and discusses the negative behaviors that can lead to drug/alcohol use.

Directions

Like much of life, the wreckED Card Game is a random game of chance.

Object of the game

To generate discussion among players on alcohol and other drug issues and consequences

Elements of the game

Players: 5 to 10 per group (optimal number is 7)

wreckED Playing Card: Use index cards or pieces of paper. Simply write the words “Checked,” “Wrecked” or “Check Your Friend” on each card (or use labels). The number of cards can vary based on the number of participants, but to start, create:

- 25 “Checked” cards
- 25 “Wrecked” cards
- 10 “Check Your Friend” cards

Set-up

Players break into groups and sit in a circle. The cards are scattered on the table face down.

Each player creates a “Cherish” card: Each player writes down one thing he or she cherishes -- something they could lose as a negative consequence of getting in trouble with drugs or alcohol. (*Examples: a friend; a relationship; respect from a teacher; playing on a sports team; or, a scholarship.*) “Cherish” Cards remain face down in front of the players.

How to Play

The game is played in several rounds. In each round:

1. Each player in the group draws a card at random.
2. The facilitator chooses a scenario (see below) and reads it to the group and picks someone to go first.
3. Each player verbally completes the scenario (finishes the story) based on the type of card drawn. These are the three possibilities:
 - a. “Checked” -- the player describes a positive choice and outcomes.
 - b. “Wrecked” -- the player describes a negative choice and consequences.
 - c. “Check Your Friend” -- The player who gets this card gives it to another player and explains how she/he would help a friend in need. The Check Your Friend card nullifies one of the receiving player’s “Wrecked” cards.
4. Cards are taken out of play once used.
5. The game can last from 3-6 rounds, time permitting.
6. Once any player draws his or her 3rd wrecked card they are out of the game and is asked to read their “Cherish” card aloud to the group.

THE FACILITATOR ENCOURAGES AND MODERATES DISCUSSION GENERATED BY SCENARIO ENDINGS

Tips for Playing the Game

Make sure you are familiar with the game before your first presentation (the rules, scenario questions, etc.) It is helpful to play the game ahead of time with people to get a feel for the format, flow, and anticipated responses.

Always make sure there is discussion going on between all the players.

Make sure everyone who wants to speak gets a chance.

If you have extra time and everyone is willing to participate, have the players create new scenarios and discuss them among the group as if these are part of the game. Complete the scenarios in the same format as the players completed the scenarios during the game (positive result or negative result with consequences). This offers more conversation and allows the players to create other situations that they have either experienced themselves, situations that someone else has experienced or the scenarios are made up.

High School / Young Adult Game Scenarios

1. It's a school night and your parents have gone out and left you and your older brother home alone. Your brother has some friends over and they are hanging out in his room. You go into his room and they are smoking pot, and he asks you if you want to smoke with them. What do you do?
2. You do not do drugs, but it is well known that one of your best friends smokes pot from time to time. Your friend has even been caught with pot before. Your friend asks if they can stash their pot in your locker at school because nobody would ever check your things. What do you do?
3. You're a star on your school basketball team and you twisted your knee during the last game. You haven't told the coach yet, in hopes that you will play in the upcoming tournament. Your teammate offers you a painkiller they were prescribed for an injury earlier in the season. What do you do?
4. A friend invites you to visit at college. The two of you have a few drinks in the dorm room before heading to a house party off campus. You arrive there and immediately lose track of your friend. You join a group of students who seem to be the "life of the party" and they offer you ecstasy. What do you do?
5. Your friend picks you and a few other people up to head to a house party across town. Once there, you have a few mixed drinks and head upstairs to make a phone call. When you come back you see that all the people you came with are snorting cocaine in the kitchen. You just assumed that your friend would be the designated driver. What do you do?
6. You and a friend scored some pretty believable fake ID's. You decide to head toward the college bars to test them out. To your surprise they work and you spend the whole night drinking and flirting with a good-looking stranger. They invite you back to their place. What do you do?
7. You got into some trouble a few months ago and now you are on probation. You are at a party and someone offers you a beer. You know that you are with someone who is the designated driver. What do you do?
8. You are cramming for finals and you have to do well to avoid academic probation. A friend told you about a pill he was able to get from someone which helps him stay really focused and study for a longer period of time. Even though you know they aren't his pills to begin with he offers you a couple. What do you do?
9. You and one of your soccer teammates are getting ready for a game. You see the star forward on the team pop a couple of pills. You ask what they are for and are told they make you run faster. They offer you a couple. What do you do?
10. Your parents aren't big drinkers but you do have alcohol in the house. They are away one evening and you decide to mix yourself a drink. It tastes pretty good, so you have another. Before you know it, the bottle is almost empty and you know your parents will notice. What do you do?

11. You are a senior in High School and you have received a scholarship for college in the fall. It is graduation weekend and your friends come to pick you up to celebrate. There are alcohol and drugs in the car. What do you do?
12. You are invited over to a friend's house where you know your crush is going to be. While you all are hanging out, one of your friends pulls out some pills. Your crush pops one and hands you the bottle. What do you do?
13. Your best friend just started dating this new girl. You know this girl is into drugs and alcohol and have even seen her passed out at parties before. You notice your friend starting to drink more frequently and there is a definite distance in your friendship. What do you do?
14. It's the weekend and Sally's parents are out of town - guaranteed - and she's having a party. Then you get there everyone is dancing and playing drinking games. As the night continues, one of the partygoers offers everyone ecstasy to keep the party going. What do you do?
15. It's the last days of summer and school starts in a week. You've gotten permission from your parents to take their car go to a concert in the city with a friend. You arrive at the venue and find a parking spot a few blocks away. Your friend grabs some weed out of a bag, rolls a blunt, and says how much fun the concert is going to be, sparks up and passes it to you. What do you do?
16. It's finally Friday, and some friends have invited you to a bonfire. You tell your parents you need a ride to your friend's house to study. After they drop you off, your friend's brother picks you two up and you all head to the bonfire. He is drinking a beer when you get in the car. Your friend grabs one and cracks it open, then offers one to you. What do you do?
17. It's a boring Saturday night until some kids you know call to invite you to see a movie. The last time you went out with them you all smoked pot and had a good time. There is nothing else going on tonight. What do you do?
18. You're at your local skate park trying to pull a switch Five-O down the hubba ledge. You finally make it and the resident park ripper that you hope to be as good as someday clacks his board on the deck and gives you the knuckles. A while later he asks you if you want to smoke a joint with him. What do you do?
19. You enter the locker room at school to change before track tryouts. Several seniors are smoking cigarettes and hitting a bottle of vodka next to the open window. You see the captain of the track team in the group and he calls you over. What do you do?

Middle School Game Scenarios

1. You and a friend just finished studying at her house and are now bored. She goes to the bathroom and comes back with a bottle of cough syrup. She says that if you split the bottle, you'll get a great high, and that it's not dangerous because you can just buy it in a store. What do you do?
2. You go into your sister's closet to borrow a shirt. You find a bag of different pills on one of her shelves. As far as you know, she doesn't have a prescription for anything and the pills are a variety of different colors and sizes. What do you do?
3. Your older brother borrowed your computer to do his homework. You see in the Google search history that he looked up how to get a fake ID. What do you do?
4. You are at a sleepover and you see one of the girls at the party taking pills from the medicine cabinet at your friend's house and slipping them into her pockets. She doesn't know you saw her. What do you do?
5. You, your brother and your sister are home one night and your brother steals alcohol from your parent's liquor cabinet. He tells you that he does that sometimes when your parents go out, and that it's not a big deal. Although he is older than you, he is still under the drinking age. What do you do?
6. You're at a sleepover and someone brings over a bottle of vodka. Your friends start telling funny stories and passing it around. The bottle makes its way around the circle and eventually gets passed to you. What do you do?
7. You're babysitting and the parents come home very late. You notice that one of the parents has been drinking. You can even smell alcohol on his breath, and he is ready to drive you home. What do you do?
8. You are spending the night at a friend's house with several other people. You only know one person there. One of the kids that you don't know pulls out some pills from their bag and offers you one. What do you do?
9. Your parents are out one night and you are home alone with your older brother. You notice that he is in his room drinking beer and watching a movie. He offers you a beer and asks you to hang out. What do you do?

10. Your older brother picks you up from the mall and you notice alcohol on his breath. Your parents have told you never to get in the car with someone who has been drinking, but this is your brother and you trust him. What do you do?
11. While sleeping over at a friend's house, you sneak out to hang out with guys you and your friend have crushes on. When you meet up with them, they are smoking cigarettes and drinking beer, and they hand you some. Your friend takes the beer, starts drinking and then smokes a cigarette. She then hands you a can of beer and a cigarette too. You have never drank or smoked before. What do you do?
12. It's a school night and your parents have gone out and left your older brother home alone. Your brother has some friends over and they are hanging out in his room. You go into his room and they are smoking pot, and he asks you if you want to smoke with them. What do you do?
13. Your parents aren't big drinkers, but they do have a liquor cabinet at home. You have a friend over while your parents are out for the evening, and she suggests that you take something out of the cabinet and make yourselves a drink. What do you do?
14. It's finally Friday and some friends have invited you to a bonfire. You tell your parents you need a ride to your friend's house to study. After they drop you off, your friend's brother picks you two up and you head to the bonfire. He is drinking a beer when you get in the car. Your friend grabs one, cracks it open and asks you to share it with him/her. What do you do?

Discussion Questions

What are some life pressures that you deal with?

How do you deal with life pressures?

Why do kids do drugs?

What are consequences that people deal with when they engage in negative behaviors?

What consequences have you encountered?

How do you think drug use affects users' family and friends? Why?

How do family and friends react/respond to the drug use?

Who do you feel most comfortable talking to about drugs, sex, problems, etc.? Why?
(purpose is to establish the importance of trust)

Have you ever talked to a friend in trouble with drugs?

How did you start the conversation?

How can you "take stock" in your own behaviors? (How do you check yourself)

How do you "look out" for others, your friends?

How can you recognize a friend who is trouble?

In what ways do you think doing drugs defines a person?

How would your family feel about you doing drugs?

How would your friends feel about you doing drugs?

Name different ways that doing drugs puts yourself or others in danger?

How is doing drugs irresponsible?

Do you think about the chances that you could get in trouble if you do drugs?

Do you respect other kids who don't do drugs? If yes, what do you respect about them?
If no, why don't you respect them?

Can you name some of the negative influences of doing drugs?

How would you resist drugs when faced with the negative influences that lead to drug use?

How can you stand up to pressures that could bring you down?

Identify “good” influences and “bad” influences.

What do you find to be inspirational, positive and empowering?

What are your perceived highs and lows of drug use?

The development of wreckED was supported by Grant No. 2007-DG-BX-K002 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, and the Office for Victims of Crime. Points of view or opinions in this document are those of the author and do not represent the official position or policies of the U.S. Department of Justice.