

RIGHT PATH

MICKEY'S STORY

ICE BREAKERS - CELEBRITY HEAD MANIA

# RIGHT PATH

## ICE BREAKERS:

AN ICE BREAKER IS AN ACTIVITY, GAME, OR EVENT THAT IS USED TO WELCOME AND WARM UP THE CONVERSATION AMONG PARTICIPANTS IN A MEETING, TRAINING CLASS, TEAM BUILDING SESSION, OR OTHER EVENT.

ANY EVENT THAT REQUIRES PEOPLE TO COMFORTABLY INTERACT WITH EACH OTHER AND A FACILITATOR IS AN OPPORTUNITY TO USE AN ICE BREAKER.

AN EFFECTIVE ICE BREAKER WILL WARM UP THE CONVERSATION IN YOUR SESSION, REINFORCE THE TOPIC OF THE SESSION, AND ENSURE THAT PARTICIPANTS ENJOY THEIR INTERACTION AND THE SESSION.

WHEN PARTICIPANTS DON'T KNOW EACH OTHER, THE ICE BREAKER WILL HELP THEM INTRODUCE THEMSELVES TO THE OTHER PARTICIPANTS.

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ICE BREAKER	RESOURCES NEEDED	INSTRUCTIONS	LINK TO RESOURCE LEARNING AIMS	TIME NEEDED TO COMPLETE ACTIVITY
<p>CELEBRITY HEAD MANIA</p>	<p>CELEBRITY PICTURES AND ACCOMPANYING INFORMATION</p>	<ul style="list-style-type: none"> <li>- ATTACH A CELEBRITY PICTURE TO THE BACK OF EACH YOUNG PERSON OR IF PREFERRED A PAPER HEADBAND.</li> <li>- ASK YOUNG PEOPLE TO MINGLE ASKING QUESTIONS ABOUT THE CELEBRITY ON THEIR BACKS.</li> <li>- GIVE THEM A LIMIT OF 5 QUESTIONS TO TRY TO WORK OUT WHO THEIR CELEBRITY IS.</li> <li>- ONCE YOUNG PEOPLE HAVE ASKED THEIR 5 QUESTIONS ASK THEM TO SIT DOWN.</li> <li>- DO A ROUND ROBIN AND ENSURE ALL YOUNG PEOPLE KNOW WHO THEIR CELEBRITY IS.</li> </ul> <p><b>*ADAPTATION – PICTURES OF CELEBRITIES CAN BE PLACED ON A WALL OR NOTICE BOARD AND YOUNG PEOPLE WORK IN SMALL GROUPS FOR A 5 MINUTES TO WORK OUT WHAT THEY ALL HAVE IN COMMON.</b></p>	<p>EACH CELEBRITY HAS BEEN INVOLVED WITH DRUG OR ALCOHOL USE/ABUSE AND IS EITHER RECOVERED OR GOING THROUGH RECOVERY. EACH CELEBRITY DISCOVERED THAT THEIR DRUG OR ALCOHOL USE/ABUSE WAS AFFECTING THEIR LIVES IN A NEGATIVE WAY AND EACH OF THEM HAVE NEEDED HELP FROM OTHERS TO MAKE POSITIVE CHANGES JUST LIKE MICKEY.</p> <p>USE ACCOMPANYING INFORMATION FOR CELEBRITIES TO REINFORCE THIS POINT. HIGHLIGHT ONLY A FEW EXAMPLES IN ORDER TO KEEP YOUNG PEOPLE ENGAGED.</p>	<p>10-15 MIN</p>

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## FACILITATOR NOTES

### CELEBRITY HEAD MANIA

- THE AIM OF THIS ICE BREAKER IS TO ENCOURAGE PEOPLE TO BEGIN TO TALK TO ONE ANOTHER; THE CELEBRITIES THAT HAVE BEEN CHOSEN FOR THIS ACTIVITY HAVE ALL HAD PROBLEMS WITH SUBSTANCES AND HAVE NEEDED HELP TO GET THEIR LIVES/CAREERS BACK ON TRACK.

- IT IS USEFUL BEFORE THE SESSION, NOT TO LET THE PARTICIPANTS KNOW WHAT THE CELEBRITIES HAVE IN COMMON AS THIS CAN BE A USEFUL QUESTION WITHIN THE CONCLUSION OF THE ACTIVITY. BELOW ARE FACTS ABOUT EACH CELEBRITY.

- THE NUMBERS THAT ACCOMPANY EACH CELEBRITY PICTURE COINCIDE WITH THE NUMBERS BELOW.

1. DREW BARRYMORE - CHILD STAR DREW BARRYMORE'S [DRUG ABUSE](#) IN HER TEENAGE YEARS FOUND HER CONTROVERSIAL FAME WITH TWO TRIPS TO REHAB THAT MOTIVATED HER TO GET BACK ON TRACK WITH HER CAREER.

2. MARY-KATE OLSEN - ACTRESS MARY-KATE OLSEN SUFFERED ANOREXIA AND COCAINE ADDICTION THAT TOOK HER TO REHAB.

3. ROBERT DOWNEY JUNIOR - IN 1996 HE FACED HIS FIRST DRUG-RELATED ARREST, LEADING HIM TO A THREE-YEAR PROBATION AS WELL AS MANDATORY [DRUG TESTING AND ASSESSMENT](#).

4. HEATH LEDGER - "THE DARK KNIGHT" STAR HEATH LEDGER DIED IN 2008 OF A TOXIC COMBINATION OF SIX PRESCRIPTION DRUGS.

5. JOHNNY DEPP - JOHNNY DEPP BECAME A HEAVY DRINKER SIMPLY BECAUSE OF HIS CLAIM TO FAME. HE SOON FOUND HE STRUGGLED IN SOCIAL SITUATIONS AND BECAUSE OF HIS HEAVY DRINKING, COULDN'T COPE IN CERTAIN SITUATIONS WITHOUT GETTING DRUNK FIRST.

6. EMINEM - "THE THINGS I WAS PUTTING IN MY BODY, MY TOLERANCE GOT SO HIGH. I GOT TO THE POINT WHERE I COULDN'T EVEN COUNT HOW MANY PILLS I WAS TAKING... I HAD OVERDOSED IN 2007, LIKE RIGHT AROUND CHRISTMAS IN 2007.. PRETTY MUCH ALMOST DIED... I SCARED MYSELF, LIKE, 'YO! I NEED TO, I NEED HELP. LIKE I CAN'T BEAT THIS ON MY OWN.

7. FERGIE - "I GOT INTO A SCENE. I STARTED GOING OUT AND TAKING ECSTASY. FROM ECSTASY, IT WENT TO CRYSTAL METH. WITH ANY DRUGS, EVERYTHING IS GREAT AT THE BEGINNING, AND THEN SLOWLY YOUR LIFE STARTS TO SPIRAL DOWN.

8. SAMUEL L JACKSON - HE CONSIDERED HIS COCAINE ADDICT ROLE IN JUNGLE FEVER CATHARTIC, BECAUSE THAT WAS WHAT MADE HIM REALIZE HOW DANGEROUS HIS HABIT WAS, CONSEQUENTLY INSPIRING HIM TO LOOK FOR HELP AND QUIT.

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9. OZZY OSBOURNE (SHARON OSBOURNE'S HUSBAND) - HOWEVER, DUE TO THE SERIOUSNESS OF HIS ADDICTION, OSBOURNE WAS FIRED BY HIS BAND (WHICH LED HIM TO USE EVEN MORE DRUGS). EVENTUALLY, HE CLEANED UP HIS ACT, STOPPED DRINKING, AND GAVE UP DRUGS.

10. KELLY OSBOURNE - WHEN SHE WAS 17, KELLY OSBOURNE BECAME ADDICTED TO VICODIN. SHE WAS SO ADDICTED TO THE DRUG THAT SHE TOOK UP TO AS MANY AS 50 PILLS A DAY. SHE WENT TO REHAB AND IN 2009 WAS FINALLY ABLE TO GET CLEAN.

11. DANIEL RADCLIFFE - WHILE FILMING THE HARRY POTTER FILMS, DANIEL RADCLIFFE WAS DEALING WITH SERIOUS ALCOHOL ABUSE (AN EVENT THAT COULD HAVE SERIOUSLY JEOPARDIZED HIS IMAGE AND HIS ACTING CAREER). THANKFULLY, HE FOUND HELP AND "KICKED" THE HABIT AND NOW LIVES A "QUIET, NON-HOLLYWOOD LIFESTYLE".

12. DEMI LOVATO - DEMI LOVATO WENT TO REHAB IN 2010 FOR THREE MONTHS TO TREAT HER ADDICTION TO ALCOHOL AND VARIOUS DRUGS. NOW, DEMI LOVATO IS LIVING A HEALTHIER LIFE WITH HER FAMILY.

13. KID CUDI - KID CUDI GOT ARRESTED IN 2010 FOR DRUG POSSESSION. AT THAT TIME, HE WAS A HEAVY MARIJUANA USER (WHICH INFLUENCED A LOT OF HIS SONGS). HOWEVER, IN 2011 HE DECIDED TO CLEAN HIMSELF UP; A DECISION THAT WAS FOREVER MEMORIALIZED ON HIS WRIST WITH A TATTOO SYMBOLIZING THE DEATH OF HIS OLD DRUG ADDICT SELF.

14. ZAK EFRON - ZAK EFRON STRUGGLED WITH ADDICTION DURING SHOOTING FILMS AND WAS FREQUENTLY A NO-SHOW ON SET. "IT WAS COMMON KNOWLEDGE HE WAS STRUGGLING WITH COCAINE," SAID THE SOURCE. THREE OTHER SOURCES ALSO MADE ALLEGATIONS THAT EFRON WAS KNOWN TO HAVE DABBLED IN ECSTASY. HE HAS RECENTLY BEEN TO REHAB AND IS DOING WELL IN HIS RECOVERY.

15. SHIA LEBEOUF - WAS ARRESTED FOR DRIVING UNDER THE INFLUENCE. AFTER RECEIVING HELP, HE WENT ON TO BECOME A MAJOR STAR.

16. LINDSAY LOHAN - HAS HAD A NUMBER OF VISITS TO REHAB TO OVERCOME HER DRUG ADDICTION. IT TOOK HER FROM 2007 - 2012 TO BEGIN TO GET HER LIFE AND CAREER BACK ON TRACK.

17. ROBBIE WILLIAMS - "I WOULD HAVE DIED FROM DRUG USE IF I HADN'T HAVE GONE INTO REHAB".

18. JUSTIN BIEBER - WAS ARRESTED FOR DRIVING UNDER THE INFLUENCE, HE ADMITTED TO DRINKING AND TAKING CANNABIS.

19. LADY GA GA - ADMITTED TO HAVING A CANNABIS ADDICTION, SHE HAS STATED THAT SHE DIDN'T REALISE THAT THE DRUG WAS ADDICTIVE.

20. BEN AFFLECK - CHECKED HIMSELF INTO REHAB AFTER ADMITTING TO HIMSELF THAT HE HAD A PROBLEM WITH ALCOHOL.

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THERE ARE A NUMBER OF POINTS TO RAISE UPON THE CONCLUSION OF THIS ACTIVITY.

- EACH INDIVIDUAL PERSON'S EXPERIENCE OF DRUG OR ALCOHOL USE/MISUSE IS VERY DIFFERENT AND NOBODY SHOULD COMPARE THEIR OWN USE/MISUSE AND ITS CONSEQUENCES TO ANYBODY ELSE'S.

- IF ANYBODY IS WORRIED ABOUT THEIR OWN OR SOMEBODY ELSE'S DRUG OR ALCOHOL USE, THEY SHOULD FIND SOMEBODY THEY TRUST TO TALK TOO. PROBLEMS ARE EASIER TO DEAL WITH WHEN THEY ARE SHARED.

- IF ANY PARTICIPANT FEELS AS THOUGH THEY CAN'T COPE WITH ANY SITUATIONS IN LIFE, FIND SOMEBODY THEY TRUST TO TALK TO BEFORE LOOKING TO DRUGS OR ALCOHOL TO HELP THEM COPE.

- THERE ARE A NUMBER OF AGENCIES IN LANCASHIRE WHO CAN HELP YOUNG PEOPLE WHO MAY BE EXPERIENCING DIFFICULTIES WITH SUBSTANCE MISUSE:

YOUNG PEOPLE  
TREATMENT PROVIDERS

NORTH LANCASHIRE  
COVERING FLEETWOOD, MORECAMBE, LANCASTER, LYTHAM ST ANNES AND THE  
SURROUNDING AREAS

YOUNG ADDACTION

MORECAMBE: 6-8 KENSINGTON ROAD, MORECAMBE, LA4 5LX

TEL: 01524 428310

[WWW.ADDACTION.ORG.UK](http://WWW.ADDACTION.ORG.UK)

EAST LANCASHIRE

COVERING ACCRINGTON, BURNLEY, CLITHEROE, RAWTENSTALL, PENDLE AND THE  
SURROUNDING AREAS

EARLY BREAK

NELSON: ST PHILLIPS, GRASSROOTS CENTRE, LEEDS ROAD, NELSON, BB9 9XB

TEL: 01282 604022

[WWW.EARLYBREAK.CO.UK](http://WWW.EARLYBREAK.CO.UK)

CENTRAL LANCASHIRE

COVERING PRESTON, LEYLAND, CHORLEY AND SKELMERSDALE AND THE SURROUNDING  
AREAS.

YOUNG ADDACTION

URBAN EXCHANGE, MOUNT STREET, PRESTON, PR1 8BQ

TEL: 01772 255307

[WWW.ADDACTION.ORG.UK](http://WWW.ADDACTION.ORG.UK)

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## APPENDICES

### ICE BREAKER 1: CELEBRITY HEAD MANIA



1. DREW BARRYMORE



2. MARY-KATE OLSEN



3. ROBERT DOWNEY JUNIOR



4. HEATH LEDGER

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5. JOHNNY DEPP



6. EMINEM



7. FERGIE



8. SAMUEL L JACKSON

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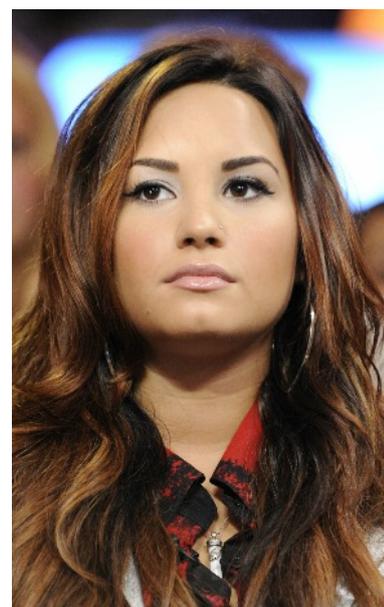
9. OZZY OSBOURNE



10. KELLY OSBOURNE



11. DANIEL RADCLIFFE

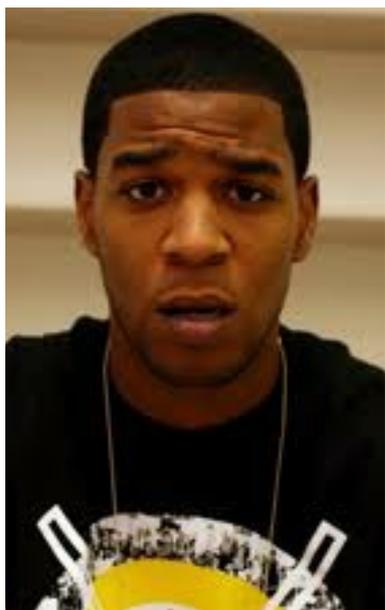


12. DEMI LOVATO

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15. SHIA LE BEOUF



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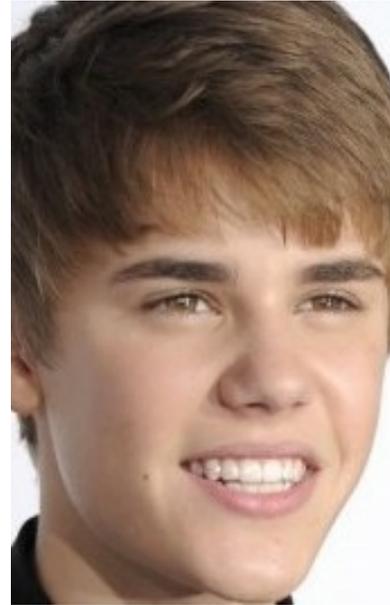
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