

RIGHT PATH MICKEY'S STORY

OPTIONAL SESSION 4 -
IF I WERE YOU

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AIM: GIVE YOUNG PEOPLE THE OPPORTUNITY TO THINK ABOUT THE INFORMATION THAT THEY HAVE LEARNED, INCLUDING THE INFORMATION FROM MICKEY'S STORY AND USE IT TO PROVIDE OR MAKE INFORMED CHOICES ABOUT THE USE OF CANNABIS.

ACTIVITY	RESOURCES NEEDED	INSTRUCTIONS	LINK TO RESOURCE LEARNING AIMS	TIME NEEDED TO COMPLETE ACTIVITY
MICKEY'S LETTER TO HIS 13 YEAR OLD SELF.	PAPER AND PENS. PRE TYPED LETTER STRUCTURE IN APPENDIX	<p>DEPENDANT UPON THE GROUP, IT MAY BE THAT THIS ACTIVITY IS EITHER DONE BY INDIVIDUALS OR SMALL GROUPS. PROVIDE GROUPS/INDIVIDUALS WITH A COPY OF THE PRE TYPED LETTER STRUCTURE FOR THEM TO REFER TO WHILST UNDERTAKING THIS ACTIVITY.</p> <p>ASK THE GROUP TO THINK ABOUT WHAT THEY HAVE LEARNED FROM BOTH THE FILM AND THE ACTIVITIES AND ASK THEM TO THINK ABOUT WHAT MICKEY WOULD HAVE SAID TO HIS YOUNGER SELF BEFORE HE BEGAN HIS DRUG TAKING JOURNEY.</p> <p>ASK YOUNG PEOPLE TO FEEDBACK:</p> <ul style="list-style-type: none">- WHERE THEY WOULD SEND MICKEY FOR HELP- WAYS TO COPE WITH ANXIETY- HOW TO TALK TO ADULTS <p>IF ANY OF THE GROUP WISHES TO SHARE THEIR LETTERS ALLOW THIS AT THE END.</p>	PROVIDES YOUNG PEOPLE WITH THE OPPORTUNITY TO LEARN FROM OTHER INDIVIDUALS ACTIONS AND FOCUS UPON PRACTICAL STRATEGIES WHICH THEY OR THEIR FRIENDS MAY FIND USEFUL.	20-30 MIN DEPENDANT UPON HOW MANY GROUPS WISH TO READ OUT THEIR LETTERS TO THE REST OF THE GROUP.

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FACILITATOR NOTES

MICKEY'S LETTER TO HIS 13 YEAR OLD SELF

SPEND A LITTLE TIME FAMILIARISING AND SUMMARISING THE VIDEO CLIP AND RAP SONG WITH THE GROUP.

USING THE CONTENT GUIDANCE IN APPENDICES, ASK YOUNG PEOPLE TO IMAGINE THAT THEY ARE MICKEY AT 21 AND TO WRITE A LETTER TO HIS 13 YEAR OLD SELF GIVING ADVICE ON WHAT HE COULD HAVE DONE DIFFERENTLY.

ENCOURAGE YOUNG PEOPLE TO CONSIDER WHAT THEY HAVE LEARNED FROM TAKING PART IN THE OTHER SESSIONS AND USE THIS INFORMATION WITHIN THEIR LETTERS.

THIS ACTIVITY CAN EITHER BE UNDERTAKEN BY YOUNG PEOPLE AS INDIVIDUALS OR THE LARGE GROUP SPLIT INTO SMALL GROUPS OF 2 OR 3. THIS WOULD BE FOR THE FACILITATOR TO DECIDE.

ENCOURAGE YOUNG PEOPLE TO IMAGINE WHAT IT WAS LIKE FOR MICKEY IN ORDER FOR THEM TO THINK ABOUT WHAT ADVICE OR HELP THEY WOULD GIVE OR SUGGEST RATHER THAN MAKING JUDGEMENTS.

IF TIME ALLOWS, FAMILIARISATION OF LOCAL AGENCIES THAT CAN HELP YOUNG PEOPLE WITH DECISIONS AROUND SUBSTANCE MISUSE OR TREATMENT SERVICES CAN BE DISCUSSED WITHIN THE GROUP.

PLEASE NOTE: THIS ACTIVITY IS VERY USEFUL FOR YOUNG PEOPLE, HOWEVER IT CAN BE QUITE CHALLENGING FOR THEM, AS A RESULT IT IS RECOMMENDED TO INCREASE STAFF AVAILABILITY IN CASE OF EXTRA SUPPORT NEEDS THAT THE YOUNG PEOPLE MAY REQUIRE THROUGHOUT AND AT THE END OF THE SESSION.

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
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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

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CENTRAL LANCASHIRE

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

YOUNG ADDACTION

URBAN EXCHANGE, MOUNT STREET, PRESTON, PR1 8BQ

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MICKEY'S LETTER TO HIS 13 YEAR OLD SELF

GUIDANCE

THINGS TO INCLUDE IN THE LETTER:

- HOW COULD HE HAVE DEALT WITH HIS ANXIETY AND PANIC WITHOUT TAKING DRUGS?
- WHAT HE COULD HAVE SAID TO HIS PARENTS TO MAKE THEM AWARE OF THE SITUATION IN THE FIRST PLACE.
- OTHER THAN HIS PARENTS, WHO ELSE COULD HE HAVE TALKED TO OR ASKED FOR HELP.
- WHAT OTHER AGENCIES COULD HAVE HELPED MICKEY WITH HIS DRUG AND ALCOHOL PROBLEMS.
- WHAT YOU THINK HAS BEEN USEFUL WITHIN THESE SESSIONS AND SHARE IT WITH MICKEY.
- ANY OTHER USEFUL ADVICE THAT YOU THINK MAY HELP HIM.