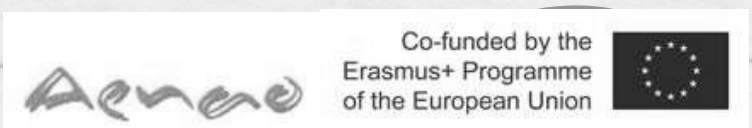


Alcohol & Smoking prevention



VSFO - ITALY
AENAO - GREECE

Erasmus+

Ass. Viaggi senza
Frontiere Onlus

ABSTRACT



YOUTH WORKERS
HANDBOOK

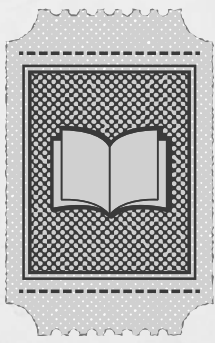


An Idea from 'OUR FUTURE' training course



NOTE:

Stress is a part of every teen's life, even more so during intense challenges such as a pandemic, racial discrimination, and life transitions. But uncontrolled stress can cause serious health problems and increase the risk that Young may use drugs to attempt to deal with stressors, including mental health issues and trauma. Use these materials to help Youngster understand how stress affects their body, and learn healthy ways to cope with pressure.



IDEAS: YOUTH WORKERS

YOU ARE THE BIGGEST INFLUENCE IN YOUNG'S LIFE AND HAVING OPEN, HONEST

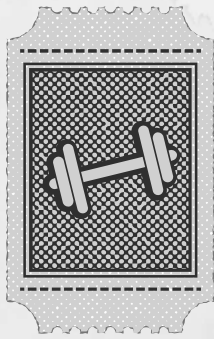
1. ...CONVERSATIONS IS ONE OF THE MOST POWERFUL WAYS TO CONNECT WITH THEM
2. ...AND HELP TO DEVELOP INTO HEALTHY ADULTS. WHEN ADDRESSING SOME MORE
3. ...CHALLENGING TOPICS - LIKE NICOTINE, ALCOHOL OR DRUGS - IT'S NOT ABOUT
4. HAVING A ONE-TIME "DRUG TALK," BUT RATHER TACKLING THE SUBJECT THROUGH
5. MORE FREQUENT, ORGANIC CONVERSATIONS THAT EVOLVE AS YOUR CHILD GETS OLDER.



TO DO: TIPS LIST

- GROUP PREPARATION
1. • ROLE-PLAYING GAMES -
 2. SIMULATION - ARTISTIC CREATIONS TO DEVELOP
 3. THE AWARENESS OF ADDICTIONS
 4. CONSEQUENCES ON HEALTH
 5. • EVALUATION





GROUP
PREPARATION

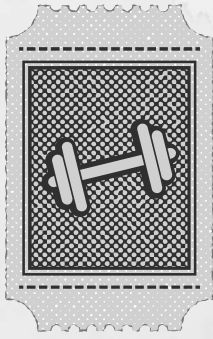


ENERGIZER



The coach tells to the group to silently think of an animal. Then he/she tells to the group that without talking, they need to arrange themselves on a line from largest to smallest animals. Group members can only make gestures and the noise of their animal. After they have finished, coach asks to the young to say the animal they were supposed to be to see if the order is correct.





GROUP
PREPARATION

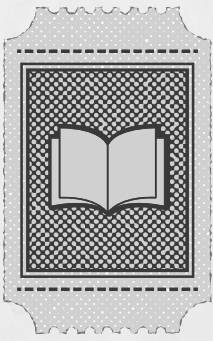


ENERGIZER



Have the members sit on chairs in a circle, with the number of chairs being one less than the number of participants. The young without a chair stands in the middle and tells their name. Then the member calls out a characteristic or a colour, or type of clothing, e.g. "Everyone wearing orange!". All participants who are wearing orange must get up and find another seat, but not the one immediately to their right or left. The person in the middle races to find a seat and the person left standing becomes the next caller in the middle.





STRESS AND DRUG USE: NOT A GOOD MIX

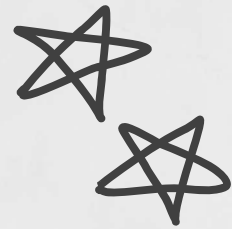


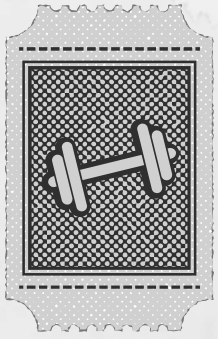
1. WHEN YOU FEEL UNDER STRESS, YOUR BODY'S
2. STRESS RESPONSE
3. SYSTEM KICKS INTO GEAR
4. TO TACKLE THE
5. SITUATION.



TO DO: STRESS TEST

1.
2. FIND OUT HOW STRESS AFFECTS YOUR BODY AND LEARN HEALTHY WAYS TO COPE WITH PRESSURE.
3.
4.
5.





CONDUCTING THE STRESS TEST



Match each body organ below with the way in which it responds to stress.



1. Heart



2. Brain



3. Liver



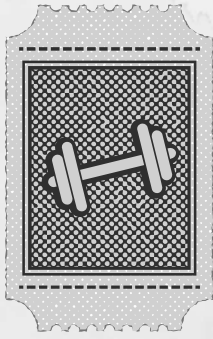
4. Muscles



**5. Stomach/
Intestines**

- a. Tense to protect against injury.
- b. Releases glucose into the bloodstream to power cells.
- c. Rate increases to push blood through the body faster.
- d. Activity decreases so energy can be used in other parts of the body.
- e. Signals the release of stress hormones.





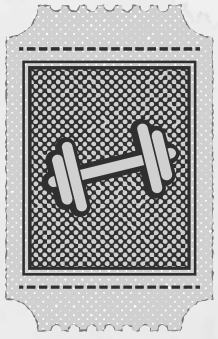
CONDUCTING THE STRESS TEST



TO DO: THINK ABOUT IT

1. 1. Identify a situation in which you experienced stress.
2. 2. Write about how your body responded
3. ...to the stressful event, and explain why.
4. your body reacted the way it did.
5. 3. What strategies will you use to reduce this type of stress in the future?





CONDUCTING THE STRESS TEST

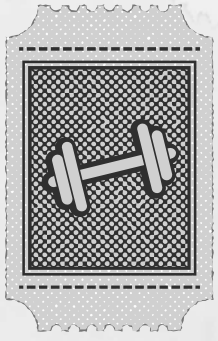


COPING WITH STRESS



Find a quiet space. Breathe deeply through your nose for a count of four. Hold your breath for a count of two. Then, let the breath out through your mouth for a count of four. Try to continue for 10 minutes or more.





CONDUCTING THE STRESS TEST



COPING WITH STRESS

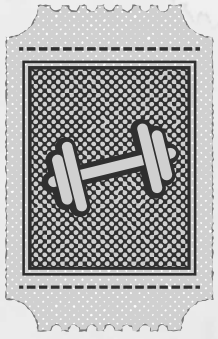


**STAY
ACTIVE!**



Lace up and go for a walk or a run. Try to get your heart pumping, but not so much that you can't talk. In fact, you might ask a friend or family member to join you to help make it more fun!





CONDUCTING THE STRESS TEST



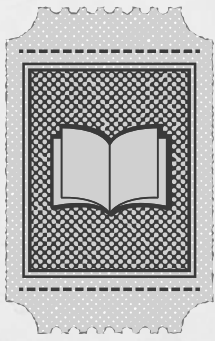
COPING WITH STRESS

Put your phone away and do not check it for one hour on the first day, then gradually increase that time for a few days. Let your parents know, and ask them not to call you unless absolutely necessary. Only pick up the phone for them. At first you may feel stressed and worried about what you are missing. But see if it gets better each day.

Track your progress.

OFF





STRESS AND DRUG USE: NOT A GOOD MIX

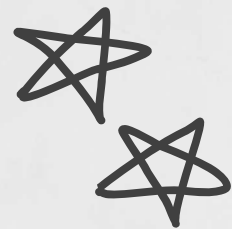


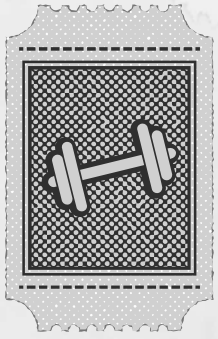
- SUBSTANCE USE CAN AFFECT THE BRAIN AND BODY IN THE SAME WAY AS STRESS DOES.
1. ...FOR EXAMPLE, SOME DRUGS INCREASE... HEART RATE AND ANXIETY, WHICH CAUSES THE BODY'S STRESS RESPONSE TO INCREASE - NOT DECREASE. EVEN DRUGS LIKE ALCOHOL THAT APPEAR TO ALLEVIATE STRESS IN THE SHORT-TERM INCREASE THE BODY'S STRESS RESPONSE OVER TIME. PEOPLE WHO ARE STRESSED ARE ALSO AT HIGHER RISK FOR DEVELOPING ADDICTION.
 - 4.
 - 5.

TO DO: CREATE A PREVENTION OBSTACLE COURSE

WHAT YOU NEED TO KNOW BEFORE YOU START:

1. • SECURE A LOCATION:
 - RESEARCH LOCAL EVENTS TO
2. ATTEND THESE EVENTS COULD INCLUDE FESTIVALS, SCHOOL EVENTS
3. AND HEALTH FAIRS SPECIFIC TO YOUR LOCAL COMMUNITY.
4. • MARK YOUR CALENDAR AND SECURE VOLUNTEERS.
5. • GATHER MATERIALS, EXAMPLE LIST:
 - HULA HOOPS, CONES, JUMP ROPE,
 - FATAL VISION GOGGLES





CONDUCTING THE PREVENTION OBSTACLE COURSE



NOTES

Encourage Participation:

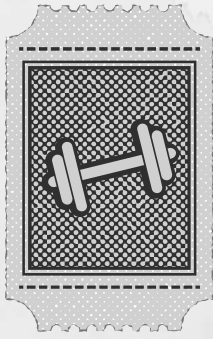
When ready to conduct the obstacle course, encourage those at the event or festival to participate. The course should not be strenuous; all ages should be able to participate. Create a big sign, and utilize volunteers to invite passersby to engage.

Maintain Course Safety:

Make sure to explain each step of the obstacle course before the participant begins—they should be comfortable during all phases of the course. Give clear directions while conducting the obstacle course. This helps participants stay focused and feel safe, and it helps to prevent injury.

*Prior to having people participate in the obstacle course, make sure the challenges aren't dangerous.





CONDUCTING THE PREVENTION OBSTACLE COURSE

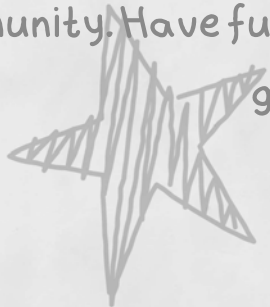


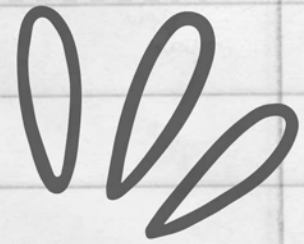
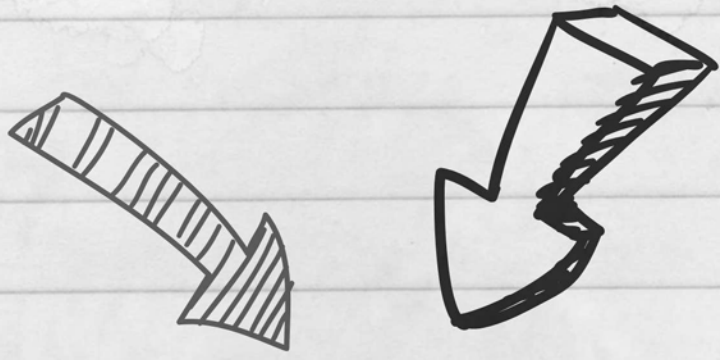
NOTES

Debrief:

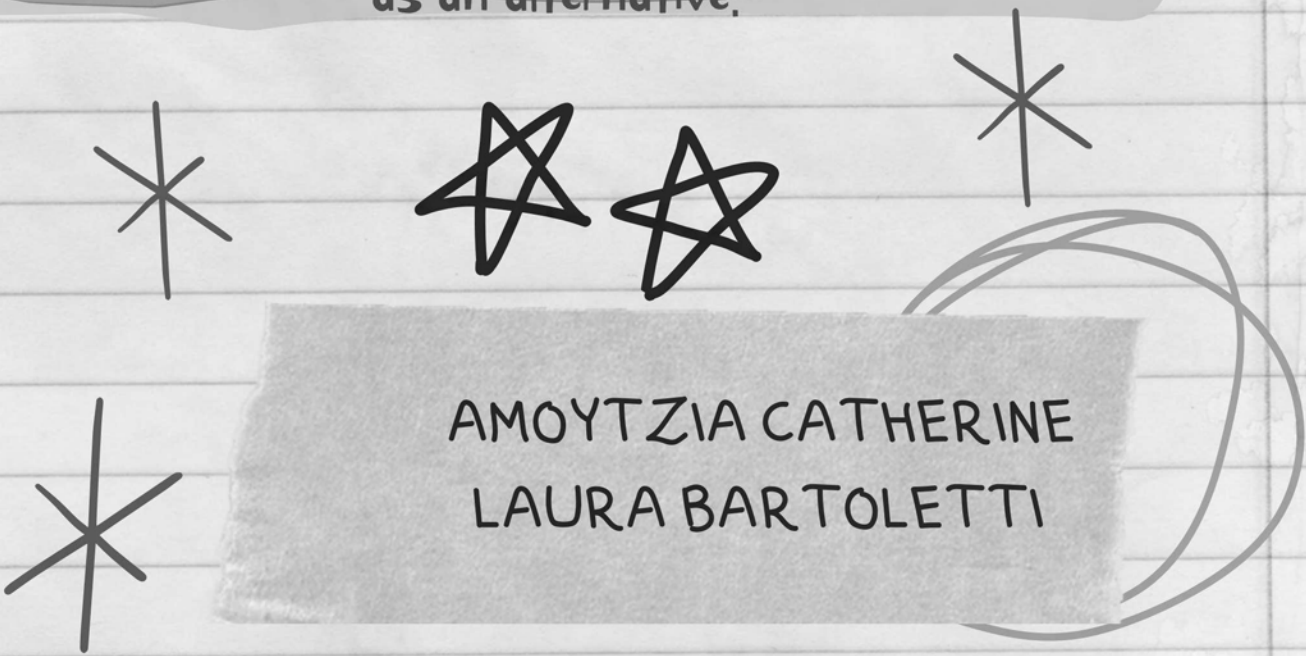
Participants should understand why they are participating – to examine the impact alcohol may have on their abilities. When they finish, make sure to thank them for participating, answer any questions and share materials with them about the effects of alcohol and other substances, including the dangers of impaired driving.

By implementing this obstacle course, know that you are making a difference in your community. Have fun and let us know how it goes!





Mental and emotional wellbeing is critical to overall health. By supporting Young in developing healthy coping skills, we can set them up for success in dealing with stress and challenging circumstances in the future. It's useful to promote mindfulness and the practice of health-enhancing behaviors, which can support better management of stress and reduce the chances of exploring substance use as an alternative.



AMOYTZIA CATHERINE
LAURA BARTOLETTI

“our future”

2021-2-PL01-KA153-YOU-000040313

