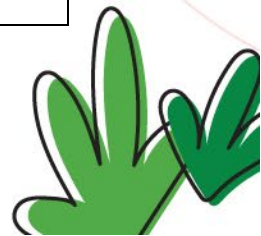
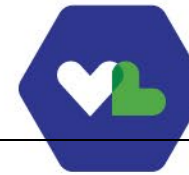




DRUGS IN THE CITY

| | |
|--|--|
| Introduction | A former addict (drugs) tells his story. In the presence of someone who works with addicts |
| Objective / teachers' goal | Expert by experience tells his story how his life went and is now. Recognition |
| Relation to competence framework INTRODUCTION TO THE VITALITY COMPETENCE FRAMEWORK copy (vitalityforthefuture.eu) | |
| Dimensions (check the dimensions and related aspects below) <input type="checkbox"/> Bodily functions <input type="checkbox"/> Mental wellbeing <input type="checkbox"/> Meaningfulness <input checked="" type="checkbox"/> Quality of life <input type="checkbox"/> Participation <input type="checkbox"/> Daily functioning | |
| Materials | Chairs in a circle |
| Approach | Story telling, questioning and space for student stories and questions. Make it clear that what is shared in the group is confidential |
| Type of activity (workshop, assignment, quiz, debat, presentation, etc.) | |
| Duration | 75 The Former addict tells about his youth and how he started with alcohol and drugs. What influence his so-called friends had and how his relationship with his family deteriorated. He was able to get help but was blind to it. Drugs cost a lot of money and he got into debt, so he went from one thing to another. How does an addict behave How can you recognise an addict ? How did he get out anyway ? What municipal or other agencies can you turn to as an addict? Where can you go if you are an addict ? And what can you do if you have family and friends who are or become addicts? During the story there is always time for the group to react and ask questions or tell their story min |





| | |
|-------------------------------|---|
| Final goal (learning outcome) | Recognition, how and where to find help |
|-------------------------------|---|

Spiderweb Positive health

| Dimension/Aspects | | | | | | | |
|-----------------------------|-------------------------|---------------------|---------------------------|-------------------|----------------------------------|------------------------|-----------------------------------|
| Bodily functions | Feeling healthy | Fitness | Complaints and pain | Sleep | Food | Condition | Exercise |
| Mental well-being | Remember | Concentrate | Communicating | Being cheerful | Accepting yourself | Dealing with change | Sense of control |
| Quality of life | Enjoy | Being happy | Balance | Feeling safe | How you live | Get by with your money | Feeling comfortable with yourself |
| Social participation | Social contact | Be taken seriously | Doing fun things together | Belonging | Doing meaningful things together | Support from others | Interest in society |
| Daily functioning | Taking care of yourself | Knowing your limits | Knowledge of health | Dealing with time | Dealing with money | Being able to work | Being able to ask for help |
| Meaning | Meaningful life | Zest of life | Wanting to achieve deals | Have confidence | Accept | Gratitude | Keep learning |





VITALity
for the future



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