

Subject: RELAPSE PREVENTION

It can often be a struggle to stay 'strong' let alone stay 'safe'. One way to stay 'safe' and stay 'strong' is to distance yourself from the negativity and the dangers of a drug using life by focussing on positive things and maintaining those positive thoughts, which can be a slow, but worthwhile process. By setting yourself goals and having a day-to-day structure you are able to occupy your time and develop new goals and ways of thinking. Once you start to feel more positive about 'you', you are almost half way there.

TASK

This is an opportunity for you to be a 'journalist'. The first task will be to design a questionnaire around relapse prevention. The purpose of the questionnaire is to look at positive and productive ways to prevent relapsing. By designing your own questionnaire you can use your own initiative to explore the main reasons that people relapse and how to avoid these situations.

Time: 45mins-1hr

Once you have completed your questionnaire it would be a good idea to fill one out yourself and then interview the other members of your group using the video camera.

Time: 1hr 30mins.

The last part of this task is to produce your own short documentary exploring relapse prevention, talking about your own experiences, giving some advice and also presenting the results gained from your interviews by adding clips of different interviews.

Time: 2hr 30mins - 3hrs

Using the video editing software package Premier Pro 1.5 students will have the opportunity to edit their work onto dvd and learn video editing skills

Time: Varies

Materials

Questionnaire: to help you with think about the things you would like to explore.

Video Camera: to film yourself or others

Life Maps: To write down or structure your ideas.

Paper and Pens

Examples of writing around RELAPSE PREVENTION.