

# REACT IN THE MOMENT

## ACTIVITY

### Time Needed

40–60 minutes

### Materials

Scenarios

### Activity Description

Do you have a plan if someone were to ask you to try drugs or alcohol? This activity will guide you through a role-play experience to help you build the skills for problem-solving and to make it easier to say 'no.'

### Suggested Steps

1. Get into small groups.
2. Read through the scenarios and choose one to act out as a skit for the larger group.
  - You are on your way home from practice alone, when some popular students ask you to hang out and have a smoke with them.
  - A dance has just gotten out at school, and a few students tell you they know of a house where the parents aren't home. Your friends try to talk you into going.
  - You're at a school football game and a small group of students in the bleachers are drinking alcohol out of water bottles. They offer you a drink.
  - You walk into the school bathroom, where you find a few kids vaping. They ask if you want to join them.
  - A group of popular older students approaches you at a school concert and invite you to a party. You are with your friends. They offer to text you the information. All your friends want to go.
  - You have been invited to an overnight sleepover by an old friend. One of the people at the party brings alcohol and another brings prescription drugs to share.
  - An old friend from elementary school has become involved with a new group of friends. They ask you to join them after school to smoke weed.
3. Prepare your skit. Consider:
  - Would finding your natural high be an option here?
  - Do you need to tell a white lie to get out of a situation? Is that ever ok?
  - What are your values and how can you let them guide your response?
  - Do you have a friend or ally in this situation?
4. Act out your skit and watch the other groups. Consider how the characters respond to problems and think about what you could do realistically.



FOLLOW US

@NATURALHIGH

@LIVENATURALLYHIGH

/LIVENATURALLYHIGH

Natural High is a 501(c)(3) nonprofit organization that relies on the generosity of individuals, corporations and foundations to help youth discover, amplify and pursue their own natural high so they have a reason to say no to an artificial high.

NaturalHigh.org | #LiveNaturallyHigh