

## Chemical Health Break Out Session Agenda

First Break Out – 1:15-1:35

Session Leaders: \_\_\_\_\_

All other students will sit in the room and participate.

1:10 Students will be waiting in the room for the middle school students to arrive.

Two students will return to the big room to pick up group of MS students.

1:15 – 1:20

- **“This is the chemical health break out session. Do any of you know what chemical health means?”**
  - *Ask for one or two responses.*
- **“Chemical health is the way that different chemicals affect our bodies. This is important because we need to be aware of the different chemicals that we chose to put in to our bodies. These chemicals can affect our brain, our performance and our overall health.”**
  - *Student passes out one pager on chemical health*
- **“We are giving you guys a handout that talks about four different substances: alcohol, marijuana, vapes and prescription drugs. We are will be reading through this handout together.”**
  - *Read through handout.*

1:20 – 1:30

- **“Now that we have finished reading through the handout, does anyone have any questions?”**
  - *Conference leaders will be in the room and can help with questions*
- **“Since we have learned about these four different substances and how they affect our body, it is important to practice ways to say no. Do any of you have any ideas on how to say no to these substances?”**
  - *Allow 2-3 responses from the group*
- **“Thank you for the responses. Now we are going to get in groups of three to practice refusal skills. You guys will have a couple of minutes to plan out a skit, then each group will perform their skit.”**
  - *One student hands out a scenario to each group. Make sure groups are a mix of HS and MS students.*
- **“Okay so now it is time for each group to act out their scenario.”**
  - *Make sure that all groups present. If no one volunteers, randomly choose groups.*

1:30 – 1:35

- **“What did you guys think of that activity? Do you think that these are good ways to say no?”**
- **“Can someone think of another way to say no that was not in one of the skits?”**
- **“Please take out your Personal Performance Log. Please fill out Sunday and reflect on the experience. You can continue to use this throughout the rest of the week.”**
- **“Thank you all for participating. Now you will move on to Nutrition.”**

## Chemical Health Break Out Session Agenda

Second Break Out – 1:40-2:00

Session Leaders: \_\_\_\_\_

All other students will sit in the room and participate.

1:40 – 1:45

- **“This is the chemical health break out session. Do any of you know what chemical health means?”**
  - *Ask for one or two responses.*
- **“Chemical health is the way that different chemicals affect our bodies. This is important because we need to be aware of the different chemicals that we chose to put in to our bodies. These chemicals can affect our brain, our performance and our overall health.”**
  - *Student passes out one pager on chemical health*
- **“We are giving you guys a handout that talks about four different substances: alcohol, marijuana, vapes and prescription drugs. We are will be reading through this handout together.”**
  - *Read through handout.*

1:45 – 1:55

- **“Now that we have finished reading through the handout, does anyone have any questions?”**
  - *Conference leaders will be in the room and can help with questions*
- **“Since we have learned about these four different substances and how they affect our body, it is important to practice ways to say no. Do any of you have any ideas on how to say no to these substances?”**
  - *Allow 2-3 responses from the group*
- **“Thank you for the responses. Now we are going to get in groups of three to practice refusal skills. You guys will have a couple of minutes to plan out a skit, then each group will perform their skit.”**
  - *One student hands out a scenario to each group. Make sure groups are a mix of HS and MS students.*
- **“Okay so now it is time for each group to act out their scenario.”**
  - *Make sure that all groups present. If no one volunteers, randomly choose groups.*

1:55 – 2:00

- **“What did you guys think of that activity? Do you think that these are good ways to say no?”**
- **“Can someone think of another way to say no that was not in one of the skits?”**
- **“Please take out your Personal Performance Log. Please fill out Sunday and reflect on the experience. You can continue to use this throughout the rest of the week.”**
- **“Thank you all for participating. Now you will move on to Nutrition.”**