

# Putting the Pizazz into Prevention

Peggy Rubens-Ellis, M.Ed.

Teaching Middle School Students can be rough.



# Activity One: It's all in the cards.

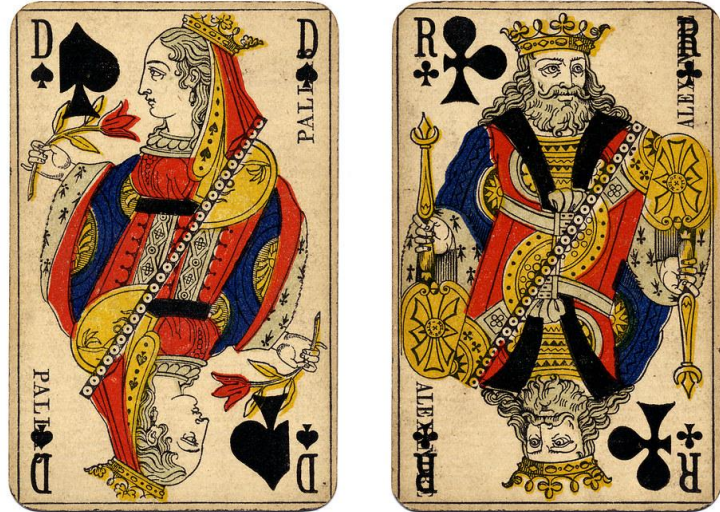


The Brain: Understanding Neurobiology through  
the Study of Addiction. Brain University  
-brainu.org

Goal: Learn about addiction cycle, risk and protective factors, and genetic disposition.

# Instructions

1. Back Load—intentionally don't say much about the activity.
2. Pick 3 students
3. Give each a face card. They are not allowed to look at the card

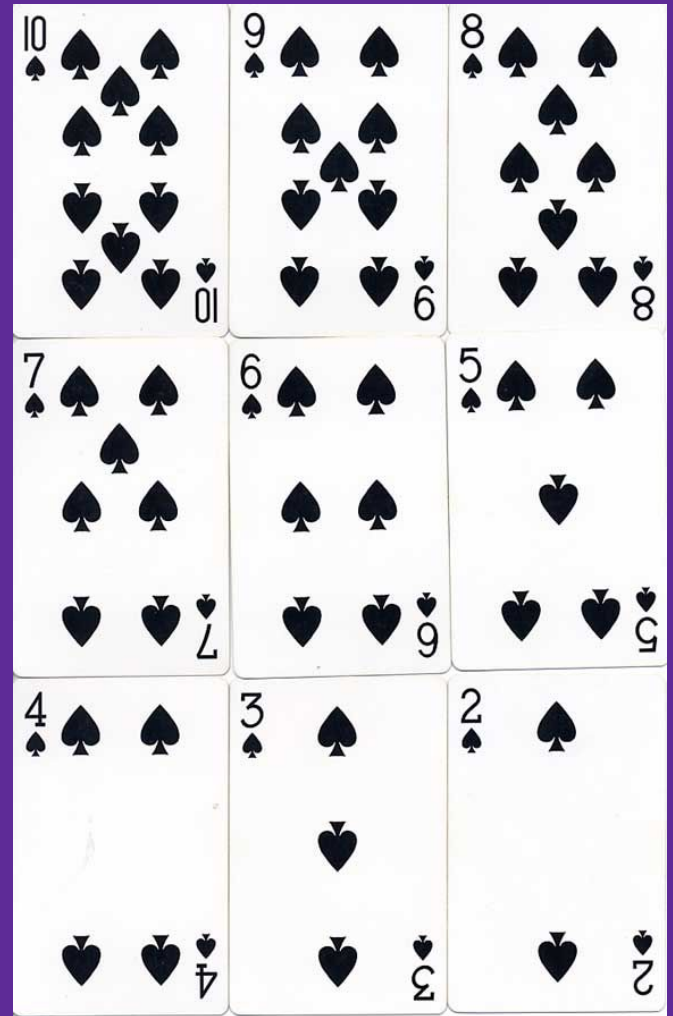




4. Give each student a card 1-10. This time they can look at the card and show the audience.

5. Do they want a choice card? They can have up to three.

**6. Now let's look at each person's cards and learn what it tells us about addiction.**



# Face cards represent Nature or Biology

1. Kept hidden since biological risk is not visible.
2. Jack–low risk; Queen–medium risk; King–high risk.
3. If you have a King, it does not mean you WILL become addicted. It just means your risk is higher.
4. If you have a Jack, it does not mean you won't become addicted. It just means that your risk is lower.

# Second Card represents risk and protective factors or the environment.

1. A ten indicates an environment that makes it more likely that a teenager would start using substances.
2. An Ace means an environment that makes it less likely that a teenager would start using substances.
3. As said before, this is about risk and doesn't mean the person will or will not become addicted.

# Choice Cards represent individual choice

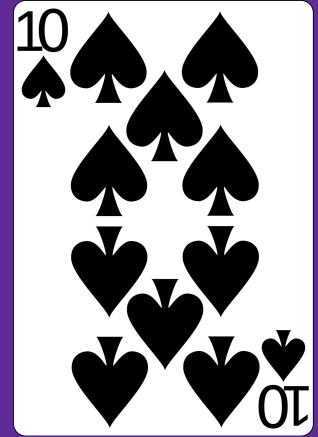
1. One may not be addicted, but still make choices that are harmful to themselves or others
2. The more risky choices you make, the greater likelihood that you will have substance use challenges.



# EXAMPLE ONE

Genetic Risk-Low

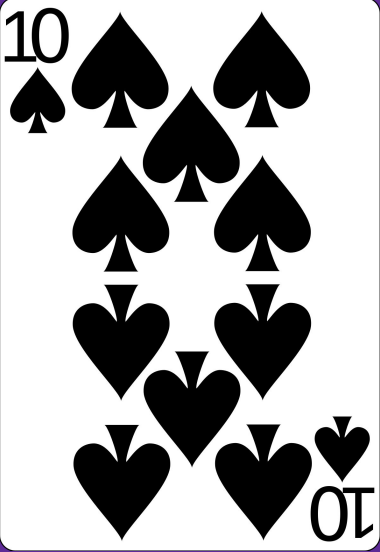
Environmental Risk-High



Example Two

Genetic Risk—Low

Environmental Risk—High



Example Three

Genetic Risk–High

Environmental Risk–Low



# Activity 2:

## Orcaville Community Meeting

You are attending a community meeting. You are discussing the rise in youth alcohol use.

Goal: Learn about preventative factors and how the community can take ownership.

# RISK FACTORS IN ORCAVILLE



1. Dark area behind the shopping mall where teens hang out and drug dealers also hang out. Teens have found needles there.
2. Kids report being bored and say that there's nothing to do.
3. Lots of stores sell alcohol and it seems that many teens are shoplifting.
4. New school with many new teachers.

# Preventative Factors in Orcaville



Take a few minutes to think of three protective factors that the community of Orcaville could put in place to make it less likely for teens to use. You can think outside of the box.

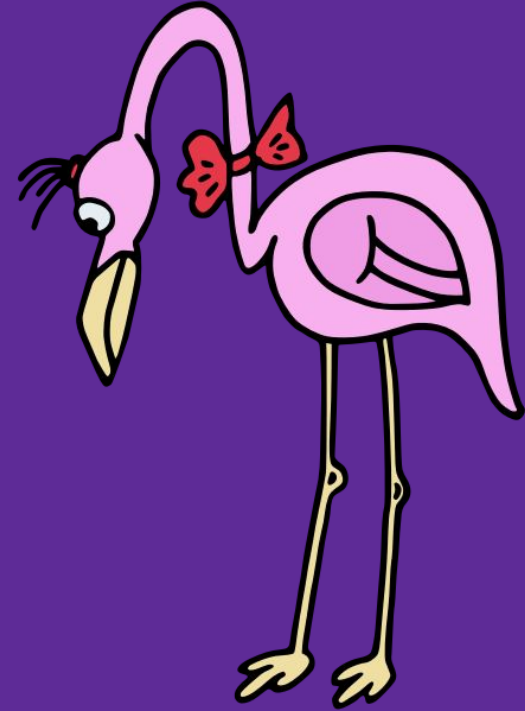
# Activity 3: Why Do Some Say No?

Goal: Norming.

1. I gave myself 10 minutes and came up with 30 reasons.
2. Can you collectively as a class beat my score?

# Activity 4

Dr. Pink Mc Murr  
Ph.D.



Goals: Teach about Healthy Youth Survey,  
Understand statistics and prevention.



Dr. Pink:  
Loves flamingos  
Loves puzzles  
Loves mathematics



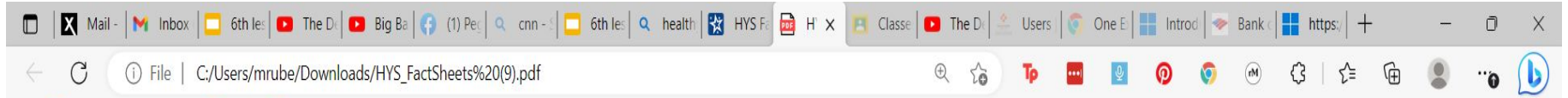
$$\frac{\partial}{\partial a} \ln f_{a, \sigma^2}(\xi_1) = \frac{(\xi_1 - a)}{\sigma^2} f_{a, \sigma^2}(\xi_1) = \frac{1}{\sqrt{2\pi\sigma}} \left[ \frac{\xi_1 - a}{\sigma} \right] e^{-\frac{(\xi_1 - a)^2}{2\sigma^2}}$$
$$\int_{\mathbb{R}_n} T(x) \cdot \frac{\partial}{\partial \theta} f(x, \theta) dx = M \left( T(\xi) \cdot \frac{\partial}{\partial \theta} \ln L(\xi, \theta) \right) \int_{\mathbb{R}_n} T(x) f(x, \theta) dx$$
$$\int_{\mathbb{R}_n} T(x) \cdot \left( \frac{\partial}{\partial \theta} \ln L(x, \theta) \right) \cdot f(x, \theta) dx = \int_{\mathbb{R}_n} T(x) \left( \frac{\partial}{\partial \theta} \frac{f(x, \theta)}{f(x, \theta)} \right) \cdot f(x, \theta) dx$$
$$\int_{\mathbb{R}_n} T(x) f(x, \theta) dx = \frac{\partial}{\partial \theta} \int_{\mathbb{R}_n} T(x) f(x, \theta) dx = \int_{\mathbb{R}_n} \frac{\partial}{\partial \theta} T(x) f(x, \theta) dx$$

# Looking at statistics around eating breakfast.

Healthy Youth Survey–2021

1. Less vulnerable topic.
2. Most students know that eating breakfast is good for you.





## Fact Sheet

## Dietary Behaviors for Washington State

Year: 2021

Grade: 10

Sex: All

Number of Students Surveyed:

### Background:

- A nutritious diet can reduce major risk factors for chronic disease such as obesity, high blood pressure, diabetes, and high blood cholesterol.
- Poor nutrition has the potential to affect the growth, development, health status and academic achievement of children and adolescents.
- Individual food choices are made within the context of the family and the community.
- In order to be able to choose a nutritious diet, an affordable supply of healthy foods must be available.

# BREAKFAST and 10th Graders

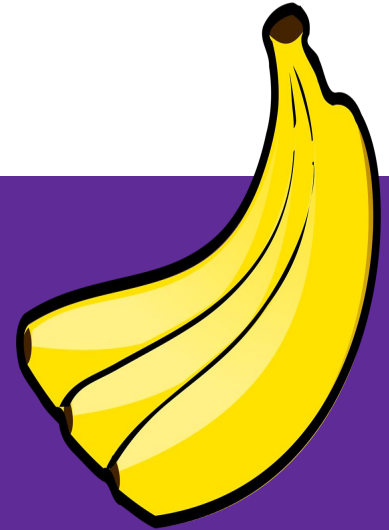
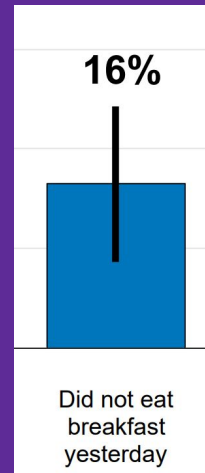
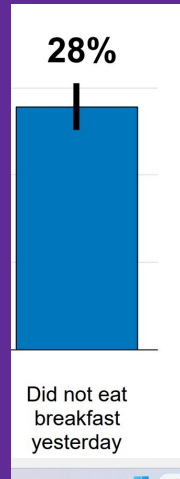
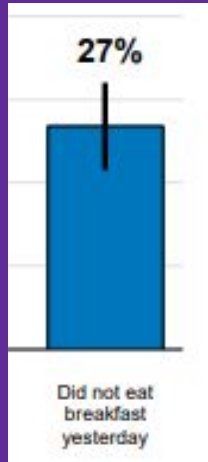
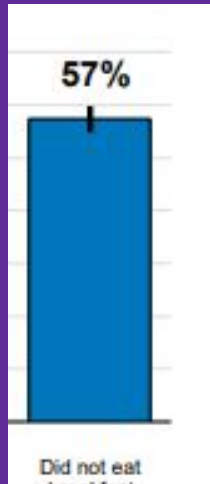
Comparison of 6th graders–Yakima, King, Spokane, and San Juan counties..BREAKFAST according to the 2021 Healthy Youth Survey

Yakima County

King County

Spokane County

San Juan County



# What do you notice? What assumptions might you make?



Now here's where my love of puzzles come in. Just because you know the statistic, it doesn't mean you know why. Figuring it out can be a puzzle and some people make a career out of it.

**The obvious reasoning might be around money, but what else could be at play?**

When the survey was given and what was happening in the at the time?

Was the survey on a day the students went on a field trip?

Does one of these schools have a special program that allows for more kids to have breakfast?

The survey question does not account for the quality of the food.

# King County Breakfast

6th  
Grade

27%



Did not eat  
breakfast  
yesterday

8th  
Grade

41%



Did not eat  
breakfast  
yesterday



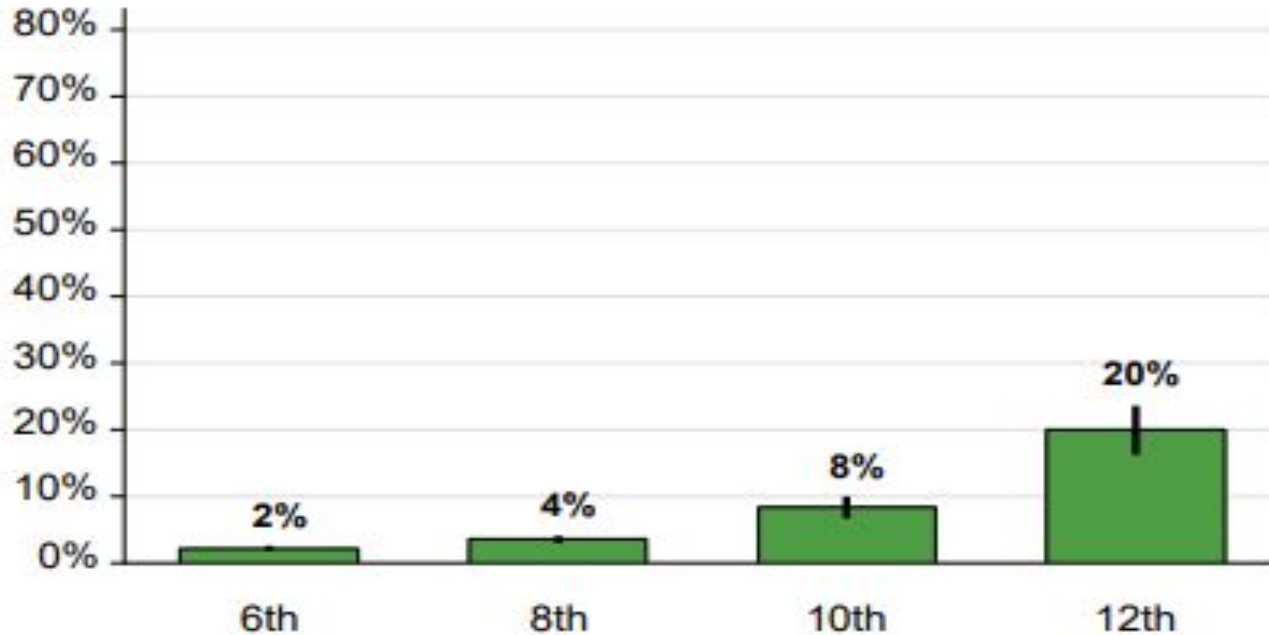


**What could be the reasons for this discrepancy?**



# Healthy Youth Survey–Alcohol Use in State. 2021

**Current (past 30 days) Alcohol Use  
Statewide, All Grades, 2021**



N



# What does this show?

1. Most 6th graders don't drink.
2. In 12th grade the number goes up, but there are still 80% of the students that don't drink.

# Healthy Youth Survey

## COMMERCIAL TOBACCO PRODUCT USE

# Fact Sheet



Year: 2021

Grade: 8

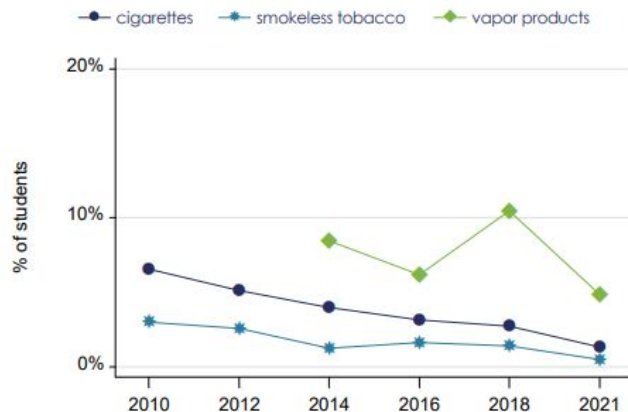
Sex: All

Number of Students Surveyed: 7,691

### BACKGROUND

- Tobacco use remains the leading cause of preventable death and disease in Washington.
- Preventing youth initiation of tobacco and other nicotine use is critical to stem the tide of tobacco-related mortality, morbidity, and economic costs.
- Youth and young adults under age 18 are far more likely to start using tobacco than adults; nearly 9 out of 10 adults who smoke started by age 18.
- 104,000 Washington youth alive today will ultimately die prematurely from smoking.
- The emergence of vapor products (also called electronic cigarettes) has raised serious concern. Nicotine use can adversely affect brain development.
- The effects of nicotine exposure during youth and young adulthood can be long-lasting and can include lower impulse control and mood disorders. The nicotine in vapor products can prime young brains for tobacco use and addiction to other drugs.

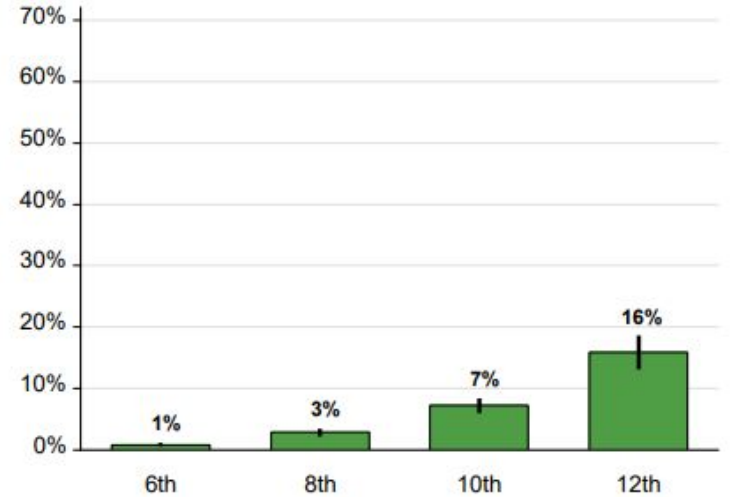
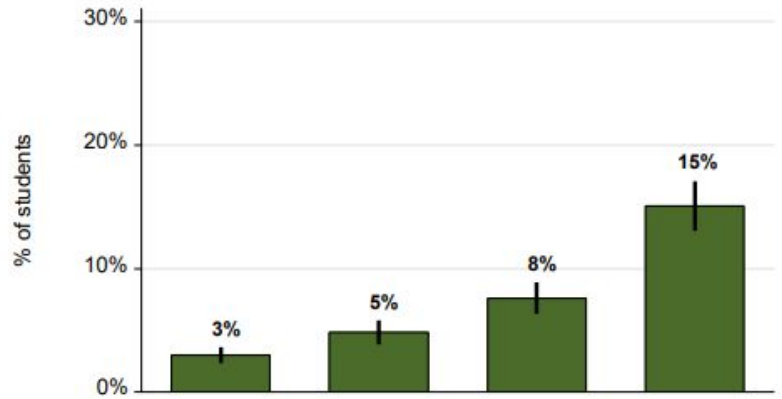
### Current (past 30-day) use trends, grade 8



Prevalence	2010	2012	2014	2016	2018	2021
cigarettes	7% ±1	5% ±1*	4% ±1*	3% ±0*	3% ±1	1% ±0*
smokeless tobacco	3% ±1	3% ±0	1% ±0*	2% ±0	1% ±0	0% ±0.3*
vapor products	N/S	N/S	8% ±1	6% ±1*	10% ±1*	5% ±1*

# HYS-2021 Vaping/Cannabis

Current (past 30-day) vapor product use compared to the state, all grades



**Now I  
really  
need  
your  
help.**

1. I am applying for a 3000.00 prevention grant for McMurray Middle School students.
2. Must be focused on prevention.
3. What should I call the program?

4. Should I focus on:

- a. 6th grade
- b. 7th grade
- c. 8th grade
- d. Parents
- e. Teachers
- f. Some combination

5. Should I focus on:

- a. Vaping
- b. Alcohol
- c. Cannabis
- d. Some combination

I will discuss with my committee and tell you our favorite proposals.

## 8th Grader Vaping Prevention

For me and Lilian's idea on 8th grade vaping prevention, we will do an ~~series of fun things~~ 8th grade camping trip! The trip will allow them to embrace their full selves, and experience how fun ~~the~~ camping can really be! After the awesome trip to Moran State Park, Orcas Island

for 5 days in July <sup>after</sup> We will teach them about the dangers of vaping and how it can prevent them from enjoying things like that in the future. We will say something like:

Slogan:  
Doesn't it feel good to breathe fresh, non-~~f~~flavored air?

and  
having vapes can make you depressed, so you won't enjoy such fun things, like going camping with your best friends  
we will spend the money on supplies, food, and activities

# Anonymous Therapy:

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7th & 8th grade vaping reduce

You could make a online website, where students could anonymously submit the problems and worries in a private chat with a therapist. This would help because many people vape because ~~many people~~ stress, and therapists help with things like that, however many people don't feel comfortable taking therapy or don't think they need it, if you could do it privately online people may take it.



# AMAZINGLY ACTIVE

We want to enroll people in activities such as art, sports, games, and other activities. At these activities, we would provide fidgets and gum to distract from smoking, vaping, and consuming alcohol.

The place we will have it at is a concrete floor with beams of concrete and concrete roof, so partly outside.

Activities and fidgets/gum can distract from harmful activities by giving people something else to do. Activities also reduce depression, help people make friends, and help people be healthy by being active.

# Project Entertainment

In This project we will inform 6th, 7th and 8th graders on the dangers of Drinking (Alcohol) and vaping. Then with extra money we will enroll everyone in activities. I think a lot of people drink and vape because they don't have anything better to do. If everyone had activities they might focus more on those instead of vaping and drinking. Activities can also help with depression, and can help people make friends.

invest 2999.99\$ into bitcoin  
and sell for 1199.99 and 6000 into  
6th grade and 7th grade for alcohol prevention  
like a field trip w.a science place  
to show to drink alcohol!

both and 7th  
you could have more people I'd when  
they are buying nomatter how Old they  
look. you could have more camps in  
alley ways and schools and stores.  
you could have a testing area  
where every single kid has to test if  
they have been vaping. Put vape detectors  
around the school. Hire school guards to  
catch vapers in the act!!!

# ICELANDIC INSPIRATION

Researchers looked at reasons teenagers might turn to alcohol and/or drugs

**Risky behavior**  
**Adrenalin**  
**Trying something**  
**new**  
**Curiosity**

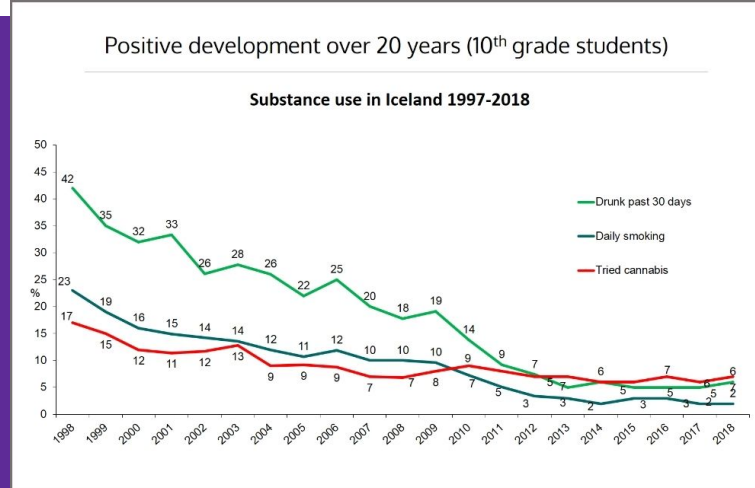


**Stress**  
**Anxiety**  
**Calming**

Iceland invested in the passions and interests of kids.

The results were shocking.

Over 20 years alcohol abuse rates among teens drastically decreased from 42% to 6%.



# Invested in community centers

Centers had to have both adrenaline producing activities and calming activities.



## Activity Directions.

- K2 Plant
- Unlimited amount of money
- Turn into Community Center
- Name of project
- 3 adrenalin activities
- 3 calming activities
- 3 special features
- Some kind-of food station



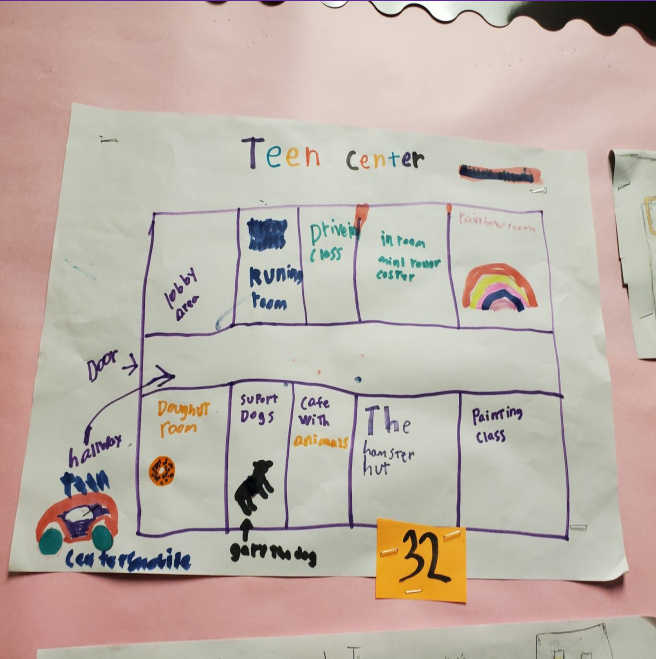
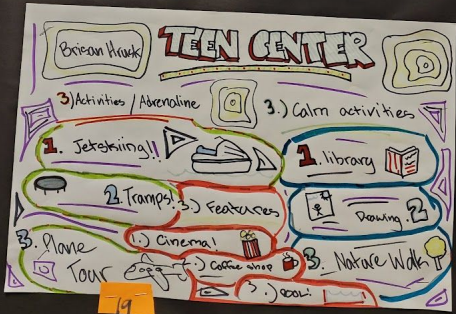
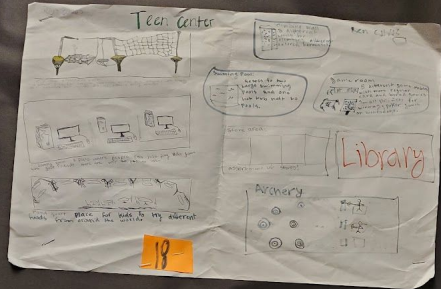
## Instructions Continued

We will ask teachers to vote on their top three and there will be a winner.

You can use words, art, or any other creative way to show your plan.

Make your center look visually appealing and eye catching





Class room

draws are good!


tea shop

17

Meet Room of

TRAMPOLINE !!

VA!!



LVC Davies

# Teen Center

## exciting activities

- Basketball 🏀
- Football ⚽
- Go-Cart racing 🏎️

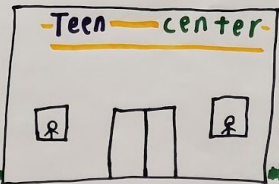
## features

- machine to help kids learn to drive
- stores
- a lot of food and water

## calming activities

- Pool and hot tub and Sauna
- video games 🎮
- movies 🎬

12



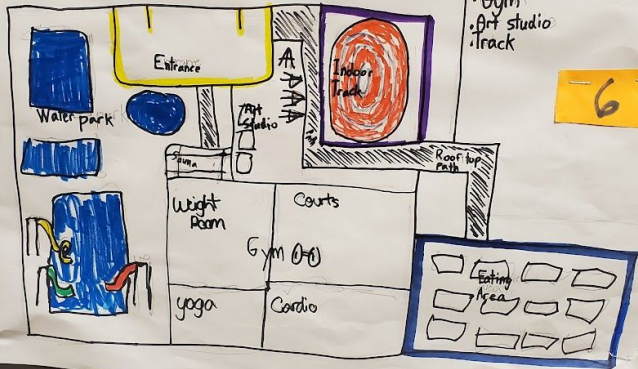
Good things

11

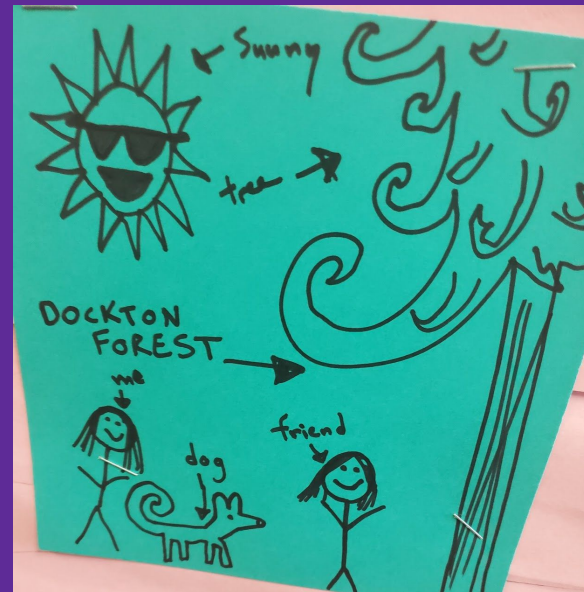
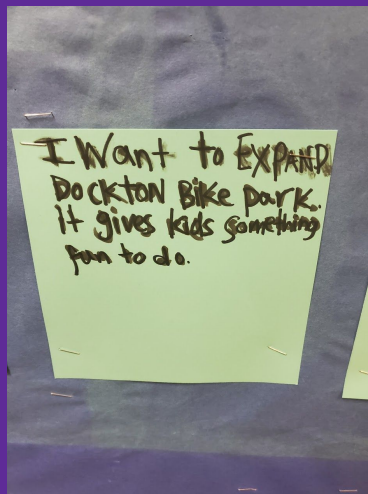
ZIPLINE! 🧗 SO FUN

# ☆ DREAM BIG ☆

- Water park + sauna
- Food court
- Gym
- Art studio
- Track



6



DOPAMINE SUPER HERO

# Activity Two



# Dopamine Superhero

## Funny T-shirt

- Movement-T-shirt
- Goals-Giant pencil
- Pleasure—Candy
- Fast Moving-Big running Shoes
- Pain-Cane
- Craving-Dog Puppet
- Pathways-map
- Balance-Balance Ball

Find a current article on any of the topics we've talked about. **Your article must be written in the past two years**

Answer the following questions:

Your name

Title of Article, author, include link if online.

Why did you choose this article?

What is the purpose of this article?

If this is an opinion piece, do you agree or disagree?

What are two things you learned from this article. You learnings will be posted on a bulletin board.

# Homework



