

MANITOBA ADDICTIONS AWARENESS WEEK

TOPIC:	The Amazing Addictions Race
AUDIENCE:	Grades 9 – 12; adult
OUTCOME:	This is a great wrap up activity! It provides an opportunity to create and share an addictions awareness game using information that has been learned.

The Amazing Addictions Race

Introduction

Informative, active and fun, this game is modeled after the popular TV series. It can be played using small or larger groups. Participants will accomplish tasks and face challenges while learning about substance use/misuse, gambling and addictions. They will need to operate as an effective team as they encounter challenges, detours, roadblocks and pit stops! This game may provide an opportunity to plan and coordinate some of the game elements with other organizations in your community. ***Let the fun begin...***

How the game works

The Amazing Race consists of teams racing against one another as they accomplish tasks and face challenges. This could involve any or all of the following: scavenger hunts for information or objects, physical and mental challenges, navigating the route, etc. Along the way teams will encounter:

- **Roadblocks** – these are extra tasks that only one member of the team can undertake and they are designed to “test skill and/or knowledge” before the team can receive their next clue and move on.
- **Detours** – the team must choose between two tasks; often one may appear easier than the other but will require more time to accomplish. Which route will they choose?...The tough but quickly accomplished, or the easier but more time consuming

- **Pit stops** – depending on the length of your game, pit stops can be an opportunity to share what teams have learned and/or a refreshment break.

The object of the game is to be the first team to reach the finish line!

Game Process – Getting started...

- Depending on the game's length and route, you could involve others in planning the game. For example, in a school you could include the librarian, the guidance counsellor, the gym teacher, AFM school-based staff.
- Plan the route, develop the challenges, roadblocks, detours and pit stops.
- Set up the clues and clue boxes.
- Involve others to monitor the process and hand out the clues.
- Secure prizes (preferably something for all participants – order some MAAW stress balls, order pizza for the final pit stop, get a local business to donate a prize/gift certificate for the winning team, etc.)
- Divide the group into teams – two to four per team, have each team come up with a catchy name.
- You're ready to go...
 - Give out the first clue after the successful completion of one simple knowledge/skill/physical challenge or task; e.g. what is the legal drinking/gambling age in Manitoba, list 4 commonly abused substances, name one place you could go for help in your community, build the tallest tower using marshmallows and spaghetti, answer a mini quiz – have teams leave in order of # of right answers, etc.
 - As the teams complete each task, they will receive a clue in an envelope, which will lead them to the next challenge.
 - Each challenge could be located in a different place (in the same building or throughout the community), for e.g. in a school setting, you could have students move from: classroom, to school library, to guidance counsellor's office, to general office, to gymnasium and back to the classroom. You could involve AFM school-based staff, police services or public health if they have representatives in your school. In a community try to involve organizations such as: police services, health care workers/offices, etc.

- Depending on the length of the game, teams could face roadblocks, detours and pit stops as they move through the route.
- The final pit stop is the perfect place for participants to share what they've learned, have some refreshments and receive their prizes!

Need some ideas for challenges, roadblocks, detours, pit stops, props and prizes...read on!

Sample challenges & roadblocks

Challenge – Research – Have participants learn as they play!

- Make a list of addictions topics, one topic for each team, use AFM's The Basics Fact Sheet Series included in [the Resource Section of the MBPAA website www.mbpaa.ca](http://www.mbpaa.ca) for topic and question ideas, other possible topics could include: Impaired Driving, Fetal Alcohol Spectrum Disorder, Compulsive Gambling, Drug Trade, etc.
- Teams must choose one substance or topic to research on a first come first serve basis.
- Once the topic has been chosen, no other team can select it.
- The list of topics could be held at the front desk of the school, public or AFM Library.
- Teams must research the topic, Writing Down, the information they have found, each team could answer such questions as the following:
 - What are some signs and symptoms of addiction to this substance/behaviour?
 - What are the short-term effects?
 - What are the long-term effects?
 - What are the withdrawal symptoms?
 - Can users become physically/psychologically dependent?
 - What is tolerance; how does a person develop tolerance to this substance/behaviour?
 - What are some of the other risks?
 - If you or a family member had this addiction, where would you go for help?

- Once the research has been completed (all questions, have been answered), teams will receive their next clue from the person at the front desk and proceed to the next leg of the race.

Roadblock – Physical – Have participants listen to their bodies talk!

- Teams could now proceed to the gymnasium; because this is a Roadblock the team must choose one member to represent them in the physical challenge.
- Set up some physical challenges: e.g. shoot 4 baskets in a row, keep a hula hoop up or jump rope without stopping for a specific time, climb a rope (use appropriate safety measures).
- Borrow the Remote Control Truck Kit and Impairment Goggles from the AFM Library 1-866-638-2568 and set up a route using the pylons, stop sign and railway crossing. The team representative must wear the Impairment Goggles to guide the remote control truck through the route without hitting the pylons before receiving the next clue and continuing the race.

Detours – Tricky Choices – Tough but quick or easy and time-consuming!

- Tough but quick – each team could be given a list of 5 substances, for each they must identify: Drug Classification and order of use by Manitoba students as described in the Addictions Foundation of Manitoba's Alcohol and Other Drug Use by Manitoba Students (www.afm.mb.ca).
- Easy and time consuming – ask each team to find out if the school has a drug policy, obtain a copy of the policy, scan it, list 5 highlights of the policy, then interview 5 students or teachers to determine if they are aware of the school policy.
- Teams must report findings to the Guidance Counsellor before receiving the clue which will take them to the final pit stop.

Pit stop & Presentations – Have participants share what they've learned!

- Teams could now proceed to the classroom and sign in – this determines the order of presentations.
- They will be given a set period of time to prepare a Five Minute presentation on their chosen topic while waiting for all teams to arrive.

- Snacks could be served while teams prepare their presentations.

Game Props

To make it more authentic:

- **Clue Cards** – Design a clue card (fold in 3 brochure-style) – on the outside use and image of the map of the world with the text THE AMAZING ADDICTIONS RACE across it; leave the inside blank so you can add your clues
- **Envelopes** – Use envelopes to hold the clues (this adds the excitement of opening the next clue and helps to keep the clue confidential)
- Design a few red Amazing Race – style “Clue Boxes”

Game Prizes

Secure prizes for all participants

- Order pizza for the final pit stop; get a local business to donate a prize/gift certificate for the winning team, etc.
- Apply for up to \$150 in funding to purchase prizes, props, resources, t-shirts, etc. to make your Amazing Race truly memorable – see [Funding Section in the MBPAA website www.mbpaa.ca](#)