

National Drug and Alcohol Facts Week® (NDAFW) School-wide Activities



These activities will encourage interaction and teamwork as teens learn about the risks of drug use. Use the NIDA [Drug Facts pages](#); the booklet, [Drugs: SHATTER THE MYTHS](#); and the [Drugs & Health Blog](#) for inspiration and free content!



“Addiction and Art” Contest

Art can be a powerful expression of emotion around the theme of drugs and addiction. Your activities could include one (or both) of the following:

1. Have teen artists paint or draw images that represent addiction or living around people who use drugs. Display entries at a school art show; students can vote on their favorite.
2. Ask teens to use take photos related to the theme of drug use and addiction, and then create a collage with their photos. Display the collages on a page on your school’s Web site.

For ideas and a toolkit on how to hold an “Addiction and Art” show, visit the website [Addiction and Art](#), created by artists who support NIDA’s mission.



Chat Day Event

Chat Day 2020 will be held on Wednesday, April 1—no fooling!

Do your students have questions about drugs, drug use, or addiction? On Drugs and Alcohol Chat Day, NIDA scientists will shed light on whatever students are curious about. You only need a computer and internet access to participate.

Once your school is [registered](#) to submit questions, reserve a space at lunchtime and order pizza while everyone asks NIDA scientists questions about drug use. If your students’ questions aren’t answered right away, check the transcript that gets posted a few days later and search for answers by the username!

- [Learn More About Chat Day](#)
- [Check Out What Brazosport High School Did for Chat Day](#)



“Drug Facts Challenge!” Game

Hold a game night at your school or community center, using NIDA’s free [“Drug Facts Challenge!” game](#) for the questions and answers. You can also use the free booklet, [Drugs: SHATTER THE MYTHS](#); NIDA’s [Drug Facts pages](#); and the [Drugs & Health Blog](#). The team that racks up the most points can be crowned the Drug Facts Champions! Hand out the [Drugs: SHATTER THE MYTHS](#) booklet to help students with the answers, and find a local store to offer prizes.

- [See CADCA’s Drug Facts Trivia event](#)



Footloose Flash Mob!

Put together a flash mob at school so students can show off their dance moves! Wear t-shirts with drug facts displayed on them, and get moving. [Livestream](#) your flash mob on Twitter, Facebook, Instagram, or Snapchat, and use the hashtag #NDAFW!

- [See Van Buren Community High School YLC Members National Drug Facts Week Flash Mob](#)



Good Morning, School!

Every morning of **National Drug and Alcohol Facts Week**[®], during school announcements over the PA system, have teachers, counselors, and the principal state a [drug fact](#). This will encourage discussion throughout the day. Arrange for teachers, counselors, and school nurses to be available for any questions students have.



Halftime Activities

Come up with creative and fun sports halftime contests—supporting your school sports teams while you **SHATTER THE MYTHS**[®] about drugs and drug use. During the week, have students drop anonymous questions about drugs and drug use into one or more drop boxes in the school hallways. Have an expert answer these questions during a game’s halftime. At the beginning of the game, hand out the booklet, [Drugs: SHATTER THE MYTHS](#).

- [See Lisbon High School's Halftime Activity](#)



Lunch ‘n’ Learns

At the beginning of lunch period every day during NDAFW, teachers can state a drug fact and a discussion question, and have students discuss the fact over lunch. Arrange for teachers, counselors, and school nurses to be available in the lunchroom for any questions.

- [See Locks, Wisconsin’s Lunch ‘n’ Learn Event](#)



Massive Sculpture Exhibit

Organize a massive sculpture exhibit at your school, or challenge other schools in your town, city, or county to enter a contest for the most creative (or largest) sculpture. The sculptures can be your students' representation of "What drugs do to the brain." They could use NIDA's

[Drug Facts pages](#), the [Drugs: SHATTER THE MYTHS](#) booklet, and the [Drugs & Health Blog](#) for ideas.

Challenge the students to build a sculpture as massive as they can imagine. Use any medium: cardboard, wood, poster board... They're only limited by their imagination!



Meme Contest

Organize a meme challenge at your school. Create a meme with [our messages](#) from the booklet, [Drugs: SHATTER THE MYTHS](#). Organize a judging panel with both teens and adults. Submit your school's best memes to NIDA at drugfacts@nida.nih.gov, and they might be posted

on [our Facebook page](#)!



Peer-to-Peer Learning

Sometimes the best people to explain facts to teens are teens themselves. Create a peer-to-peer program where older students sit with younger students in groups or individually, explain [the dangers of drug use](#), and coach them on how to avoid drugs.

- [See PASA Teen Board Panel Party](#)



Rap Slam/Poetry Slam

Hold a "slam" event, where students write rap lyrics or poetry about the risks of drug use. Invite some teachers, as well as doctors, nurses, or pharmacists to judge the contest. Ask all participants to read or rap their own entries, and send the winning ones to drugfacts@nida.nih.gov. We

might post them right here on the NIDA for Teens site!



Scavenger Hunt

Scatter clues around your school or community. Offer some drug-related trivia questions on [social media](#)—when students answer correctly, you can give them a tip on how to find the next clue. The first team to reach the finish line can win a prize.

Get trivia facts from the [NIDA website](#), the [NIDA for Teens website](#), or the [Drugs: SHATTER THE MYTHS](#) booklet.

- [See Charlottesville, Virginia, Safe Schools Healthy Students' Facebook Scavenger Hunt](#)



School Assembly

Hearing directly from someone who has survived the disease of addiction, or from people who see the effects of drug use every day, can prompt students to think twice before trying drugs.

Host an assembly, and invite people in recovery from addiction to speak to the students. You could also invite emergency-room doctors, and law enforcement officials who work to stop drug use.

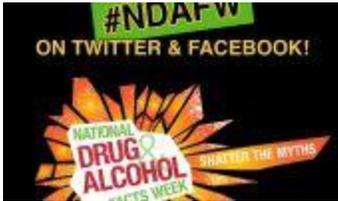
- [See Sallisaw County's School Assembly](#)



Sidewalk Art Contest

Hold a sidewalk art contest for teen artists! Ask them to use chalk to write one drug Q&A from the [Drugs: SHATTER THE MYTHS](#) booklet on a city sidewalk, with an artistic design that represents the question and the answer. Pick a panel of judges, possibly including the mayor or a popular

local celebrity!



Social Media Campaign

Help students **SHATTER THE MYTHS**® about drug and alcohol use by sharing your school's (or community's) NDAFW event on Instagram, Twitter, Facebook, or other social platforms.

Instagram:

Instagram Stories are a great way to engage your audience with live video from your NDAFW event. Instagram is also a good place to reach younger audiences and get them to ask and answer topic-specific questions.

HIV.gov shares tips for engaging on Instagram [here](#).

Twitter:

Twitter is good for short, easy-to-read public messages and real-time communication. Twitter Polls allow for an interactive element. You can use them as mini-quizzes and post the answers as comments.

Twitter has a tutorial on using Twitter Polls [here](#).

Facebook:

Facebook allows you to share content with a little more depth, so it's an ideal place for ongoing conversations. With Facebook Stories, you can share a photo or video for 24 hours on your timeline or page.

Find more information on Facebook Stories [here](#).

Snapchat:

Snapchat is another great place to reach teens and young adults. Create Snaps and Stories of your event, or have your students share their reasons for wanting to **SHATTER THE MYTHS**® on video and challenge their friends and followers to share theirs. Below, we have an #NDAFW geofilter template and examples of some **SHATTER THE MYTHS**® pledge card videos.

(Continued)

HIV.gov recommends you consider [these tips](#) when using Snapchat.

Digital.gov describes how USA.gov and NASA use Snapchat [here](#).

Resources:

- [Facebook NDAFW Frame](#)
- [Facebook Profile Image](#)
- [SHATTER THE MYTHS® Pledge Card Video Examples](#)



There's No Business Like Show Business!

Hold a karaoke or talent show! Before the acts start, display the interactive [Drug & Alcohol IQ Challenge](#) on a big screen, and have students fill out their answers on paper. Then, let the show begin! Students in the audience can vote on their favorite acts. Before you award any prizes, announce the best scores for the IQ Challenge.

- [See Walter G. Byers Students Take the IQ Challenge](#)



Wear the Message!

This is a fun and simple way to raise awareness about the dangers of drug use within your school and community. Ask students to be creative by developing their own messages and images about the dangers of drug use to put on a t-shirt. Or keep it simple and use NIDA's free downloadable [images](#) to spread the word.

- [Learn How Youth to Youth International Added This Activity to its Workshop, "The Epidemic Among Us"](#)