

The Being Real Tool: Activities

ACTIVITY FACILITATION NOTES			
Activity:	Fishbowl Disclosures	Duration:	30 - 40 mins
Equipment:	2 chairs	Facilitation Material:	
Process:	<ol style="list-style-type: none"> 1. Set 2 chairs at the front of the room 2. Ask Participants to close their eyes and to think of the following scenario: "You're at home in your room. You're having a shot. After you pull the needle out you start to immediately feel sick. You aren't going to black out but you definitely need help. You open the door, and the only person you can find is either a) one of your parents, b) an Elder; or c) your doctor. Think of how they would react, what questions they would ask. What they would say" 3. One of the facilitators will sit in a chair- they will pretend to be the person seeking help. The participants will each get to sit in the other chair and play the role of a, b, or c. They have a discussion for 1-2 minutes. Everyone else watches on taking note of what they think of the interaction. 4. After all participants have had an opportunity to have a turn, discuss what they see as negative and positive engagements; was anything said that participants feel is a good generally accurate representation? Did some people have different experiences? 		
Activity:	Prevention Strategy Lucky Dip	Duration:	30 - 40 mins
Equipment:	A hat or bowl	Facilitation Material:	Folded slips of paper with prevention strategies on them (See Attachment 3)
Process:	<ol style="list-style-type: none"> 1. Place all slips in the hat and ask participants to take one out each 2. Go around the circle, each person reads their slip. If they understand what it says, ask them to share their understanding of it, say if they have experienced it, what that story was. If they don't, say so and ask other participants if they know/have experienced the strategy. If no one knows, the facilitator will explain the strategy and how to access it. 3. Facilitators to note which strategies are familiar and engaging for participants or not 4. At the end, ask if people learnt anything new, identify past experience of current barriers 		

Activity:	Which Side Are They On?	Duration:	30 - 40 mins
Equipment:		Facilitation Material:	A list of AOD services (See Attachment 3)
Process:	<ol style="list-style-type: none"> 1. Ask participants to stand 2. Instruct Participants that a list of Services and Organisations will be read out aloud. Think about the service providers. Maybe recall previous experiences. Then move to the side of the room that reflects what you think. 3. Go right if the service is of somewhere you think you would be able to go for help related to drug use 4. Go left if the service is of somewhere you think you wouldn't go for help related to drug use 5. If you aren't sure or have mixed feelings, stay in the middle. 6. When in place the facilitator will have a chat with people at each side of the room about why participants are there. During this time if someone says something that changes your mind, feel free to move. 7. Bring participants back together. Discuss deciding factors and if anybody moved, what triggered this 		
Activity:	Services Yarning Circle	Duration:	30 - 40 mins
Equipment:	A "conch"- a soft toy / ball / rolled up top	Facilitation Material:	
Process:	<ol style="list-style-type: none"> 1. Ask all participants to form a circle where everyone can see each other. Maybe sit on the floor 2. Explain how the yarning circle works, only one person speaks at a time- the person holding the "conch". If you have a question or would like to respond to what someone says, you must wait for the conch to come to you 3. Discussion topic: Sometimes we go to services and we leave feeling worse than when we arrived there. What makes going to a service a bad experience? What happened after? Could you fix it or did you just not go back? If you could rewind, what would be different? If you had a magic wand, what would you change? 4. While we may talk about bad experiences, it's also important to share good experiences- try to remember a time that was really good for you. For you, what made going to that service a positive experience? What kind of service was it? How did it feel? Was it what a worker said or did? Are positive experiences rare or can they happen all the time? 5. Make sure the conch has gone around the circle twice. If time allows, let free discussion happen- still only the person holding the conch can speak, but this time it may be passed to whoever would like to speak. 6. Check out when the yarn is complete 		