

BODY MAPS

Instructions for facilitators :

GROUP ACTIVITY

- Split a large group into smaller groups of three or four. Give each group a large piece of paper and a selection of pens.
- Explain to the group that they are going to explore how drugs and or alcohol have different effects on the body and mind.
- This exercise can look at one drug or different groups could look at different drugs.
- Ask the group to draw a body outline on their paper. Encourage the group to be creative, they could draw themselves, or they could draw the outline of one of them by sticking pieces of paper together. Encourage them to give their character an identity: name, how they dress, likes/dislikes, etc. This will encourage feedback at the end of the exercise to be more interactive.
- When they have drawn their character, explain to the group that you want them to discuss how the substance they are focusing on affects the body. Encourage them to write the physical effects inside the body, outline or draw a line to the body that is affected in one colour pen.
- In a different coloured pen. Ask them to write down all psychological effects, so around the head of the character will be all the ways in which that substance affects the mind, emotions and thinking. As an extension of the exercise, you could ask the group to think of the social impact that the drug will have on the character. In a different coloured pen they could write these around the character. These could include things like getting involved in criminal behaviour, dropping out of education or training, mixing with different peer groups, making risky decisions, etc.

Aim :

For young people to discuss and identify the physical or psychological effects of drug or alcohol on the body

Resources :

Flipchart paper / Flipchart pens

- Allow at least 30 minutes for the group to complete this, and walk around the groups offering suggestions and encouragement.
- When the groups have completed their body map, ask them to feed back to the larger group. Ask them to introduce their character and then what they thought would be the effects of that drug on the body.
- It would be useful to complete this exercise yourself in preparation for running the session, so you have the relevant knowledge and can summarise at the end.



Nottingham
City Council

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