



2 - CAROUSEL - ATTITUDES AND COMMUNICATION EXERCISE

Outcome	<ul style="list-style-type: none"> To examine awareness about attitudes to drugs and drug use. To examine awareness of own attitudes and experiences in relation to drugs and drug use. To increase communication skills in relation to drugs and drug use.
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Preparation:	<ul style="list-style-type: none"> Blank pieces of paper and pens. Prepared questions (to add in). Summary
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Can be used with	√ Parents √ Staff
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Total Time	Will depend on the number of participants
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METHOD	TIME	TOOLS
<p>1. Introduction Explain that the purpose of this exercise is to facilitate the opportunity to think about types of questions that young people may ask in relation to substance use/misuse and to have a go at responding to questions.</p>	2 mins	
<p>2. Questions Give each participant a blank piece of paper and a pen. Ask each participant to write a question a young person may ask him or her about drugs or a drug related question. Ask them to fold the paper in half and hand them back without showing or discussing with other participants what they have written. Explain that the author of the question will not be disclosed. <i>Note for trainer: participants often identify issues around their own use and present questions like 'do you use drugs' 'Have you ever tried Cannabis?' It is useful to use the prepared questions to add in to ensure a diversity of questions is included.</i></p>	5 mins	<p>Blank paper and pens</p> <p>Prepared questions</p>
<p>3. Carousel</p>		



<p>Ask participants to move their chairs to make 2 circles one inside the other. (The idea is to have a tight circle of chairs facing outwards in the middle of the room and a larger circle of chairs facing in and opposite the inner circle). Ask the participants to take a seat. Once seated participants should be sitting in pairs opposite each other.</p>	<p>10 mins</p>	
<p>4. Explain that those seated in the outer, larger circle will be role playing young people. Issue each participant with a piece of paper with a question on, but ask him or her not to disclose their question at this stage. Explain that those seated in the inner circle are role playing in a job role. <i>Note for trainer: Use job roles that are relevant to the group.</i></p>	<p>3 mins</p>	<p>Pieces of paper with questions on</p>
<p>5. Explain that each of those in the role of young people will be given 2-3 minutes to ask their 'worker' the question given to them on the piece of paper. Those in a 'job role' should respond to the question bearing in mind their role and thinking about issues such as professional boundaries and policies of their service relating to child protection and confidentiality.</p>	<p>Will depend on the number of participants. 3 mins max per question</p>	
<p>6. Provide a 15-second warning before time up. When time is up ask the 'young people' to stand up and move round one chair clockwise and then sit down. Ask the 'young people' to repeat their question to the participant opposite them now. Follow this procedure until the 'young people' have been in every chair and have returned to the original chair they started in.</p>	<p>Will depend on the number of participants 3 min max per question</p>	
<p>7. Now change the roles over, so the 'young people' will be role playing the relevant job role and vice versa. Issue the remaining questions to the new 'young people'</p>		<p>Pieces of paper with questions on</p>
<p>8. Ask participants to take their chairs back to their original places. Explain that you would like them to have the opportunity to discuss the exercise. Split the group into pairs and ask each pair to discuss the positive and negatives points that the exercise raised for them. Explain that you will be</p>	<p>10 mins</p>	



asking them to bring one key point back to the large group		
9. Bring the pairs back to the large group and ask each pair in turn to share their key point. Make a note of the key points on a flipchart.	10 mins	Flipchart
10. Summarise, using the summary		Summary (show using powerpoint or give as handouts.)

CAROUSEL EXERCISE SUMMARY

- The types of questions that young people ask can be difficult to answer.
- Whatever your own opinions and attitudes it is important to remember your role and the boundaries of it when responding to young people.
- Be clear with the young person about the level of confidentiality you are able to offer (refer to your agency's confidentiality policy if unsure).
- Be clear with the young person about the type of issues you may have to disclose, for example child protection issues (referring to your agency policy).
- It is okay to say to young people that you do not wish to or cannot answer a specific question. (If it is that you cannot answer the question you could offer to find out the answer or you could try to find the answer together).



Optional add in questions factsheet

You can use these or make up your questions.

I think that anyone who takes Heroin is an idiot, what do you think?

My mates' mum takes loads of drugs for her moods and to help her sleep, but she don't want her son smoking a bit of blow. Do you think she is right?

My mates think my dad is cool because he sorts them out with some stuff for parties.

Do you know where I can get some help for my mum?

Do you think that kids should be taken away from all parents who use drugs?

All skaterboys smoke Cannabis don't they?

Do doctors prescribe amphetamines for people who need to loose weight?

What are the effects of ecstasy?

My mum says I'll grow up just like my dad, but he's a smackhead. Will I?