



3 - PERSONAL PERSPECTIVES

Outcome	To increase participant awareness of their own attitudes towards substance use/misuse
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Preparation:	Blank sheets A4 paper Projector/ 2 slides for powerpoint
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Can be used with	√ Staff
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Total Time	25 mins
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METHOD	TIME	TOOLS
1. Explain that the purpose of the exercise is to look our own attitudes towards substance use and misuse and what has influenced this	1 min	
2. Ask each participant to think about: <ul style="list-style-type: none"> ▪ What is substance use or misuse. ▪ What words or images spring to mind, when those terms are used? ▪ Can they picture either a substance or a person using a substance: what's happening, what are people doing? What does the person look like? Go over these statements again to give people an opportunity to build up an image or ideas.	2 mins	Use slide 1 with the questions
3. Give each participant a sheet of paper, and ask them to write down/draw/scribble what- ever comes to mind, based on the questions just asked. Ask them not to censor anything, just put any ideas/thoughts/words the questions have raised. Allow 5 minutes for this exercise	5 mins	A4 blank sheets
4. Ask each person to pair up with someone in the group they haven't met before or don't know as well as others. (Have a group of three if uneven numbers.) Then, ask each pair to agree who will feedback first.	5 mins	

Disclaimer – Developed in 2003 and reviewed in November 2009



<p>Once agreed, inform participants the task is to feedback, explaining what the images/pictures/words are about and what influenced these.</p> <p>The listener should only ask questions to facilitate understanding, and to gain more insight.</p> <p>Repeat the exercise, reversing roles. Allocate 5 minutes for this.</p>	<p>5 mins</p> <p>5 mins</p>	
<p>5. The next task is for each pair to look at similarities and differences on what they have presented</p>		
<p>6. Ask participants to re-join the large group, and facilitate a brief discussion, using prompts such as:</p> <ul style="list-style-type: none">▪ What were the main themes of the discussions?▪ What were the similarities and differences?▪ What types of words, images etc represented substance use/misuse?▪ What has influenced them?▪ Are the images, words, ideas, stereotypical?▪ How do participants think their views of substance use/misuse will influence their work with children and young people?	<p>10 mins</p>	<p>Prepared slide 2</p>
<p>7. Summarise key learning points raised by the exercise.</p>		



Personal Perspectives – Copy and paste these questions on to Powerpoint
Slide 2

- What were the main themes of the discussions?
- What were the similarities and difference?
- What types of words, images etc represented substance use/misuse?
- What has influenced them?
- Are the images, words, ideas stereotypical?
- How do participants think their views of substance use/misuse will influence their work with children and young people?