



# Educator Guide: Escape the Situation Game

## **Recommended for Grades:**

6<sup>th</sup>

## **Time:**

20 minutes

## **Prerequisite:**

For students to be successful in the game, they would benefit from participating in the following lesson:

- Pressure Lesson

## **National Health Education Standards:**

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 4: Use interpersonal communication skills to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

## **Learning Objectives:**

After completing this game students will be able to:

1. Demonstrate at least two different ways to get out of a negative peer pressure situation.

## **Activity Description:**

At the beginning of each level, students will be presented with a pressure situation. If they make it to the end of each level, they will choose from three ways to get out of the pressure situation. The character will automatically run from one end of the level to the other and students must jump to avoid pits and inhalants. If they run into an inhalant or fall into a pit, the turn will end, and they restart the level. Coins are scattered throughout each level. The more coins students collect the more stars they earn at the end of the level.



**Vocabulary:**

Use the following list of vocabulary as a reference for yourself and/or your students as you complete the Escape the Situation Game. You may choose to use this list in any way that fits your needs.

- Inhalants – substances that are inhaled to get a quick high. Examples of inhalants include glue, paint thinner, gasoline, felt-tip markers, white-out, hair spray, cleaning products, etc.
- Safe code – a simple word or phrase that you can call or text to a trusted adult so that the adult will immediately understand that you need to be picked up

# Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



# Resources and Services: Alcohol and Other Drug-Use Prevention

- American Lung Association Lung Help Line, 1-800-LUNG-USA (800-586-4872)
- Children's Wisconsin, [www.childrenswi.org](http://www.childrenswi.org)
- KidsHealth, [www.kidshealth.org](http://www.kidshealth.org)
- LifeStance Health, [www.lifestance.com](http://www.lifestance.com)
- National Institute on Drug Abuse (NIDA), [www.drugabuse.gov](http://www.drugabuse.gov)
- Partnership to End Addiction, [www.drugfree.org](http://www.drugfree.org)
- Rogers Behavioral Health, [www.rogersbh.org](http://www.rogersbh.org)
- The Tobacco Control Resource Center for Wisconsin, [www.tobwis.org](http://www.tobwis.org)
- United States Government-Drug Enforcement Administration (DEA), [www.getsmartaboutdrugs.gov](http://www.getsmartaboutdrugs.gov)
- Wisconsin Tobacco Quitline, 1-800-QUIT-NOW

# Transcript

## Situation 1

Tap or click the screen to start running.

A couple kids at school heard that you can get high from sniffing glue and want you to try it with them. What do you do?

Make it to the doors at the end and choose how you will escape the pressure situation presented at the beginning of the level.

If you run into a wall, you will turn around. Tap or click the screen to jump over them when you can.

Watch out for the chemical pits.

You will encounter inhalants in each level. If you hit an inhalant, you must start the level over. Jump over them to avoid contact.

Gather as many coins as you can to earn stars.

A couple kids at school heard that you can get high from sniffing glue and want you to try it with them. What do you do?

- A. Say no
- B. Walk away
- C. Reverse the situation

## Situation 2

You're sleeping over at a friend's house and your friend is trying to convince you to inhale paint thinner to get high. What do you do?

- A. Give a personal reason
- B. Use your safe code with a trusted adult
- C. Come up with something else to do

### Situation 3

You and your brother are cleaning out the garage, and he is pressuring you to inhale gasoline with him to get high. What do you do?

- A. Reverse the situation
- B. Say no
- C. Give a personal reason

### Situation 4

You and two of your friends are working on a school project together, and they are pressuring you to sniff markers to get high. What do you do?

- A. Say no
- B. Make up an excuse
- C. Give a personal reason

### Situation 5

You're hanging out at a friend's house after school, and your friend is pressuring you to sniff white-out to get high. What do you do?

- A. Use a safe code with a trusted adult
- B. Reverse the situation
- C. Come up with something else to do

### Situation 6

Your sister is trying to convince you to inhale hair spray to get high. What do you do?

- A. Say no
- B. Walk away
- C. Reverse the situation

### Situation 7

You and a bunch of your classmates are working on the set for the upcoming school play. A couple of them are talking about how they got high the other night on spray paint. They're trying to convince you to try it with them. What do you do?

- A. Say no
- B. Give a personal reason
- C. Make up an excuse

### Situation 8

A couple of your friends are at your house after school, and they find your parents' cleaning supplies. They begin pressuring you to use them to get high. What do you do?

- A. Come up with something else to do
- B. Say no
- C. Make up an excuse

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