

Title: What are the effects of alcohol and tobacco?

Objective: To conclude, participants will identify the risks of alcohol and tobacco.

Time: 15 min

Method: beyond the barrier

Process:

- ☑ Draw a line down the middle of the hall.
- ☑ Participants stand behind a line drawn (barrier).
- ☑ Rule activity is not allowed to communicate, but just to look.
- ☑ Explain that follows a series of statements, and if it considers that suits them are asked to go beyond the barrier.
- ☑ They cannot go beyond the barrier if they do not feel comfortable with the statement.
- ☑ Statements are read in turn, allow them time to look each other.
- ☑ Thanking them after each statement and ask them to come back beyond the barrier. Go to the next one.
- ☑ After reading the statements asked them to return to the original places and talk with them:
 1. There were allegations that have failed to go beyond the barrier?
 2. How they felt when they were outside the barrier?
 3. How they felt when they were regarded by colleagues?
 4. How seemed the statements discussed?
- ☑ Conclude about the harmful effects of alcohol and tobacco.

Statements:

1. I brush my teeth at least twice a day.
2. I floss at least once every two days.
3. I went at least once a year to the dentist until now.
4. I cannot wake up without coffee
5. I consumed alcohol at least once.
6. I brush my teeth after every meal.
7. I have tried at least once to smoke a cigarette.
8. I do not drink carbonated drinks like Coca Cola, beer, etc.
9. I cannot concept a party without alcohol.
10. I like to smoke, even if it is unhealthy.



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