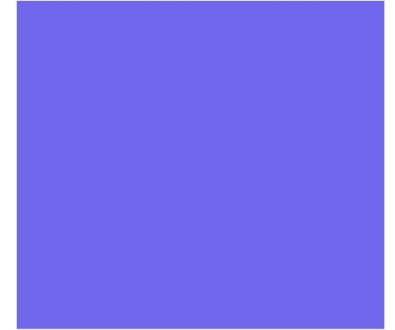


Film Screening

The First Day – A focus on the beginning

Discussion Topics, Alcohol & Drug Information & Resources



Access the film - <https://thefirstdayfilm.com/> - to watch - go to “Film Pricing” / Individuals (\$9.99)



Parent Movement 2.0 recommends
The First Day – A focus on the beginning
This film's unique message is powerful and an
amazing conversation starter.



Is about helping parents help their kids navigate away from Drugs & Alcohol. One way to do this is through conversation. *The First Day* offers a unique opportunity for poignant conversation among parents, kids and all their friends



Discussion Topics

- Film – Topics for General Debrief
 - Film – Topics for Parents
 - Film – Topics for Students
 - Film – Wellness themes
 - Film – Social/Emotional Messaging
 - Film – Sports References
-

21st Century alcohol and drug basics-getting up to date

A note on addiction and well being

Continue the conversation - Resources



General Debrief

- What was the most compelling story or theme for you?
- What thoughts & emotions came up?
- Was the movie different than you thought it would be?
- Ideas/themes you hadn't thought of before?




For Parents

- Were there important themes for parents?
- What was most important for you as a parent?
- Do you see your kids differently?
- Do you see your role as parent differently?
- Is working to prevent “the first day” possible?
- What are your substance-free family strategies for: coping, social interaction, stress reduction & intimacy building?
- Anything you might do differently after watching the film?
- Will you change the way you engage with your child?
- Will you share what you learned tonight?
- How will you start that conversation?

For Students

- Most important theme or story for you as a teen?
- What do you think about peers that choose not to use?
- Is delay possible? Why or why not? What would need to change to make it possible?
- What are your substance-free strategies for coping, connecting socially, handling stress, building intimacy?
- Ways to refuse if offered marijuana, alcohol, nicotine or other drugs?
- How do you support younger siblings?
- Ways to have fun, ways to create or engage in substance-free activities?
- How might you approach a friend you're worried about?



Wellness
themes in
the film

- How to be myself
- Self-esteem
- Confidence
- Sadness and not knowing what to do with it
- Don't feel good about myself
- Don't like the decisions I'm making
- Suffering in general
- Belonging
- Consequences of not belonging
- Identity building
- Social emotional growth

Social/ Emotional Messaging

Struggle

- “There is nothing cool about that man, that’s a whole lot of sadness and having no idea what to do with it.”
- “This is about the struggle; everyone knows a little bit about it. Some more than others.”
- “The struggle started to end the day I started talking about these things.”
- “High school is hard.”

Prevent the First Day

- “I wish they told me - because alcoholism and addiction ran in my family.”
- “Being you is enough.”
- “Out of the 15 kids on my basketball team, that would have tried to skip this assembly, 7 of us became heroin addicts.”
- “Anybody can smoke blunts, anyone can drink in the basements, but not everybody can walk away.”

Kids who choose not to use:

- “Those kids had something special – I just had no idea how they got it.”
- “They weren’t risking what I was risking.”
- “They could step in and handle it – go thru the roller coaster of high school and survive it – that takes courage, guts – that’s ‘cool.’”

Sports References in the film

Top 20 high school basketball recruit - 1994; McDonald's All-American, NBA player – Although *The First Day* is not technically about sports, Mr. Herren does reference his life as an athlete:

- “...so many have more courage than I did.”
- Among the 15 kids on Mr. Herren’s high school basketball team – 7 became heroin addicts, “[all 15 would have thought this assembly was a joke, drank out of red solo cups and smoked blunts on the weekends]”; “none of us wanted to become [heroin addicts].”
- “You think you’re different, and it would never be you.” “They thought it would never be them.”
- “My confidence in high school came in numbers.” We walked in 10 deep, sat as far away from the speaker as possible – “we hid in the middle of each other”
- “I have so much admiration for the kids that can walk into this gym and clap for their classmates [school teams] on a Friday night [without a buzz].”
- “...this work [that I do now] means more to me than anything I’ve ever accomplished on a basketball court...”

- Being part of a team is a wonderful part of sports. Who are the players you are most connected to? What do you bring, as a group, on and off the court/field/track/pool?
- “I wish I had passed down to kids that what was cool was not to pretend to be someone else [through drugs & alcohol].” Are you a team leader? What do you want your influence to create or produce? What do you want to leave behind?
- Are you a younger member on the team or maybe without a technical position of leadership? Influence (positive and negative) is still always possible. How can you influence your team toward greater personal and team accomplishment?

21st Century
Alcohol &
Drug Basics
Understanding
for today

Adult addiction = childhood onset disease

90% of adult addicts started using something before 18

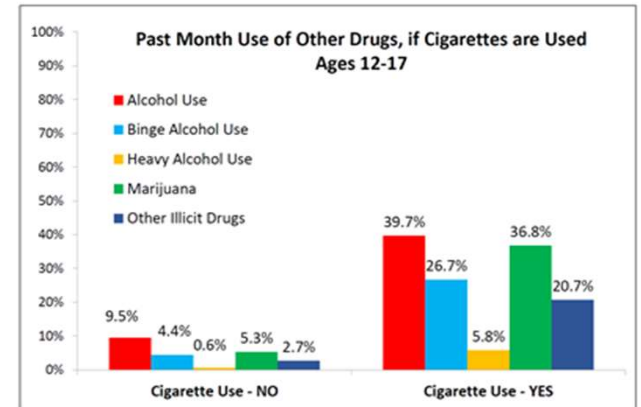
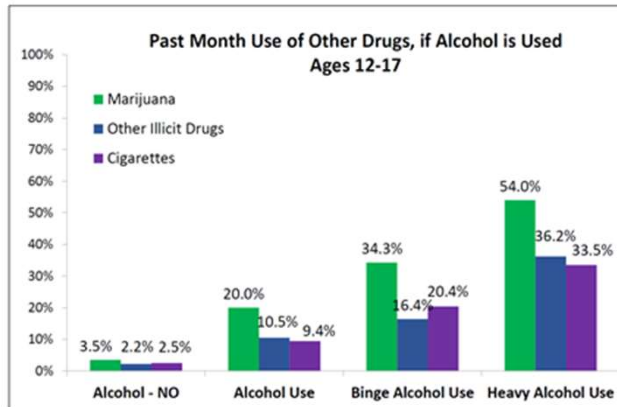
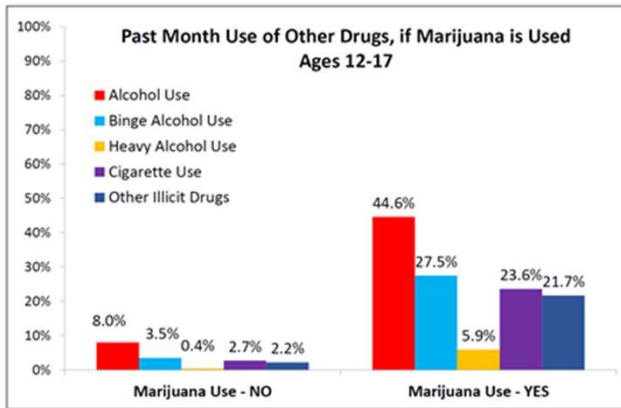
50% greater chance of addiction if addiction runs in your family

Parent influence in a teen's decision to use is statistically significant

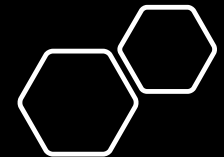
3 "gateway drugs" for adolescents = Marijuana, Alcohol and Nicotine

Use of one of these drugs tends to mean use of the others (see graphs on next slide)

2017 NSDUH – National Survey on Drug Use and Health (12-17 year olds)



...use of one of these drugs indicates greater use of the others.



A note on addiction and well being

Transitioning into adulthood without having learned, with some proficiency, how to...

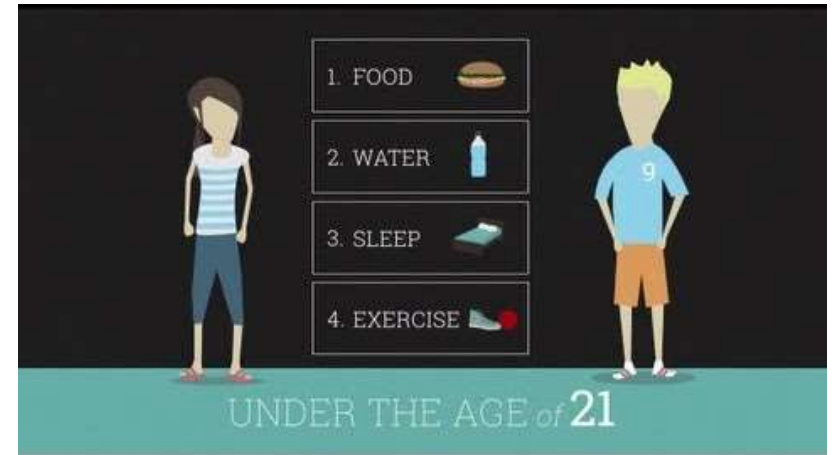
- find pleasure,
- feel relaxed,
- relieve stress,
- manage social anxiety and discomfort,
- manage general anxiety,
- knowing what helps one focus

...leaves a person vulnerable to and potentially less capable of handling the challenges of life.

Adolescence is biologically designed to be a time for this kind of discovery (which continues into adult hood). The good news is... if kids can show up to the challenges and opportunities of adolescence sober (without intoxicants - substances), much of this learning will start and develop organically. The bad news is... drugs and alcohol put this development at risk.

Alcohol and drugs also increase the chances of addiction and the surfacing of other mental issues.

Videos on how addiction is created in the brain - the first is from Wait 21 (3:40), the second is from The Addiction Policy Forum (4:01)



<https://youtu.be/-w8n9UOiBxE>



https://youtu.be/sObqT_hxMwI

Resources
Continue the
conversation

<https://thefirstdayfilm.com/>



www.ParentMovement2-0.org
Additional resources for parents



**Environment/
Community**

Policy

That keeps ACCESS low and
PERCEPTION OF HARM high
(honesty not hyperbole)

Law Enforcement

What's in the tool kit

**Community events/
collective voice, i.e.
Red Ribbon Week**

High School

Education

Curriculum

Culture

Peer-2-Peer
Awareness: Consequences
of use

Admin

Discipline
Restorative justice

**Athletics/Extra-
curriculars**

Impacts on Performance

Home/Parents

**Parent Ed/
understanding**

Substances & adolescents
Discussions inside family
Family consequences

Social Host

Legal risks
Social risks
Inflicting harm

Parent Pledge
Parent Movement 2.0

**Students/
Peerts**

**Want to know
consequences**

**Want to own healthy
culture at school**

Local Testimony

**Substances &
Athletics**
Team solidarity

The Youth Prevention Landscape: reducing the underage use of Marijuana, Alcohol, Nicotine and other illicit drugs is a multi-faceted endeavor.

Coming at it from as many perspectives as possible can be the most effective approach.