



Addiction Awareness Activity: *Line Continuum*

• *Length: 35 minutes*

• *Set-up: Large open space*

• *Type: Large group*

Note: Write "YES" on a sheet of flip chart or 8 ½" by 11" sheet of paper and tape it to a wall on one end of the training room. Write "NO" on a second sheet of flip chart paper and tape it to the opposite wall.



Materials needed:

- 2 pieces of paper
- marker
- Ask participants to move their chairs to the back and sides of the room.
- Have participants stand in a line in the center of the room, facing the trainer.

Trainer Script:

Imagine that I'm standing in the middle of a line that runs the entire length of the room. On this end of the room (point) is the "Yes" area and the opposite end of the room (point) is the "No" area. In between you can imagine a continuum of responses anywhere between "Yes" and "No."

I'm going to read a list of statements and, after each one, I'll ask you to move to a point on the line that best represents your views or beliefs. All of the statements are **ambiguous**.

After everyone has moved, I'll ask for volunteers to support their points of view. I'll ask for volunteers from the "Yes" group, from the "No" group, and from the "Middle" group.

But first, let's go over some Ground Rules:

1. Please, no talking during the exercise unless you've been called on to share.
2. Don't make eye contact with other participants as you move to your place on the continuum.

3. Keep all initial thoughts and reactions to yourself so you don't influence anyone else.
4. Speak only for yourself when asked to share. Give your own opinion and listen to the opinions of others.

Line Continuum Statements

Note: Trainer reads each statement allowing time for movement along the imaginary continuum. After each statement provide time for sharing—NOT DISCUSSION. Ask a few volunteers from each group ("Yes" group, "No" group, and "Middle" group) to share why they chose that spot. After the exercise, ask the whole group to participate in the discussion questions.

1. I use drugs.
2. It's OK for young people to drink under their parents' guidance.
3. Penalties for underage drinking are consistently applied.
4. It's OK if my friends drink alcohol.
5. It's OK if a friend uses illegal drugs.
6. It is important that people are held responsible for things they do when they're drunk or high.
7. An alcoholic or addict who works for your organization should be fired.
8. An alcoholic, whose drinking has caused irreparable liver damage, should be given a second chance with a liver transplant.
9. Manufacturers of alcohol should be allowed to advertise their products on TV.

- Read each statement.
- Allow time for movement along the imaginary continuum.
- After each statement, provide time for sharing—NOT DISCUSSION.

Discussion Questions

1. What did you learn as you participated in this activity?
2. Did anything surprise you? What?
3. Do you believe that some discussion of why persons selected their position on the continuum might have brought persons together? Why or why not?

Closure

Thank you for participating!

- Closure

Taken from Hayton, R., Cormack, S., Baehni, S., & Pilot, M. (2002). *Foundations of Substance Use, Abuse, and Dependence*. Kansas City, MO: Mid-America Addiction Technology Transfer Center.