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It's Gone Viral!

Activity Sheet



Every day, we see headlines about issues that affect our health, choices, and communities. These might be about vaping, screen time, or how people spend time together. Headlines can sound dramatic. But they often point to real problems that people are trying to solve.

This activity helps you explore real-world headlines about substance use and device use. You will think critically about what's behind them. Then, you'll work with others on ideas that promote balance and well-being.

Instructions

1. Review the headlines, detective questions, and examples provided.
2. Pick one issue from the list of headlines and use the questions to explore the issue.
3. If you're working alone, write your answers.
4. If you're working with a partner or group, discuss the questions.
5. Share your ideas with others.

Pick a headline to explore:

- Cigarette butts are top plastic polluters
- Principal angry about school toilets clogged by vapes
- Dog harmed by eating cannabis and chocolate
- Chronically online: concerns raised over the effects of screen time on youth
- Schools crack down on device use with new policy
- Student drug use higher in Ontario than other provinces

Detective questions

- What is the problem? Look beyond the obvious – sometimes the real problem is hiding underneath.
- What is the source of the problem? There might be more than one reason why it happens.
- What are some possible solutions? Think of strategies people have already tried as well as brand-new ideas nobody has thought of yet.
- Which idea is best and why? What matters most to you? How could your idea help others?



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Connect Quest is all about building strong connections with yourself, others, and the world around you. When you feel connected, it's easier to make mindful choices about substances and device use.



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Example of a completed headline challenge

Headline: "**Cigarette butts are top plastic polluters.**"



Problem:

Cigarette butts are the number one plastic polluter in the world. Trillions get tossed every year. They can poison the environment, block plant growth, and harm animals in rivers and oceans.



Source of problem:

People throw butts on the ground instead of using bins. Some claim there is nowhere else to put them. They do not realize that cigarette filters contain plastic that never breaks down.



Possible solutions:

More cigarette disposal bins in public places. School or community awareness campaigns. Creating biodegradable filters. Fines for littering.



Best idea:

Raise awareness in schools and communities. If people understand the harm, they might change their habits.



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