



CIVIL AIR PATROL United States Air Force Auxiliary

CADET ENCAMPMENT PROGRAM

C4 Drug-Free Lifestyle

Guidance for Instructor

Date & Time of Talk:

Location:

Arrival Time:

Point of Contact:

Cell Phone:

Email:

Thank you for volunteering to support Civil Air Patrol cadets. You're going to have fun interacting with the cadets because this group is bright, enthusiastic, and possesses a seriousness of purpose that you won't find among an ordinary group of young people.

This Lesson in Context. The encampment program's character block includes nine total activities, but of those only three are formal class lessons: C2 Core Values, C3 Becoming a Core Values Leader, and *this* activity, C4 Drug-Free Lifestyle. To understand this lesson in context, it is helpful to know what lessons C2 and C3 do. In C2, cadets gain a deeper understanding of their Core Values, and in C3, cadets learn how to influence friends, classmates, and fellow cadets so that those peers might act in accordance with the Core Values. Lesson C3 focuses on bullying and prejudice, and only indirectly presents a drug-free message. Therefore, *this* activity, C4 Drug-Free Lifestyle, ought to be presented as a natural follow-on to the students' Core Values education and their lesson in how to lead others toward a Core Values-inspired lifestyle.

Goal. The goals of this activity is for cadets to recommit themselves to a drug-free lifestyle, and defend the idea that the drug-free lifestyle is simply a pre-requisite for the overall cadet lifestyle and overall air-minded lifestyle.

Suggested Instructor. An experienced CAP drug demand reduction officer who is knowledgeable about existing DDR resources is perhaps the ideal instructor. A guest speaker who possesses a celebrity-like role model status and has a drug-free message to share would also be a good choice.

Selecting a Topic. As the instructor or guest speaker, you are free to choose any anti-drug topic as your subject. DDR lessons are most effective when presented as hands-on / experiential activities. The *DDR-X* activity book is recommended as the best place to start browsing for lesson resources. Innumerable other suitable resources are available through the DDR webpage, capmembers.com/ddr.

Suggested Duration: 60 minutes. You could instruct during a single 60-minute class, or perhaps two 30-minute sessions would be preferable. Please confer with the encampment staff.

Follow-On Learning: So many activities during encampment are easily related to a drug-free lifestyle. When touring aviation or military units, for example, it would be easy to seamlessly weave a brief drug-free message into those tours. With just a little advance coordination, each of the numerous guest speakers might incorporate a DDR-friendly message into their time with the cadets. For example, if touring an airport control tower, the controllers could mention that they are frequently tested for illegal substances because their work is of life-or-death importance. If visiting a security forces squadron or infantry unit, NCOs could discuss the rigorous physical demands of their career field, which includes a non-negotiable need to be alert and drug-free. During a week-long encampment, numerous opportunities to integrate a DDR message will present themselves, so you as the DDR instructor are encouraged to pro-actively seek out those opportunities, in coordination with the Commandant of Cadets or Curriculum and Plans Officer. It would be a missed opportunity to think that the DDR message belongs only in lesson C4.

Audio Visual Support. Your encampment point of contact will tell you what A/V support is available.