

**YOUNG MARINES
DRUG DEMAND REDUCTION (DDR)
AMAZING RACE**

Purpose:

To have a fun and engaging way to apply the knowledge to the Young Marine Drug Demand Reduction (DDR) Program.

Rules:

2-4 Young Marines per team

Each team will select an appropriate team name

Each team will execute to their destinations in sprint

Each team will work together during individual training

Each Young Marine in the team will answer a DDR question correctly in order to advance

There will be one set of lifeline cards for the team, once the life line card is used, they will be handed into an AV.

How to play:

There will need to be at a minimum of 6 locations for the Young Marines to travel to (Or as many to keep to keep the groups small). Each spot will be identified with minor details describing the location with clues without giving away the actual location by name. At each location, there will be a AV or billeted Young Marine depending on the amount of Young Marines on hand, staff, and locations chosen. Each team will be sent to a location to start.

When a team reaches the location, each Young Marine on the team will be asked a common knowledge DDR question. So if there are 4 Young Marines on the team, the team itself will answer 4 questions, but each individual MUST answer a question. If a Young Marine answers the question wrong, then the team will execute individual training as a team set forth by the station and monitored by the AV on location. It would be wise to have each station decide their exercise prior to starting so that no one station is doing another stations workout. Best suggestion is to break down the daily 16 (In example: if the wrong answer was given, the AV can set the team to do 20 side straddle hops.). That station will maintain the same individual training event and must be consistent with their repetitions. One team cannot receive favoritism over another (In example, one team gets 20 side straddle hops, but another team only gets 5). Once individual training is complete, the Young Marine will be asked another question. The individual Young Marine on the team must have answered one DDR question correctly in order to receive their clue to a new location and advance in the game. Between locations, Young Marines must run to their next location. Have each AV maintain the same clue to the next location. Since the game will start at different locations, it will make it easier in the sense that they are already spread apart, there will be no bunching up at one AV. At the last location, the Young Marines that answer all DDR questions correctly, will be sent to a central location being manned by an AV. The first team to check in wins.

*Game would benefit with the use of 2 way radios (walkie talkies) for AV communication.

Location Description Examples:

You can find and prepare nourishment here to get the fuel you need to continue your mission (your Young Marines would hopefully be looking for a kitchen)

A horse can't wear these shoes (Horse shoe pit)

Here flies the symbol of "the land of the free and home of the brave" (Flag pole)

You can come here for shade or a picnic (a pavilion)

DDR Example Questions to Use:

Q: True or False: You can tell if your drink has been spiked with an illegal substance by the drinks color, smell, or taste?

A: False

Q: True or False: Drinking Alcohol will make me cool?

A: False

Q: Yes or No: You can use a prescribed medication past the recommended usage date?

A: No

Q: List (2) dangers of Marijuana

- A: 1. Impairs Judgement
2. Is frequently combined with other drugs
3. Increases a motorists risk of a vehicle accident

Q: True or False: Methamphetamine, also called "Speed," "meth," or "crank" is a stimulant with strong effects on the central nervous system?

A: True

Q: True or False: Stress is a risk factor for drug use and relapse?

A: True

Q: Yes or no: The smallest amount of LSD can cause a negative and serious effect?

A: Yes

Q: Identify (3) dangers of PCP

- A: 1. Violent behavior
2. Death
3. Mental Disturbances
4. Heart and Lung Failure
5. Increased heart rate
6. Hot Flashes, Sweating, Dizziness

Q: True or False: Inhalants are "safe" with few side effects or dangers?

A: False

Q: True or False: Drinking is a good way to “loosen up” and be popular at parties?

A: False

Q: Yes or No: Can you be in the Young Marines, and use prescription medical marijuana?

A: No

Q: Why are “date rape” drugs undetectable?

A: They are odorless, tasteless, and colorless

Q: True or False: Heroin is less dangerous if you smoke or snort it instead of injecting it?

A: False

Q: True or False: OxyContin is a illegal drug?

A: False

Q: Name a type of hallucinogen

A: 1. LSD

2. Ecstasy

3. Angel Dust

Q: Name (2) dangers of using cocaine

A: 1. Can become addicted

2. Injection from dirty needles can result in HIV

3. Smoking can cause an immediate high

4. Accidental overdose and death are common in first time users

Q: True or False: Inhalants are substances that users snort or inhale to produce a high?

A: True

Q: True or False: Alcohol isn't as harmful as other drugs?

A: True

Q: True or False: It's safe to take a friend's prescription Tylenol for a headache?

A: False

Q: List (3) dangers of LSD

A: 1. Intense hallucinations
2. Loss of reality
3. Unexpected flashbacks weeks or even months after use

Q: What are (3) symptoms of withdrawal from pain killers?

A: 1. Restlessness
2. Muscle and Bone Pain
3. Insomnia
4. Diarrhea
5. Vomiting
6. Cold Flashes

Q: True or False: Marijuana is a safe drug?

A: False

Q: Define drug dependence

A: The habitual, compulsive use of a substance over a prolonged period of time

Q: What is the Young Marine Obligation?

A: From this day forward, I sincerely promise I will set the example for youth to follow, and I shall never do anything that would bring disgrace or dishonor upon my God, my country and its flag, my parents, myself, or the Young Marines. These I will honor and respect in a manner that will reflect credit upon them and myself.

*The Young Marine Obligation can be tied into DDR as we discuss our focal point in the program. A drug free lifestyle while having the knowledge of the adverse effects on drugs can help us spread our message while holding us to a standard. If we can show other youth and our community our stance on drugs through the obligation, it gives a powerful message to those who look up to what we stand for.

