



# Lesson Plan



This is a safe Place  
We need to be free to say  
something stupid.



Assume Best Intentions

# Worksheets



1

## Video Worksheet

...what qualities empower people with SUD? What about the interactions were helpful? What wasn't helpful?

2

## Individual Worksheet Answer questions

# Video

*As you watch and reflect on this video think about behaviors that you would want to adopt or avoid if someone turned to you for help.*







# Question Time



# the Power OF DIGNITY

## VIDEO WORKSHEET

### **AS YOU WATCH, NOTE...**

...what qualities empower people with SUD? What about the interactions were helpful? What wasn't helpful?

HELPFUL

NOT HELPFUL



# the Power OF DIGNITY

Individual Worksheet

NAME:

COURSE:

WHAT BEHAVIORS FOSTER CONNECTION AND ASSIST BEHAVIORAL CHANGE?

PICTURING YOURSELF AS A HELPING PERSON, AND WHICH BEHAVIORS WOULD BE BEST TO EMPLOY.

WHEN SOMEONE TURNS TO YOU HOW DO YOU WANT TO BE?

WHAT GETS IN THE WAY OF BEING A HELPFUL PERSON?

PAIR/SMALL GROUP - SHARE REFLECTIONS