

# FEST PRAD Chatterbox

Fest is afraid of losing friends?  
Fest is afraid of destroying his future?  
Fest is afraid of wrecking his home life?  
Fest is afraid of being the cause of grief?

Help Fest work through his concerns by using this consequential chatterbox that he made to help him think about issues that may affect his wellbeing and how to respond to these issues to avoid a negative conclusion. The chatterbox will help you to understand the relationship between the cause and effect of Fest's actions upon others and **himself**.

Fest and his classmates realised that the four major areas that affected their fellow students' wellbeing were:



**Family  
Education  
Social  
Trauma**

These four main areas are listed on the four outside corners of the **FEST** chatterbox.

Develop your own individual or group version of the chatterbox (using the provided template) to help Fest by referring to the example opposite and by following these

## instructions to develop a Personal Reflection chatterbox for Alcohol and other Drugs

1. In triangles 1-8 Fest and his classmates have listed the main components that each part of the **FEST** e.g. FAMILY, provides (support & shelter), does, or is associated with that may be directly affected by the centre of the chatterbox (the end result).

2. In triangles marked 'a' you need to write down the effect that alcohol and other drugs may have on each of the numbered triangles. Your words should reflect what could be the likely end result of the influence of alcohol and other drugs on these components associated with each individual **FEST**.

3. Triangles marked 'b' should reflect a single outcome or result that could happen from a combination of both 'a' triangles. i.e.  $a+a=b$

4. Segments marked 'c' should indicate a time frame that reflects the influences of alcohol and other drugs on triangles marked 'a' and 'b' i.e.  $a+a+b=c$  (time)

5. In the centre of the **FEST** chatterbox, i.e. triangles marked 'd', write down the ultimate end result that alcohol and other drugs may have on Fest from each **FEST** e.g. EDUCATION, the end result might be failed grades.

### 6. Fold & Fiddle & Colour.

Then as a class discuss who Fest should contact/consult with i.e. the people who are associated with the individual **FEST** areas, to help solve any of his concerns so that he could avoid the probable outcomes as written in triangles 'd' e.g. isolation.

