

## PHASE 1 - ROPES IN A BAG

Phase I of our Leadership Education Adventure Program (LEAP) for 5th grade is known as "Ropes in a Bag." Participants take part in large group activities that focus on safety, fairness, choices, peer pressure and team building. Phase 1 is offered beginning the third week in October through the first week in April and can be completed in the gym at your school.

A phase 1 event typically lasts 2 – 3 hours. At the beginning of the event all participants sit together and receive an opening message from our team of National Guard facilitators. The message will discuss who we are, why we are there and what we intend to talk about. Our main emphasis is on drugs and alcohol, but we also discuss cheating, the importance of friends and family and making positive decisions that yield positive consequences.

Participants also receive a detailed safety brief and then are placed into one large circle. Participants then engage in several large group activities. All these activities are "challenge by choice." No one is required to participate in any event if they do not wish, but are strongly encouraged to participate.

After each activity a facilitator will process the event. The facilitator will lead a discussion on the success and failures of the activity and why those aspects are important in life. Participants will take part in three to five large group activities based on the time available.

When all activities are complete participants again sit together and receive a closing message. This message wraps together all that was discussed throughout the day and focuses on those aspects that will help youth live a life free of drugs and alcohol.

All our activities are safe. They are noncompetitive and promote teamwork to be successful. Participants use minimal equipment in this phase and enough supervision is present to keep a watchful eye on everyone throughout the event.

Just as all our activities are age appropriate, so are our themes and messages. We discuss very general topics in regard to drugs and alcohol and focus on making positive decisions that result in positive consequences. We also place emphasis on whom to seek help from when help is needed.

Our program is extremely unique in that we use experiential education to help youth acquire the decision making, self-esteem leadership skills and knowledge necessary to combat the dangers of drugs and alcohol. The Wisconsin National Guard takes great pride in our ability to serve youth throughout the state in our drug demand reduction efforts. **Requests or for more information should be made to the Drug Demand Reduction Administrator via email on the website or at (608) 242-3543.**



A student feels the effects of fatal vision.



A facilitator motivates his team for the next event.