

Module Title:	Everyday Choices			
Duration	60 minutes			
Delivery method	Blended ☐	Face to face ☒	Online learning ☐	Distance learning (Learning Platform) ☐
	Notes on the choice: <i>*The trainer will choose the course delivery method taking into account the interested students location, the available teaching space and resources, social situation, etc.</i>			
Learning Outcomes:	• Reflect on common habits and behaviours that may influence wellbeing. • Recognise that addiction develops gradually rather than appearing suddenly. • Discuss different viewpoints respectfully, even when opinions differ. • Identify early warning signs that a habit may be becoming problematic.			
Materials	• Post its • Pens or pencils • Flipchart or whiteboard			
Session purpose	The purpose of this activity is to encourage participants to critically reflect on common everyday behaviours and discuss how different habits may influence health and wellbeing. Rather than identifying behaviours as simply "good" or "bad", participants explore how frequency, context and personal circumstances affect whether a behaviour becomes beneficial, harmless or potentially risky. The activity promotes critical thinking, respectful discussion and awareness of protective and risk factors associated with addiction prevention.			
Session Details:	Lesson Item:	Method(s) and instructions for trainers:		
	Introduction	Emphasise that today's activity is not about judging people or deciding who is "right" or "wrong". Instead, it is an opportunity to explore different perspectives, think critically and recognise that small everyday choices can influence our wellbeing over time.		
	Activity 1:	Preparation: Before the session, the facilitator should prepare the statement cards (or sticky notes) using the examples provided in the "Everyday Choices" annex. Draw a large line on a whiteboard or flipchart and label one end "Agree" and the other "Disagree". Alternatively, place two signs on opposite sides of the room to create a physical agree/disagree continuum. Invite participants to take turns selecting one statement card and reading it aloud to the group. After reading the statement, the participant should decide whether they		

	agree or disagree that the behaviour could become addictive, explaining the reasons for their choice. The participant then places the card on the corresponding side of the board (or positions themselves along the continuum if using the room setup). Once the participant has shared their reasoning, invite the rest of the group to contribute their opinions. The facilitator should encourage discussion by asking open-ended questions such as: • Why do you think this behaviour could become addictive? • Do you think it depends on how often the behaviour occurs? • Does the person's motivation or situation make a difference? • Can anyone offer a different perspective? • At what point might this behaviour become harmful? Encourage respectful dialogue and remind participants that the aim of the activity is not to determine whether a behaviour is always addictive or not, but to explore how everyday behaviours can become problematic depending on factors such as frequency, intensity, control, and their impact on a person's health, relationships, and daily life.
Activity 2:	Divide the participants in smaller groups and together discuss which words/small sentences can convey negative messages. Their task is to rewrite each statement into supportive, respectful and constructive language. Each group presents one or two examples to the rest of the participants. Discuss how changing only a few words can completely change the message. The facilitator can use the "language we choose" sheet provided with examples on word changes. A copy of the sheet can also be provided to the participants at the end of the session.
Post-Activity Discussion	Bring participants together and ask: • Did anyone change their opinion during the activity? • Which statement generated the most discussion? • What surprised you? • What have you learned about habits and healthy choices? Conclude by reinforcing that addiction is rarely the result of a single behaviour. Instead, it often develops gradually through repeated patterns that begin to interfere with daily life, wellbeing and relationships.

Recognising early warning signs and reflecting on our own habits are important steps in maintaining a healthy lifestyle and supporting others without judgement.

Additional notes and tips for trainers

- Avoid labelling participants' opinions as right or wrong.
- Encourage curiosity rather than debate.
- Adapt the scenarios to the age and experiences of the group.
- Be prepared to clarify myths or misconceptions with evidence-based information.
- Ensure discussions remain respectful and non-judgemental.
- Remind participants that the activity is about raising awareness, not diagnosing addiction.