



The Mike and Vicki Story Guide

Table of Contents:

The Mike and Vicki Story Guide	0
Table of Contents:.....	1
Welcome to the Mike and Vicki Story Guide:.....	2
Strand # Title Theme	3
Detail Summary of Individual Strands	4
Strand 1 Jealousy and Vicki Jealousy	5
Strand 2 Be Honest with Vicki Honesty/Flirting	6
Strand 3 Break up with Vicki Relationship Responsibilities	7
Strand 4 Honour is at Stake Fighting	8
Strand 5 Walk Home Integrity	9
Strand 6 Mike Drives Drunk Risk Taking.....	10
Strand 7 Call Mike’s Mother Truth/Wisdom	11
Strand 8 Leave and Go Home Self Respect.....	12
Strand 9 Mike goes to Work Priorities.....	13
Strand 10 Mike goes Home Family Ties	14
Strand 11 Go home with Vicki Roles.....	15
Strand 12 Smoke Pot Listening to uneducated advice	16
Strand 13 Go to Hospital Pleasing Others.....	17
Strand 14 Chill Wants and Shoulds	18
Strand 15 Go Home Taking care of your own needs	19
About this project:	20
For more information:	21

Welcome to the Mike and Vicki Story Guide:

The Mike and Vicki Project (www.mikeandvicki.ca) includes a web-based “choose-your-own-adventure” resource that follows two high school youths, Mike and Vicki, as they plan their weekend and attend a local bush party. In the resource the viewers decide which choices Mike will make and discover what the consequences may be, for Mike and those around him. Each choice leads down a different strand of the story. Should Mike take Ecstasy? Should he have a drink? Or should he just go home? You choose and then discover how your choice impacts Mike’s life, his relationship with Vicki, his friends and family.

Within the resource, each strand focuses on a different theme and incorporates a variety of topics, such as communication, relationships, substance and alcohol use. Each strand is laid out in a common fashion with the story line finishing and the next screen posing the question “What just happened?” followed by Fast Facts.

Each strand takes approximately **ten minutes** to complete, exclusive of the question screens. To facilitate the exploration and use of the resource we have identified a theme for each strand as well as the topics explored within the strand and additional discussion questions.

This handbook has two separate components:

1. A list of the strands including their individual themes and topics.
2. An detailed overview of each strand that includes:
 - a. The choice sequence to guide you through the strand
 - b. The “What just happened?” questions
 - c. Additional discussion questions relating to the specific strand with identified resources.

Strand #	Title	Theme
Strand 1	Jealousy and Vicki <i>Topics: Alcohol Use/ Bullying/ Communication Feelings/ Relationships</i>	Jealousy
Strand 2	Be Honest with Vicki <i>Topics: Communications/Effects of Substance Abuse on Relationships</i>	Honesty/Flirting
Strand 3	Break up with Vicki <i>Topics: Relationships/Substance Use</i>	Relationship Responsibilities
Strand 4	Honour is at Stake <i>Topics: Alcohol/Communication/Feelings/Relationships</i>	Fighting
Strand 5	Walk Home <i>Topics: Responsibility/Substance Use</i>	Integrity
Strand 6	Mike Drives Drunk <i>Topics: Responsibility/Substance Use</i>	Risk Taking
Strand 7	Call Mike's Mother <i>Topics: Communications/Family/Relationships/Responsibility/Substance Use</i>	Truth/Wisdom
Strand 8	Leave and Go Home <i>Topics: Relationships/Substance Use</i>	Self Respect
Strand 9	Mike goes to Work <i>Topics: Peer Influence/Relationships/Responsibilities/Substance Use</i>	Priorities
Strand 10	Mike goes Home <i>Topics: Family Ties/Mental Health/Peer Influence/Relationships/Responsibilities</i>	Family Ties
Strand 11	Go home with Vicki <i>Topics: Communication/Family Substance Use/Family Ties/Responsibilities</i>	Roles
Strand 12	Smoke Pot <i>Topics: Mental Health/Substance Use</i>	Listening to Uneducated Advice
Strand 13	Go to Hospital <i>Topics: Substance Use</i>	Pleasing Others
Strand 14	Chill <i>Topics: Substance Use</i>	Wants and Shoulds
Strand 15	Go Home <i>Topics: Substance Use</i>	Taking Care of Your Own Needs

Detail Summary of Individual Strands

Strand 1 Jealousy and Vicki

Jealousy

Topics: Alcohol Use/ Bullying/ Communication Feelings/ Relationships

Overview: This strand has Mike teasing Vicki; Vicki fighting Michelle and Vicki ending up with a possible assault charge.

Choice sequence:

- Drink
- Skip the Challenge
- Stay at Party
- Jealousy

What just happened?

What do you think of Mike and Vicki's relationship?

Did you think Vicki would get arrested?

What just happened?

What is jealousy and what does it feel like?

Additional Discussion Questions:

- What was Vicki thinking
- What was Vicki feeling
- What was Mike thinking
- What was Mike feeling
- What was Michelle thinking
- What was Michelle feeling
- How was alcohol use affecting communication?
- What types of communication styles were being used?
- How do labels affect behaviour?
- Are we judged on our behaviours?
-If so, how?

Resources:

- [Alcohol Reality Check](#)
- [Tips for Cutting Back or Quitting Drinking Alcohol](#)
- [What is a Standard Drink](#)
- [How Alcohol and Drugs Affect the Brain](#)
- [Lots of Info on Relationships](#)
- [How to have Good Communication](#)
- [Understanding Your Feelings](#)
- [Bullying: A Type of Violence](#)
- [What is Bullying, Why does it Happen, and What you can Do](#)
- [Play the Cyberbullying Game](#)
- [Dealing with Bullies](#)

Strand 2 Be Honest with Vicki

Honesty/Flirting

Topics: Communications/Effects of Substance Abuse on Relationships

Overview: This strand starts with a conflict between Mike and Vicki and ends up with Mike and Vicki at a picnic table on the beach, reconciled.

Choice sequence:

- Drink
- Skip the Challenge
- Stay at Party
- Be Honest

What just happened?

How does Vicki's behaviour affect her relationship with Mike?

How have your relationships been affected by the behaviour of yourself or others?

Additional Discussion Questions:

- Why did Vicki say "I love you"? Why did Mike?
- How did saying "I love you" affect the conversation.

Resources:

- [Are we together?](#)
- [It's about Respect](#)
- [Sex + Health + You](#)
- [Lots of Info on Relationships](#)

Complimentary Resource to this strand: "Paradise by the Dashboard Lights" by Meatloaf

Strand 3 Break up with Vicki

Relationship Responsibilities

Topics: Relationships/Substance Use

Overview: This strand starts with a conflict between Mike and Vicki and ends up with Mike and Vicki sitting on a log and agreeing to break up.

Choice sequence:

- Drink
- Skip the Challenge
- Stay at Party
- Break Up

What just happened?

How has alcohol and drugs affected Mike and Vicki's relationship?

How can different interests or personal values impact your relationships?

Additional Discussion Questions:

- What is the difference between sexually intimate and sexually active?
- How does being sexually intimate change your relationship with your partner?
- What happens within peer groups when a couple breaks up?
- Are there additional challenges for a same sex couple? If so, what are they?

Resources:

- [Guide to Teenage Health](#)
- [Sex + Health + You](#)
- [I wanna know about STI's](#)
- [I'm Pregnant...now what?](#)
- [Lots of Info on Relationships](#)

Strand 4 Honour is at Stake

Fighting

Topics: Alcohol/Communication/Feelings/Relationships

Overview: This strand ends up with Mike getting into a fight, falling in the fire and then Mike in hospital and Vicki visiting him.

Choice sequence:

- Drink
- Drink Vodka Shots
- Finish all ten
- Fight

What just happened?

- Why did Mike fight?
- How did Mike feelings affect his choices?
- Did Vicki have a role?

Additional Discussion Questions:

- What did Mike mean when he stated “I can’t trust you”?
- Can you make someone trust you? How?
- Can you make someone think or feel a certain way?
- How did alcohol affect Mike’s behaviour and feelings?
- What other choices could Mike have made?
- Who is responsible for Mike’s behaviour?
- If the group identifies Vicki as responsible for Mike’s behaviour, revisit question 3 “Can you make someone think or feel a certain way?”

Resources:

- [About Alcohol](#)
- [Get the lowdown on alcohol](#)
- [Tips for Cutting Back or Quitting Drinking Alcohol](#)
- [What is a Standard Drink](#)
- [How Alcohol and Drugs Affect the Brain](#)
- [Lots of Info on Relationships](#)

Strand 5 Walk Home

Integrity

Topics: Responsibility/Substance Use

Overview: This strand ends with Mike and Vicki walking home from the party and Mike getting sick.

Choice sequence:

- Drink
- Drink Vodka Shots
- Stop at six
- Walk Home

What just happened?

Did Mike realize how drunk he was?

How do you know when to ask for help for a friend or yourself?

Additional Discussion questions:

- How do you know when you're impaired
- What are ways to reduce risks when drinking?
- How do you know when to ask for help?
- How does it feel to ask for help?
- What are reasons you may not ask for help?

Resources:

- [*Tips for Cutting Back or Quitting Drinking Alcohol*](#)
- [*What is a Standard Drink*](#)
- [*What's the Deal on Alcohol?*](#)
- [*The ABC's of Blood Alcohol Content*](#)
- [*How to Deal with OD \(overdose\)*](#)

Complimentary Resource: [http://www.madd.ca/media/docs/ABCs%20 of BACs FINALdoc.pdf](http://www.madd.ca/media/docs/ABCs%20of%20BACs_FINALdoc.pdf)

Strand 6 Mike Drives Drunk

Risk Taking

Topics: Responsibility/Substance Use

Overview: This strand has Mike driving drunk and being stopped by the police and dealing with the subsequent consequences.

Choice sequence:

- Drink
- Drink Vodka Shots
- Stop at six
- Drive Home

What just happened?

Should Vicki have stopped Mike from driving?

Can you keep someone safe?

Could trying to keep someone safe affect the relationship?

Additional Discussion Questions:

- What other options were there to respond to Mike's decision to drive?
- What might have prevented Vicki from utilizing other options?
- What would the conversation be between Mike and Vicki the next day?
- What skills would be useful in the conversation with Vicki and with the mom?
- How do you think Mike's mom might have felt getting the call from the RCMP?
- How is Mike's family impacted by the loss of the family car?

Resources:

- [How to Estimate Blood Alcohol Concentration \(BAC\)](#)
- [Tips for Cutting Back or Quitting Drinking Alcohol](#)
- [What is a Standard Drink](#)
- [Alcohol: Myths and Facts](#)

Strand 7 Call Mike's Mother

Truth/Wisdom

Topics: Communications/Family/Relationships/Responsibility/Substance Use

Overview: The strand ends with mom picking Mike and Vicki up, asking Vicki to look after Mike and Vicki putting Mike to bed.

Choice sequence:

- Drink
- Drink Vodka Shots
- Stop at six
- Call Mom

What just happened?

Vicki called Mike's mom for help...should she have?
When do you need to call someone to help you or a friend? Who could you call?

Additional Discussion Questions:

- How would Vicki feel to call Mike's mom for a ride?
- How might the relationship change between Vicki and Mike's mother?
- How would Mike's mom feel getting a call to pick Mike up?
 - How might Mike and his mother's relationship be impacted?
- How would Mike feel knowing that Vicki made a decision to involve Mike's mom.
 - How could this affect Mike and Vicki's relationship?
- How might Mike's ability to work be affected by his drinking the night before?
- How long does alcohol affect the functioning of the brain?
- How long does alcohol stay in your system and how might it affect you?

Resources:

- [How is the function of the brain affected by alcohol?](#)
- [Communication Colouring Book](#)
- [How to have Good Communication](#)
- [Talking about Feelings](#)
- [Feeling Words and Info](#)

Strand 8 Leave and Go Home

Self Respect

Topics: Relationships/Substance Use

Overview: Strand ends up with Mike waking up at home and going to work.

Choice sequence:

- Take care of Vicki
- Leave

What just happened?

Mike and Vicki both want different things, how did they resolve their differences?
In what situation would you choose yourself over your partner?

Additional Discussion Questions:

- Why did Mike go home?
- Why did Vicki stay?
- What else could Mike and Vicki have done?
- Why didn't Mike and Vicki explore their choices as a couple?
- What did they need to explore their choices?
- How did alcohol play a part in their choices?

Resources:

- [Lots of Info on Relationships](#)

Strand 9 Mike goes to Work

Priorities

Topics: Peer Influence/Relationships/Responsibilities/Substance Use

Overview: The strands ends up with Mike going home, Vicki texting an apology and asking Mike to miss work and come over. Mike says no.

Choice sequence:

- Take care of Vicki
- Have a drink
- Don't do E

What just happened?

If Mike had been drinking or using drugs might he have made a different choice?
How do you feel when your choices differ from your friends? Your family?

Additional Discussion Questions:

- How might your choices impact your relationships (with parents/guardian, caregivers, siblings, boyfriend/girlfriend, employer)?
- What's it going to be like on Monday for Mike and Vicki?
- How might Mike feel by going home and leaving the party?
- What other harms may occur when drinking?
- How do possible harms occur from alcohol or substance use?

Resources:

- [Guide to Teenage Health](#)
- [Lots of Info on Relationships](#)
- [It's about Respect](#)
- [Feeling Words and Info](#)

Strand 10 Mike goes Home

Family Ties

Topics: Family Ties/Mental Health/Peer Influence/Relationships/Responsibilities

Overview: The strands ends with Mike going home, Vicki texting break up, Mike's mom talking to him about work and Mike depressed.

Choice sequence:

- Do E
- Go Home Alone

What just happened?

Why did Mike choose to leave the party?

How do you make a decision? What things influence your decision?

Additional Discussion questions:

- What happens on the Monday (for Mike and Vicki, and their friends)
- What happens to the group, relationships?
- How do Mike's family values affect his decisions?
- How will the group dynamics change because Mike and Vicki broke up?

Resources:

- [Rejection and how to handle it](#)
- [Information on depression](#)
- [Getting over a break up](#)

Strand 11 Go home with Vicki

Roles

Topics: Communication/Family Substance Use/Family Ties/Responsibilities

Overview: The strand ends with Mike and Vicki talking on a log, Mike not going home to check on his brother but bribing his brother to not tell their mom and then walking home with Vicki.

Choice sequence:

- Do E
- Wait
- Go Home with Vicki

What just happened?

What responsibilities did Mike have?

How does it feel to be responsible?

Discussion Questions:

- How did Mike and Vicki work through their differences?
- Mike and Vicki have different home lives, what are the differences? How do the differences impact them?

Resources:

- [Dealing with an alcoholic parent](#)
- [Lots of Info on Relationships](#)

Strand 12 Smoke Pot

Listening to uneducated advice

Topics: Mental Health/Substance Use

Overview: The strand ends with Mike running off, and ending up in the hospital, mom talks to doctor.

Choice sequence:

- Do E
- Take another tab
- Smoke pot

What just happened?

What was Mike experiencing?

Where can you get accurate information on expected outcomes of alcohol and drug use (including pot)?

Additional Discussion Questions:

- Why was Mike feeling sketchy?
- How aware are parents of their teens alcohol and drug use?
- What do you parents need to know or what would be helpful for them to know?
- How long might Mike and Vicki experience the effects from E?
- When Mike wakes up, what might think of his choice to use E?

Resources:

- [Information on psychosis.](#)
- [Depression, Anxiety, Alcohol and Other Drugs](#)
- [About Cannabis](#)
- [Risks and How to Reduce them](#)
- [Cannabis Use Quiz](#)

Strand 13 Go to Hospital

Topics: Substance Use

Pleasing Others

Overview: The strand ends with Mike in hospital discussing E with Vicki, mom overhears. Mom and Mike discuss drugs.

Choice sequence:

- Do E
- Take another tab
- Go to hospital

What just happened?

Vicki and Mike's mom want different things for Mike. What does Mike want?

What happens when friends or family will not support your choice for positive change?

Additional Discussion Questions:

- What is Mike 'giving up' in his attempt to please Vicki and his mom?
- Why did Mike choose to go to the hospital?
- Could Mike have known how he was going to react to the E?
- How can Vicki be confident that this won't happen again?
- How does Mike and Vicki's use of drugs differ?

Resources:

- [Learn about Ecstasy and other "club drugs"](#)
- [What is Ecstasy, short term effects and possible risks](#)
- [Fact Sheet on Ecstasy](#)
- [How to Deal with OD \(overdose\)](#)
- [What's the Deal on Ecstasy?](#)
- [The deal about drugs](#)

Strand 14 Chill

Wants and Shoulds

Topics: Substance Use

Overview: This strand ends with Mike's death and Vicki being questioned by police.

Choice sequence:

- Do E
- Take another tab
- Chill

What just happened?

Why did Mike die?

How can people stay safer when using drugs or alcohol or in situations where drugs and alcohol are being used?

Additional Discussion Questions:

- What happens when a youth dies at a party (Be cautious with this question as youth may have been exposed to this in real life)
- How would using E contribute to death?
- What are signs of a drug overdose?
- What is the impact of Mike's death on people at the party and other's?
- What do the people need?

Resources:

- [What is Ecstasy, short term effects and possible risks](#)
- [Fact Sheet on Ecstasy](#)
- [How to Deal with OD \(overdose\)](#)
- [PMMA Information](#)

Strand 15 Go Home

Taking care of your own needs

Topics: Substance Use

Overview: Mike chooses to take care of himself and Vicki goes home with him. Mike feels rough in the morning but is going to work.

Choice sequence:

- Do E
- Take another tab
- Go home

What just happened?

Why did Mike choose to go home?

How does the brain change when drugs are used? Is it the same all the time?

Additional Discussion Questions:

- How do you know when you need help?
- How can a friend/family member help?
- How does substance use affect work, school, family, friends, and self?

Resources:

- [*I think I may have a drinking/drug problem*](#)
- [*Learn about Ecstasy and other “club drugs”*](#)
- [*What is Ecstasy, short term effects and possible risks*](#)
- [*Fact Sheet on Ecstasy*](#)
- [*What’s the Deal on Ecstasy?*](#)

About this project:

Background:

In BC in 2012 there was significant public concern over the seemingly widespread use of the drug Ecstasy. There were deaths attributed to the use of ecstasy that contained PMMA. Grant funding was made available to police agencies for one-time collaborative projects to raise awareness and increase public education for youth. The amount of funding available per project was up to \$25,000. The funding was made available through proceeds from the Civil Forfeiture Office, Ministry of Justice, British Columbia.

Applicants were required to be police agencies that had identified a community based organization, local government, health authority or school district specifically for collaboration on the project.

A grant proposal was submitted by Penticton South Okanagan Similkameen (PSOS) RCMP, in collaboration with Interior Health Authority, Ministry of Children and Families and Boys and Girls Clubs of South Okanagan.

The Creative Foursome:

In anticipation of a positive response to the grant application, the partners reviewed research in order to inform the direction of the project. During this period two of the partner agency representatives had to withdraw from the project, one due to a maternity leave and the other relocation to another community. This left two of the original agencies with hands on involvement with the project development; PSOS RCMP and Interior Health Authority. Based on the changed demographic of the partners, the remaining partners focused on developing a self-sustaining project, without the necessity of relying on the subject matter experts. In a stroke of luck, the partners connected with the partners in Mind Festival Learning. In consultation, the goal became to create a resource focused on story based learning that engaged the participants in directing the path of the story. This project became known as the Mike and Vicki Project, www.mikeandvicki.ca

A Community Comes Together:

A fortuitous result of the changed direction of the project was the development of relationships in areas outside of the usual collaborators for additions and justice agencies. These new relationships included the local arts community which contributed tremendously to the development of the resource. Most significant was the relations and collaboration that developed with Mind Festival Learning who brought technical and creative expertise in projection/planning/story-writing. Without this collaboration the Mike and Vicki Project would not have developed into its current form as a story-based resource. This in the view of the grant

applicants would have greatly diminished the ability to effectively engage and educate both youth and community.

All of the music contained within the resource was recreated and donated to the project by musicians in the community, including youth musicians. All of the actors in the story are local youth. The photographer and director donated all of her time and is a student at Simon Fraser University. The local high school provided a testing ground for the resource and the youth subsequently provided feedback that was essential to the development of the resource.

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