

PERSONAL WELL-BEING – DRUG EDUCATION

YEAR 9 LESSON 2 Healthy Lifestyles
TITLE Drugs sorting fact from fiction

KEY CONCEPTS

- ◆ Recognising that healthy lifestyles and the wellbeing of self and others depend on information and making responsible choices.

KEY PROCESSES

- ◆ Use knowledge and understanding to make informed choices about safety, health and wellbeing.
- ◆ Find information from a variety of sources.

CONTENT

- ◆ Sentence stem worksheet to explore individual and social attitudes to substance use.
- ◆ Quiz to develop knowledge and understanding of the effects of cannabis and other drugs.

LEARNING OUTCOMES

by the end of the lesson pupils will be able to:

- ◆ Explore attitudes to a range of legal and illegal substances
- ◆ Research information on cannabis and other drugs to establish whether own knowledge is correct

FUNCTIONAL SKILLS

- ◆ English/Communication/Speaking/Listening/Reading/Writing/IT

RESOURCES

- Worksheet for each pupil– Thinking About Drugs
- How much do you know about cannabis & other drugs quiz.

LESSON PLAN

Activity 1

- ❖ Divide the class into pairs or threes, you may want students to work with a mixed group of people rather than chosen friends who may hold similar views.
- ❖ In groups create a mind map around the central phrases “Heroin users are” or “Cannabis users are”. Discuss words used, stereotypes etc.
- ❖ Give out the worksheet with sentence stems “Thinking About Drugs” to explore attitudes about drugs/drug users. Ask students to choose 3 to 5 that interest them or direct them to specific statements. Mark these with a *.
- ❖ Students to stand up and walk around the room asking 2-3 people to complete the same sentence stem. Allow 5 minutes for this activity.
- ❖ Discuss some of these as a class – why do attitudes about drugs differ? Where do our attitudes about drugs come from? (parents/carers, media, friends, peers, experience etc.)
 - How reliable are our sources of information about drugs?
 - Main Learning Points:
The way that we think and talk about heroin/crack users is often different from other drug users. This is often (but not always) linked to the harm these drugs cause for individuals, their families and the community.
 - Consider:
What makes a drug socially acceptable or unacceptable
 - Do our views on alcohol, tobacco or legal highs differ from that on illegal drugs? If so, how?
 - Cannabis is the most commonly used illegal drug used by adults and young people in the UK – how might these views compare. How might the health, social and legal issues impact on younger cannabis users?

Activity 2

- ❖ Using How Much do you know about Cannabis & other drugs quiz. Students to research or use own knowledge to answer questions as true or false.
- ❖ Use www.talktofrank.com website for information about drugs.
- ❖ Use Teachers’ notes to go through answers, clarify information and highlight that research on drugs is going on all the time.
- ❖ There is a wide range of research on substances like cannabis, as they have been available for many years – this could be compared to new drugs like methadone/mephadrone, Ivory Wave, and other chemical “legal highs” which are being developed and imported, which have no research on the short or long term effects.