

PERSONAL WELL-BEING – DRUG EDUCATION

YEAR 9 LESSON 6 Assessment of learning
TITLE Cannabis/Dealing with stress

KEY CONCEPTS

- ◆ Understanding risks of cannabis and other drugs
- ◆ Assess and manage risk in personal choices and situations

KEY PROCESS

- ◆ Assess and manage risk around cannabis and other drugs
- ◆ Use knowledge and understanding to make informed choices about safety, health and well-being
- ◆ Know when and how to get help outside school

CONTENT

- ◆ Motivation to use and risks of cannabis
- ◆ Dealing with stress

LEARNING OUTCOMES

by the end of the lesson pupils will:

- ◆ Understand reasons why young people use cannabis
- ◆ Be aware of risks of cannabis
- ◆ Have strategies to deal with stress

FUNCTIONAL SKILLS

- ◆ English/Communication/Listening/Speaking/Writing

RESOURCES

- Sheet – Why young people use cannabis / Risks
- Sheet – 5 top tips for dealing with stress

LESSON PLAN

ACTIVITY 1

Just a minute

- ❖ Ask the students to think back over the topics covered in this programme:
 - Why young people do and don't use cannabis
 - Effects and risks of cannabis
 - Early signs of psychosis
 - The law on cannabis
 - Attitudes about drugs / drug users
 - Who influences them
 - Different types of drug users
 - Media influences

Working in pairs, each pupil takes it in turn to choose one of the topics above and talks for a minute about it whilst the other one listens. Then roles are swapped until all the topics have been covered. Pupils can score each other on a scale of 1 – 5 (not very good recall – excellent recall)

ACTIVITY 2

Cannabis motivation and use

- ❖ Each pupil to fill in the cannabis sheet (why young people use cannabis and risks of cannabis)

ACTIVITY 3

Top 5 tips for dealing with stress

- ❖ Each pupil to write their top 5 tips and, when they have finished, share with a partner or with the class. Pupils who are good at ICT could translate the results into a class chart

ACTIVITY 4

Evaluation

- ❖ Ask each pupil to fill in the evaluation sheet. If there is time discuss the main points in the class.