

## PERSONAL WELL-BEING – DRUG EDUCATION

**YEAR 10 LESSON 4 Relationships**

**TITLE We're having a party ...**

### KEY CONCEPTS

- ◆ Recognising that healthy lifestyles, and the wellbeing of self and others, depend on information and making responsible choices
- ◆ Understanding risk in both positive and negative terms and understanding that individuals need to manage risk to themselves and others in a range of situations
- ◆ Appreciating that pressure can be used positively or negatively to influence others in situations involving risk

### KEY PROCESSES

- ◆ Reflect on feelings and identify positive ways of understanding, managing and expressing strong emotions and challenging behaviour
- ◆ Develop self-awareness by reflecting critically on their behaviour and its impact on others.

### KEY CONTENT

- ◆ Facts and laws about drug, alcohol and tobacco misuse, and the personal and social consequences of misuse for themselves and others.
- ◆ Understand ways of recognising and reducing risk, minimising harm and getting help in emergency and risky situations.

### LEARNING OUTCOMES

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

- ◆ Explore some of the risks involved around alcohol and illegal drugs in a party situation
- ◆ Discuss some strategies for handling potential risky situations

### FUNCTIONAL SKILLS

- ◆ English Communication/Speaking and Listening

### RESOURCES

- Storyboard printed sheets
- Helpline details of young people's support in your local area. Teachers should prepare this to include all local contacts.

## LESSON PLAN

### Activity 1

- ❖ Play a game of consequences in groups involving drugs and young people
- ❖ Every pupil starts off with a sheet of paper...they write down their answer fold the sheet over and then pass it on. Repeat this for every question.
- ❖ It is a good idea to remind pupils of the ground rules to ensure their responses are appropriate.
  1. *Boy's name*
  2. Met:  
*Girl's name*
  3. In/At/On:  
*Place*
  4. He said:  
*What he said*
  5. She said:  
*What she said*
  6. He did:  
*What he did*
  7. She did:  
*What she did*
- ❖ Ask the pupils to open up their sheets and read the different responses and then ask each pupil to decide .....“What the consequences were”....
- ❖ Share answers with whole class.
- ❖ How common are these situations you have invented?

### Activity 2

- ❖ Using the storyboard sheet give a copy of the storyboard with the first picture completed to every student
- ❖ Discuss the possible outcomes from the first picture. Now draw your own story of what happened next

### Activity 3

- ❖ Display the story boards. Take feedback

### Activity 4

#### Assessment if required

- ❖ Make a list of key ideas of how to seek help if at risk from the kind of situations covered during the lesson.