

PERSONAL WELL-BEING – DRUG EDUCATION

YEAR 11 LESSON 4 Relationships
TITLE Sarah's story

KEY CONCEPTS

- ◆ Understanding that identity is affected by a range of factors, including a positive sense of self.
- ◆ Understanding that self-esteem can change with personal circumstances such as those associated with family and friendships
- ◆ Understanding that relationships can cause strong feelings and emotions

KEY PROCESSES

- ◆ Reflect on feelings and identify positive ways of understanding, managing and expressing strong emotions and challenging behaviour, acting positively on them
- ◆ Develop self-awareness by reflecting critically on their behaviour and its impact on others
- ◆ Use the social skill of negotiation within relationships, recognising their rights and responsibilities and that their actions have consequences
- ◆ Use knowledge and understanding to make informed choices about safety, health and wellbeing, evaluating personal choices and making changes if necessary

KEY CONTENT

- ◆ Characteristics of positive relationships, and awareness of exploitation in relationships and of statutory and voluntary organisations that support relationships in crisis
- ◆ The benefits and risks of health and lifestyle choices, including choices relating to sexual activity and substance use and misuse,

LEARNING OUTCOMES

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

- ◆ Understand the risks involved in use of a specific drug – cocaine
- ◆ Recognise the influence and pressure of a personal relationship on an individual's behaviour
- ◆ Identify protective strategies to keep safe, including some harm reduction tips

FUNCTIONAL SKILLS

- ◆ English/Speaking/Listening/Communicating

RESOURCES

- Drug information booklets or use <http://www.talktofrank.com/basement.aspx> or <http://www.talktofrank.com/drugs.aspx?id=106>
- Pre-cut bookmarks.
- Sarah's story question sheets
- Quiz sheet with True/False cards

LESSON PLAN

(This lesson's content could be adapted for any drug that the teacher feels needs to be explored with a particular group of students)

Activity 1

- ❖ Teacher or student to read out loud Sarah's story. Teacher to explain that it is based on a real life event

Activity 2

- ❖ Group discussion activity based on questions on sheet. Students should be encouraged to make connections between the story and their own personal experiences (re visit ground rules at this point)

Activity 3

- ❖ Quiz on Cocaine. Go over answers. Use drug information cards on cocaine, booklets or web site links above if appropriate. Pupils can do this in a written form or interactively by raising true-false cards or conduct the quiz using a well known quiz format.

Activity 4

Assessment

- ❖ Design a book mark for Year 10 students with key information about cocaine on it including at least one harm reduction message