

Drug Education – Lesson Plan One

Watch the Drug Dead clip to start the lesson. This is a 'how not to do it' classic. But what do young people want to know? Lesson One draws out priorities for further work in this section. Take time to discuss groundrules and print a copy for display through the links on this page.

After these discussions watch the drugs treatment clip to see Bez's slide into problematic drug use.

Exercise One: Groundrules

Discuss with pupils the need for effective groundrules. They should be used to working with these in PHSCE.

Here is a summary of common groundrules:

- No personal questions
- Right to pass
- Language
- Confidentiality
- Encourage others to take part
- No put downs
- Don't make assumptions
- One person to speak at once
- Laugh with not at

Ask the students to add any more suggestions. Remind them about confidentiality and school policy and any limits that this may impose.

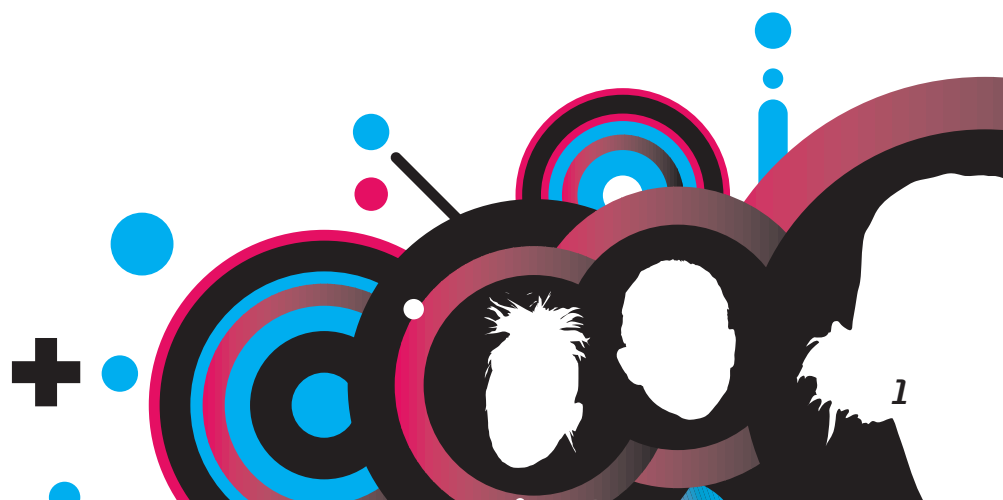
Exercise Two: What's the point of Drug Education?

The following statements describe some of the aims of drug education. In groups cut out the statements and arrange them in terms of importance.

1. To improve decision-making skills
2. To understand the terrible effects drugs can have
3. To know how to use drugs in less risky ways
4. To learn lots of new information about drugs
5. To know how to get help for a drug problem
6. To raise self-esteem
7. To discuss attitudes towards drug users and drug misuse
8. To learn how to say NO to drugs
9. To discuss own and families' drug use

Ask students to discuss what is achievable or realistic. Is it:

- +Reducing the number of people who ever use any drug?
- +Reducing the number of people who use Class A drugs?
- +Reducing the number of young people in treatment?
- +Reducing the number of deaths through drug use?
- +Reducing drug related harms?



Groundrules – Explanations and examples

Display this screen to the class at the start of the session to map out groundrules and acceptable language and behaviour. Ask the pupils to add any other groundrules that they think are suitable. This will create ownership and agreement on boundaries and confidentiality and allow a safe environment for discussion.

Groundrules – background:

If students are to benefit from a drug education programme, they need to be confident speakers, good listeners and sensitive communicators.

Groundrules should:

Encourage collective responsibility

Create ownership

Create a safe environment

Help define boundaries

Encourage acceptance of diversity

Encourage respect for all

Encourage acceptable behaviour

Ground Rules Explained:

·Everyone is expected to act responsibly and contribute to an environment which supports everyone's learning – anyone not behaving in this way may be asked to leave the session.

·No-one, teacher or student, will have to answer any personal questions -the value of using this resource is that it provides an excellent distancing technique.

·No one will be forced to take part in a discussion or activity – everyone has the right to pass if anything makes them uncomfortable

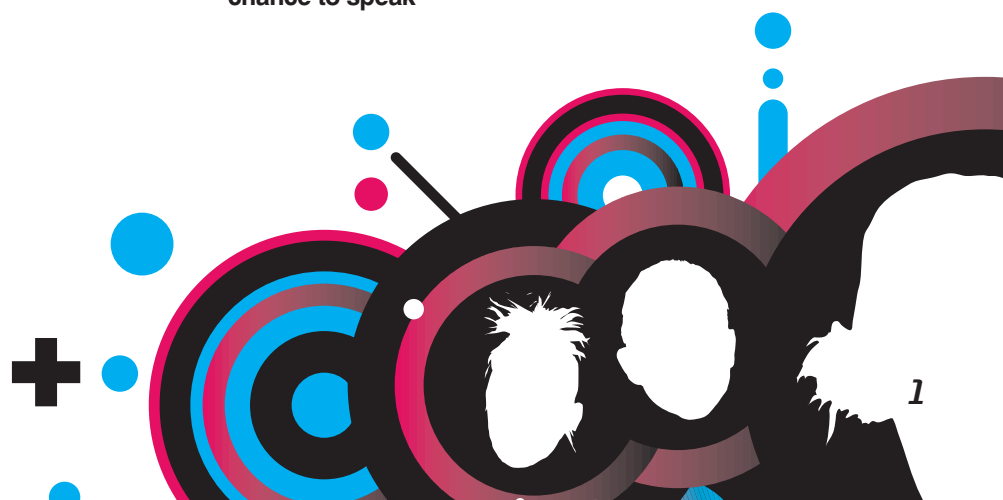
·Language – agree what is acceptable in the classroom e.g if street names are to be used/encouraged. Teachers will use correct names rather than street names

·Confidentiality – discuss and explain that there is no guarantee that things discussed will remain confidential, therefore you need to think carefully about what you share.

·No humiliating or putting anyone down – discuss and explain the process of challenging the statement or idea not the actual person

·Don't make assumptions about people – discuss and explain any information personal to individuals is shared only if individual chooses to do so

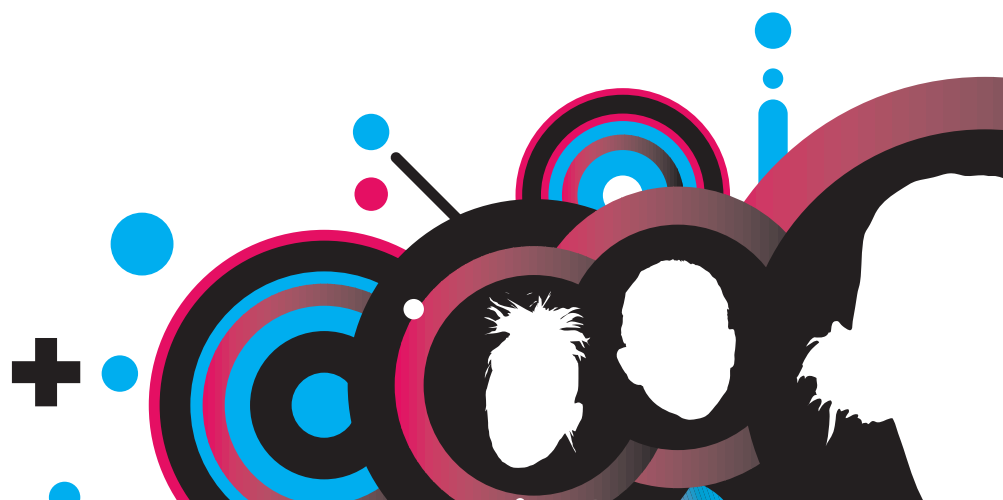
·Only one person to speak at once – so that everyone can hear the person speaking, and to allow everyone to have a chance to speak



Groundrules – The List

Print and display this list during sessions and add any suggestions by students.

- **Act responsibly.**
- **No personal questions.**
- **Right to pass.**
- **Language.**
- **Confidentiality.**
- **No put-downs.**
- **Don't make assumptions.**
- **Only 1 person to speak at once.**
- **Laugh with not at.**



Drug Education – What’s the Point?

Number these in order or cut out and form a list on the table.

To understand the terrible effects drugs can have

To know how to use drugs in less risky ways

To learn lots of new information about drugs

To know how to get help for a drug problem

To raise self-esteem

To discuss attitudes towards drug users and drug misuse

To learn how to say NO to drugs

To discuss own and families’ drug use

To improve decision-making skills

