

Substance Use Education

Stage: Second	Lesson: Peer Pressure and Substances
<p>Expected national standards for each level: Gives examples of how peer, media and other pressures can influence decision making Identifies risks associated with the use of substances, for example, overdose, impaired judgement / vision. Identifies the impact of risk taking behaviours on life choices and relationships, for example, job prospects, limited foreign travel, loss of driving licence, family.</p>	
<p>Substance Misuse Experiences and Outcomes: HWB 2-39a I know that popular culture, the media and peer groups as well as my own attitudes and values can influence how I feel about substance use and recognise the impact this may have on my actions. HWB 2-40a I know that alcohol and drugs can affect people’s ability to make decisions. HWB 2-41a I can identify the different kinds of risks associated with the use and misuse of a range of substances. HWB 2-43a I understand the impact that misuse of substances can have on individuals, their families and friends.</p>	
<p>Resources Required for Lesson: Drawing materials</p>	
<p><u>Activity 1</u></p> <p>Talk about whom and what can influence their decision making, how can they influence? e.g. friends, brothers and sisters, family, media, older children and young people</p> <p>Activity – mind mapping, or list out – individual task, then discuss as a group <i>“What influences your decisions?”</i></p> <p>Describe the wider impact of substance use on families and friends. Why might people start taking substances? How might it affect their families and friends? To help discussions explain that substances change the way people feel think or behave, and can include medicine and prescription medication, tobacco, alcohol, and illegal drugs.</p> <p><u>Activity 2</u> Role Play:</p> <ul style="list-style-type: none"> • First, list sources of help if you feel bullied or pressured to do something you don’t want to do. • Then, practice assertiveness in role play situations. Ask the children to produce a scenario where they might be pressured or influenced to doing something they might not want to e.g. smoking or drinking alcohol. <p>Practice the actions they might take in this situation.</p>	