

Substance Use Education

Stage: Senior	Lesson: Choices for Life
Resources Required for Lesson: Internet access to the Choice for Life, Video Dramas: Dealing with Peer Pressure page	
Main Activities: The series of films available on this site will help to discuss options and choices that young people have in relation to substance use. They also included some consequences. Show the video clip(s) and have a group discussion about choice, and being assertive and confident in decision making. What helps to make choices? What helps you when you feel peer pressure to do something you're not keen to do? Who can help in these situations?	