

Substance Use Education

Stage: Senior	Lesson: The Drugs Wheel
<p>Resources Required for Lesson: Internet access, printed copies of the following: The Drugs Wheel http://www.thedrugswheel.com/downloads/TheDrugsWheelCategories_2_0.pdf (this is often updated and so checking via the drugswheel.com website is advised). The Effects Wheel http://www.thedrugswheel.com/downloads/TheDrugsWheelEffects_1_9.pdf Blank Wheels http://www.thedrugswheel.com/downloads/TheDrugsWheelGame_blank_1_2.pdf There are also training videos on this site that you may want to use during the lesson.</p>	
<p>Main Activities:</p> <p>Remind young people that so far they've learned about drugs being categorised into three groups:</p> <ul style="list-style-type: none"> • Stimulants • Depressants • Hallucinogenics <p>These simple groupings are useful when first learning about substances; however the Drugs Wheel was developed to better categorise different drug types, and their effects, and also harm reduction advice for drug users. Within this model there are 7 categories.</p> <p>Open the supporting slides and show the Drugs Wheel and it's 7 categories and examples:</p> <ul style="list-style-type: none"> • Stimulants • Empathogens • Psychedelics • Dissociatives • Cannabinoids • Depressants • Opioids <p>Cut up the segments of the drugs wheel. Ask young people to place the segments in the correct corresponding section of the wheel. Repeat the process with the effects wheel. Check the wheels are correct.</p> <p>Finish with a round of 'one thing I learnt was...'</p>	