

Substance Use Education

Stage: Senior	Lesson: What To Do In An Emergency
Resources Required for Lesson: Quiz sheets, paper, pens, access to internet	
Main Activities: Begin by dividing young people into small groups to complete the quiz. Go through the answers. Watch the video from the British Red Cross about first aid for someone who's unresponsive and breathing https://www.youtube.com/watch?v=oF6NS7iJyAA&feature=youtu.be Next, divide the group into 5 small groups Each group should be assigned one of the following scenarios. They are to come up with some Dos and Don'ts for their scenario. This could be a poster, a presentation, or any other format. A) A friend is being sick after drinking alcohol B) A friend has passed out after drinking alcohol C) A friend has become paranoid after using cannabis D) A friend is overheating after taking ecstasy E) A friend is really drowsy after taking alcohol and Valium together. The young people could search reputable websites to inform their decisions; Know the Score, Crew, Talk to Frank, and others via the H-SAT. Feedback their findings to the whole group. Other option is to use this video from the British Red Cross to discuss with young people what to do if someone has had too much alcohol and needs help; https://www.redcross.org.uk/get-involved/teaching-resources/alcohol-and-first-aid	