

Substance Use Education

Stage: Third to Fourth	Lesson: Where Do We Learn About Drugs?
<p>Expected national standards for each level: Explains how media and peer pressure might affect own attitudes and behaviour. Knows how to access local support. Knows how to access local and national support.</p>	
<p>Substance Misuse Experiences and Outcomes: HWB 3-39a/4-39a 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. I can explain how images of substance use and misuse can influence people's behaviour. HWB 3-40b/4-40b I know how to access information and support for substance-related issues.</p>	
<p>Resources Required for Lesson: Board / flip chart, pens</p>	
<p>Main Activities: Where does our information about drugs come from? This introductory activity can be used to provide the teacher/youth worker with a rough baseline of young peoples' knowledge and experiences.</p> <p>Begin with a definition of what drugs are. Write up definition on board / flip chart, eg: a substance which changes the way people feel, think or behave.</p> <p>Next, divide young people into small groups. Tell them that they will be asked to process the following questions, and share feedback from their groups in a plenary discussion. Note that 'drugs' include prescription medication, tobacco, alcohol and illicit drugs.</p> <p>Ask them to discuss if:</p> <ul style="list-style-type: none"> • They have ever talked to a parent, carer or other adult about drugs. What did they talk about? • They have ever talked with their friends or brothers/sisters about drugs. What did they talk about? • They have heard or seen information about drugs in the news, in magazines, on the internet, or in social media. What did they discover? • Have they seen advertising or marketing of any drugs? Can they provide examples? • Where else can they find information about drugs? • Where could people go if they needed support for substance related issues? <p>In the plenary, draw out a variety of points, such as:</p> <ul style="list-style-type: none"> • Different things they have learned • Different people they have talked to and what they have talked about • Different media messages and news reporting about drugs, including images used • Various media advertising marketing to influence behaviour • Discuss the reliability of different sources of information (highlight Know the Score (Scottish) Talk to Frank (UK), and Highland Substance Awareness Toolkit (H-SAT) - includes local support details (including HADP link), etc if haven't come up in discussion). <p>Close with a round of: "One thing I have learnt from this session is ..."</p>	