

Substance Use Education

Stage: Third to Fourth	Lesson: Attitudes to Drug Use
<p>Expected national standards for each level: Explains how media and peer pressure might affect own attitudes and behaviour. Identifies and selects the skills / qualities required to make positive choices in challenging situations, for example, confidence, resilience, assertiveness.</p>	
<p>Substance Misuse Experiences and Outcomes: HWB 3-39a 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 3-40a/4-40a I am developing a range of skills which can support decision making about substance use. I can demonstrate strategies for making informed choices to maintain and improve my health and wellbeing and can apply these in situations that may be stressful or challenging, or involve peer pressure.</p>	
<p>Resources Required for Lesson: Paper / card with 'Strongly Agree' and 'Strongly Disagree'</p>	
<p>Main Activities:</p> <ul style="list-style-type: none"> • Explain that attitudes towards different statements are going to be shown through a continuum line across the room. One side of the room is 'Strongly Agree'; the other side is 'Strongly Disagree'. • Read out statements and invite young people to stand at a point on the continuum that best represents their view. They can stand at any point on the line – not just the extremities. <p>After each statement, choose some young people that are at the extremes and ask them why they are where they are. Also ask for some less polarised views. Ask if opinions of others have influenced their views – would they change position now?</p> <p>Continuum statement ideas: These are a few examples to start you off. There's a little information provided to support / encourage discussion and debate. You could use others that you or the young people have created.</p> <ul style="list-style-type: none"> • It's easy to stop smoking • Approx. 70% of smokers want to quit, however only 23.6% of people in Scotland who tried to stop smoking in 2018/19 were still smoke free at three months. • It's ok to allow alcohol advertising • Tobacco advertising is now banned in Scotland, even the packets are regulated. Alcohol advertising targets specific groups, including young women. • People aged 16 should be allowed to buy alcohol • Is the law acting as a deterrent or not? What would happen if there was not legal age? Why is the legal age 18? 93% of 15 year olds in Highland have never tried to buy alcohol from a shop, supermarket or off-licence. 	

- **It is not right that alcohol and tobacco are legal while cannabis is illegal**
- Tobacco kills 10,000 per year in Scotland. Alcohol kills approx 3,700. Cannabis kills 0. All drug related deaths 2018/2019 – 1,187. Consider other impacts of the substances (eg crime, effect on community, on NHS, on children and families).
- **If drug education was better, fewer young people would use drugs**
- What age do pupils think drug education should start? Do pupils think shock tactics work? (Evidence tells us they don't). Is there enough drug education? Do young people feel they know enough and feel confident they can make informed choices?
- **People who have health problems through smoking should have to wait longer for hospital treatment**
- What about human rights and equality? If we start denying treatment for people who smoke, who else should we deny treatment for?
- **People who use drugs are stupid**
- Does education level relate to drug use? What else might influence someone to use drugs? How might stigmatising language affect drug users? See [Language Matters Guide](#).
- **Safe injection facilities should be allowed in Scotland**
- These are places where problematic injecting drug users can take their drugs in a safe, sterile environment. Does this condone drug taking? Does this prevent deaths? (Yes, no deaths have occurred in such facilities). Could this prevent harms to others, eg paraphernalia left in alleyways etc.?
- **Smoking should be banned in films unless they have an 18 certificate**
- Is this the last form of tobacco advertising? Is smoking essential to the story? What about kids films with smoking, eg 101 Dalmatians?

End by asking which was the most thought provoking statement. Which statement generated the most discussion? Were any opinions / attitudes changed during discussions? What skills were used in this session that could be used elsewhere?

If it doesn't come up, highlight that young people discussing in this way improves skills to make informed choices and can help develop skills to cope with peer pressure, such as assertiveness.