

Substance Use Education

Stage: Third to Fourth	Lesson: How Many Young People Use Drugs
<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 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 / pens if making posters</p>	
<p>Main Activities: This is a quick-fire 'auction' in which young people estimate how many people are involved in various drug-related behaviours. Below is a series of statements based on Scottish / Highland prevalence figures among young people.</p> <p>Read out each statement and ask pupils to say whether the real figure is higher, lower or the same. You can do this by asking pupils to stand up/sit down, call out, hold up / lower their hands. This could also be done in teams. Alternatively you can do this activity by asking pupils to estimate the percentage for each statement without giving any clue, then reveal the actual number. This works well if the estimation is written down before the reveal.</p> <p>Figures presented are based on the most up to date figures available: SALSUS 2018 Highland.</p> <p>Are these figures higher or lower than estimated?</p> <ol style="list-style-type: none"> 1. What percentage of 13 year olds regularly smoke? [2%] What about 15 year olds? [5%]. *Regularly smoke - at least one cigarette per week. 2. What percentage of regular smokers aged 15 would like to give up smoking? [29%] 3. In 2018, [73%] of 15 year olds had never tried smoking. This is up from [66%] in 2013. 4. What percentage of 13 year olds [6%] and 15 year olds [18%] had drunk alcohol in the last week? (*week prior to completing the survey) 5. What percentage of 13 year olds [52%] and 15 year olds [72%] have ever been drunk? 6. What percentage of 13 year olds [99%] and 15 year olds [93%] have never tried to buy alcohol from a shop, supermarket or off-licence.? 	

7. What percentage of 13 year olds **[93%]** and 15 year olds **[82%]** have never tried drugs?
8. What percentage of 13 year olds **[20%]** and 15 year olds **[46%]** have been offered drugs?
9. What percentage 15 year olds **[49%]** obtained drugs from a friend of the same age on the last occasion they took them? (Refer back to Drugs and the Law lesson plan 4 on legal implications of this)
10. What percentage of 15 year olds **[5%]** have ever used NPS (New Psychoactive Substances)?
11. What percentage of 15 year olds **[5%]** have ever used cocaine?
12. What percentage of 15 year olds **[6%]** have ever used ecstasy?
13. What percentage of 15 year olds **[19%]** have ever used cannabis?
14. What percentage of 15 year olds **[39%]** would like to stop taking drugs?

At the end, ask pupils what has surprised them, and if anything has changed their opinion about drug use in young people. Did they realise substance use is very much the minority?

If there's time, young people could make a poster using these stats.