

Year 6 – Drug, alcohol and tobacco education

Weighing up risk

Learning intentions and outcomes	Ideas for a lesson plan	Suggested teaching resources
<p>LESSON ONE Pupils learn about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs</p> <p>Pupils</p> <ul style="list-style-type: none"> • know about some of the possible effects and risks of different drugs • know that some drugs are restricted or that it is illegal to own, use and supply them to others • understand why and when people might use drugs 	<ul style="list-style-type: none"> • Pre-topic assessment activity: <ul style="list-style-type: none"> ◦ Pupils add to a brainstorm about the risks of using drugs • Hook activity: Pupils name different drugs they have heard of. Help the pupils categorise these into different types – alcohol, tobacco, nicotine products, solvents, cannabis, other illegal drugs. <i>whole class</i> • Introductory activity: Pupils discuss when and where people might use drugs and come up with some example situation. For example: At a party. <i>pairs</i> • Main activity: Pupils work in groups to mind-map things they have heard about different drugs – each group is given a different drug as a heading on a piece of flipchart paper. Pupils add notes to what the drug looks like / how it is used, possible effects, risks of using the drug and laws surrounding the drug. Every few minutes, pass the flipchart around so that each group can add to each mind-map. When the flipchart reaches the original group, pupils are given factsheets about the drug. Pupils read the factsheets and then add to or amend the information on the flipchart. <i>groups</i> • Closing activity: Explain that risks associated with drug use can be thought of by thinking about a drug risk triangle: 1) the drug – what the drug is, or is thought to be, and the possible effects; 2) the person who is using the drug (mood, state of mental health, physical health and age); 3) the situation – where the person is, who they are with and what they are doing at the time. <i>whole class</i> 	<ul style="list-style-type: none"> • Drug Wise, Islington Health and Wellbeing Team Year 6, Lesson 1, Risks and effects of different drugs
<p>LESSON TWO Pupils learn about assessing the level of risk in different situations involving drug use</p> <p>Pupils</p> <ul style="list-style-type: none"> • can explain why risk depends on the drug itself, the person using the drug and the situation – when and where the person is, and who they are with • can identify risks within a given scenario involving drug use • understand what would need to change to reduce the level of risk 	<ul style="list-style-type: none"> • Hook activity: Pupils are given a scenario involving drug use. Pupils discuss whether the situation is risky and what makes it risky. <i>pairs</i> • Introductory activity: Pupils are shown the drug risk triangle from the previous lesson. Pupils use the framework of the drug risk triangle to assess the different risks in the scenario. <i>pairs</i> • Main activity: Pupils are given another blank drug risk triangle and either the name of a drug, a situation or a description of a person. Pupils add the other two parts of the triangle. Pupils identify one change that would make the situation more risky and write this on the triangle. Pupils then identify one change that would make the situation less risky and write about this on the triangle. <i>pairs or groups</i> • Closing activity: Pupils discuss how easy or difficult it was to reduce the risk in the different situations. Pupils discuss what would make this easy or difficult in real life. <i>whole class</i> 	<ul style="list-style-type: none"> • Drug Wise, Islington Health and Wellbeing Team Year 6, Lesson 2, Judging risk

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<p>LESSON THREE</p> <p>Pupils learn about ways to manage risk in situations involving drug use</p> <p>Pupils</p> <ul style="list-style-type: none"> can identify situations where drug use may occur know some ways of reducing risk in situations involving drug use know where to get help, advice and support regarding drug use 	<ul style="list-style-type: none"> Hook activity: Pupils come up with a realistic scenario involving a drug, a person and a situation. <i>groups</i> Introductory activity: Using one the scenarios as an example, pupils discuss with the class, what the person could do before, during and after the scenario to help reduce the risk and which strategies would be most effective. <i>whole class</i> Main activity: Pupils work in their groups on the scenarios they have come up with, role-playing the situation and practising ways of managing it. Groups can share parts of their role play with the rest of the class. <i>groups</i> Closing activity: Display information where young people can get information, help or advice concerning drug use. Pupils write themselves a postcard detailing: One person I could ask for help... One website I could use.... A helpline I could call... <i>individual</i> Post-topic assessment activities: <ul style="list-style-type: none"> Pupils add to/amend their brainstorm about the risks of using drugs or complete a new version Pupils complete the self-reflection sheet – Weighing up risk 	<ul style="list-style-type: none"> Drug Wise, Islington Health and Wellbeing Team Year 6, Lesson 3, Managing situations
<p>Children's literature to support the topic</p> <ul style="list-style-type: none"> Rory – an additional resource which could be used: A storybook and teaching resource pack to help children understand parental alcohol misuse. Rory can be used either as a targeted approach to support those affected by parental alcohol misuse or with a whole class/group. Available through training. Visit www.leedsforlearning.co.uk or www.schoolwellbeing.co.uk/training_courses 	<p>Help, advice and support</p> <ul style="list-style-type: none"> Pupils should be encouraged to talk to someone who helps keep them safe and healthy, such as your parent, teacher or other adult they trust ChildLine: 0800 1111 www.childline.org.uk Frank: 0300 123 6600 www.talktofrank.com Change4Life: www.nhs.uk/change4life Leeds NHS Stop Smoking Service Contact: stopsmokingleeds@nhs.net 0800 169 4219 Further information at : www.oneworldleeds.org.uk In an emergency: 999 	