

# The Character Curriculum

Flourishing for Life



<p><b>Y9: Drugs and Alcohol</b> L1 - Wise choices</p>	<p><b>Learning objective:</b></p> <ul style="list-style-type: none"> <li>- To develop drugs and alcohol awareness and know how to make wise decisions around them.</li> </ul>	<p><b>Key vocabulary:</b> Drugs, physical effects, achievements, unpredictable</p> <p><b>Key virtues:</b> Critical thinking, confidence, integrity, wisdom</p>
<p><b>Resources:</b> PowerPoint presentation, drug and grid resources sheet</p>	<p><b>Statutory links:</b> Relationships, Sex and Health Education guidance (2019) Pupils should know:</p> <ul style="list-style-type: none"> <li>- The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions;</li> <li>- the law relating to the supply and possession of illegal substances;</li> <li>- the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood;</li> <li>- the physical and psychological consequences of addiction, including alcohol dependency;</li> <li>- awareness of the dangers of drugs which are prescribed but still present serious health risks;</li> <li>- the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.</li> </ul>	
<p><b>Key questions:</b></p> <p>Are all drugs harmful?</p> <p>Why do you think alcohol and tobacco cause more deaths than other drugs?</p> <p>What effects (apart from physical) do drugs have?</p> <p>How could harmful Substances affect your future goals?</p>	<p><b>Learning activities:</b></p> <p><b>Starter:</b></p> <p>In groups brainstorm all the different types of drugs you can think of. Which of these types of drugs are harmful? Why? Which are most harmful?</p> <p><b>Activity 1:</b> Different substances</p> <p>Look at the PowerPoint and information sheet depicting different types of drugs. Discuss which they are and their different uses.</p> <ul style="list-style-type: none"> <li>- Can you name the drug?</li> <li>- Can you list any harmful effects it may have?</li> </ul> <p><b>Activity 2:</b> Harmful effects</p>	

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Think about the different types of alcohol and drugs and the damage they can cause.

Read through the alcohol and drug fact sheet to understand some of the recent statistics for young people.

Discuss these facts in groups:

- What impact has alcohol had on different parts of society?
- How might drinking affect both those who drink and those who don't? Consider victims, unplanned pregnancy or STD, economy etc.
- What do you consider to be the most harmful effects of taking drunks or alcohol?
- How might taking drugs or alcohol effect other people?

You could explore these resources for further information:

There is lots of good information online to give students details about the harmful effect of drugs and alcohol abuse. You can sign post them to these links as a starting point.

- <https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/>
- <https://mentoruk.org.uk/get-the-facts/>
- <http://www.youngpeopleshealth.org.uk/wp-content/uploads/2016/06/Young-People-and-Substance-Misuse-Report.pdf>

### **Activity 3:** Why take drugs?

Think about the abuse of alcohol and drugs, considering why people might make those decisions.

- What does drug or alcohol abuse look mean?
- What does it look like?
- Why might people abuse alcohol and drugs?

Brainstorm your ideas and use the grid to fill in answers.

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## Activity 4: The law

- What does the law say?
- Ask students if they know the laws regarding cigarettes, alcohol and drugs? Go through the laws.

There is a summary of legislation and a consolidation activity (Is it legal? Is it harmful?) here:  
<https://esol.britishcouncil.org/content/learners/uk-life/be-safe-uk/drugs-alcohol-and-cigarettes>