

The Character Curriculum

Flourishing for Life



<p>Y9: Drugs and Alcohol L2 - Habits</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - To develop drugs and alcohol awareness and know how to make wise decisions around them. 	<p>Key vocabulary: Drugs, physical effects, achievements, unpredictable</p> <p>Key virtues: Critical thinking, confidence, integrity, wisdom</p>
<p>Resources: PowerPoint presentation, true or false quiz</p>	<p>Statutory links: Relationships, Sex and Health Education guidance (2019) Pupils should know:</p> <ul style="list-style-type: none"> - 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; - the law relating to the supply and possession of illegal substances; - the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood; - the physical and psychological consequences of addiction, including alcohol dependency; - awareness of the dangers of drugs which are prescribed but still present serious health risks; - 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. 	
<p>Key questions:</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>Learning activities:</p> <p>Starter: Drugs and alcohol quiz</p> <p>Take students through the quiz questions.</p> <p>Activity 1: Habits</p> <p>Most people who smoke, drink too much alcohol or take illegal drugs know about the negative side effects of these substances but still continue take them. Why might that be?</p> <ul style="list-style-type: none"> - Can you think of any habits or behaviors that you find difficult to control? Share with a partner. - Why is breaking a habit so difficult? - Can you think of a time you tried to break a habit and found it difficult? Why was it so hard? - What virtues do you need to be able to recognize that something is a problem and try and get it under control? - What virtues could you develop to help you make wise choices? 	



While it can be tempting to try a drug or addictive activity for the first time, it's all too easy for things to continue – especially in the case of drug and alcohol abuse. When a person consumes a substance repeatedly over time, they begin building a tolerance. A tolerance occurs when you need to use larger amounts of drugs or alcohol to achieve the same effects as when you started. Over time this can result in a dangerous cycle of addiction — where a person needs to continue using drugs or alcohol in order to avoid the uncomfortable symptoms of withdrawal. By the time a person realises they have a problem, drugs or alcohol have already seized control, causing them to face challenges in their everyday life.

No one ever plans to become addicted. There are countless reasons why someone would try a substance or behaviour. Some are driven by curiosity and peer pressure, while others are looking for a way to relieve stress. Children who grow up in environments where drugs and alcohol are present have a greater risk of developing a substance abuse disorder down the road.

Activity 2: Role Model

Students read the story of Mollie Craven and how she founded Addaction.

- What virtues did Molly have to display in her story? What did she have to overcome?
- What challenges would Molly have had to face in raising awareness of drug addiction and the support of families effected?

You can read the Mollie's original letter here <https://www.theguardian.com/theguardian/1967/feb/24/fromthearchive>

Activity 3: Moral Dilemma

Students read the moral dilemma.

- What is the problem?
- What virtues are involved?
- What is a 'wise' solution? Is there more than one?
- What would you do in this situation?
- Have you experienced a situation like this?

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Plenary:

Think about the kind of person you want to become in the future. You could think about practicalities of the type of career you want and/or the type of person you want to become.

- What virtues would you like to display etc.?
- How might getting caught up in drug and alcohol make this difficult?
- How might it impinge on you becoming the best version of yourself?

