



CLIC PSE Lesson Plan - KS3

Health and Emotional Well-being - Substance Abuse

Outline & Requirements

Broad topic/title for lesson:

Understanding the risks of substance abuse

Key stage or student group:

KS3

Time needed

2 hours

Quick description

Pupils research the risks of substance abuse and produce an awareness poster for young people.

Developing thinking	✓	Developing number	
Developing communication	✓	Working with others	✓
Developing ICT	✓	Improving own learning	✓

Materials, resources and preparation needed:

IT facilities
A3 paper
Coloured markers

Link to DCELLS PSE Framework for 7 to 19 year olds in Wales

Theme: Health and Emotional Well-being

Intended specific learning outcomes:

Learners should have opportunities to:

- » display a responsible attitude towards keeping the mind and body safe and healthy

And to understand

- » the effects of and risks from the use of a range of legal and illegal substances and the laws governing their use
- » how to use alcohol responsibly and the risks of binge drinking
- » the benefits of accessing different sources of information, support and advice





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lesson plan

Method:

Lesson Starter: (5mins)

- » Write up “usacsbtne sebua” on the board. Pupils have to unscramble the words without shouting out, to form “Substance Abuse” whilst the lesson starts or registration takes place

Introduction: (10mins)

- » Discuss “What is substance abuse?” – using any substances (alcohol, drugs, cigarettes, glue) which have a harmful effect on the body
- » Work in groups to identify any substances they are aware of that fit into this category. Write them on the board

Activity: (45mins)

1. Ask pupils to make the list into legal and illegal substances i.e. substances that can be bought over the counter and those that cannot
2. Draw up the two lists on the board
3. Working in groups, pupils use the Health section on the CLIC website > Info > Health > Substance Misuse - <http://www.cliconline.co.uk/en/info/health/substance-misuse/> to research the information to fill in the worksheet below
4. Produce a poster to raise awareness among young people about the risks of one particular type of substance e.g. cigarettes, alcohol, solvents etc. abuse. Students can choose which substance they wish to produce the poster on

Tips, suggestions and additional resources:

This topic can link in with the PSE provided by the All Wales School Liaison Core programme.

SchoolBeat website
<http://www.schoolbeat.org/>



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SUBSTANCE ABUSE

1. List some substances, which give a similar effect to alcohol when they are usually inhaled?

A.....C.....
B.....D.....

2. What kind of effects does inhaling solvents have on the user?

A.....B.....

3. What are the risks of taking ecstasy?

A.....C.....
B.....

4. What is the most widely used illegal drug in the UK?

.....

5. What are the risks of using it?

A.....C.....
B.....D.....

6. If an individual is caught with possession of the drug, how long is the prison sentence?

1 year..... 2 years.....
3 year..... 4 years.....

7. What is the legal age for individuals to buy cigarettes?

15 years..... 16 years.....
17 years..... 18 years.....

8. What are the risks of smoking?

A.....C.....
B.....D.....



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9. How many harmful chemicals does tobacco contain?

.....

10. What are the possible effects and risks of regular binge drinking?

A.....C.....

B.....D.....



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Answers:

1. List some substances, which give a similar effect to alcohol when they are usually inhaled?

- » 1 Petrol 2 Glue 3 Aerosols 4 Some cleaning fluids

2. What kind of effects does inhaling solvents have on the user?

- » Dizziness and hallucinations

3. What are the risks of taking ecstasy?

- » Chance of over heating and dehydration
 » Anyone with a heart condition, blood pressure, epilepsy or asthma can have a very dangerous reaction to the drug
 » Death

4. What is the most widely used illegal drug in the UK?

- » Cannabis

5. What are the risks of using it?

- » It could worsen mental illness, including depression
 » If you suffer from asthma it could be made worse
 » Can affect sperm count in a male
 » Can affect ovulation in a female

6. If an individual is caught with possession of the drug, how long is the prison sentence?

- » The possibility of a two year prison sentence

7. What is the legal age for individuals to buy cigarettes?

18

8. What are the risks of smoking?

Cancer Heart Disease Chest Infections
 Limb amputation

9. How many harmful chemicals does tobacco contain?

Over 400

10. What are the possible effects and risks of binge drinking on a regular basis?

Liver Disease Brain damage Ulcers

