# **Drug, Alcohol & Tobacco Education**

**Lesson Plan**

| **Year Group: Year 5** | **Lesson Number: 1****Lesson Heading: Why Do People Use Drugs and Solvents?** |
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| **Learning Outcomes:**Children:* Identify reasons why children and young people might take risks or try new things.
* Know what solvents are and the effects and risks of inhaling solvents.
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| **Links:**This lesson contributes towards: |
| **Resources Required for Lesson:*** Feeling Cards – Resource 5.1
* Risk Cards – Resource 5.2
* Solvents Factsheet – 5.3
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| **Beginning:**□ Refer to class rules and rewards |
| **Introduction:****Circle Activity: “I Feel Excited When…”**Ask children to think of a time when they had been excited. How did it make them feel?On white boards in pairs write a list of words to describe how they felt and how they behaved? Collate ideas.Ask children:* Would accidents be more likely to happen when a person gets excited?
* What sorts of things could happen?

Excitement could lead to a person not being careful and so being at risk of hurting themselves. Explore other feelings and add these to the list. |

| **Main Activities:****Activity 1:**In groups give out feelings cards (resource 5.1):* Feeling upset
* Frightened
* Bullied
* Threatened
* Pressured by friends

How could these situations affect a person’s safety ie. what sorts of risks or mistakes might a person take?Children are asked to make a scenario based on a risk that might be taken whilst experiencing their given feelings.Perform scenario.**Activity 2:****Solvents & Risks**Introduce “solvents”. Give children a copy of the “solvents” information sheets. Ask them to read and record five things that they didn’t know about solvents. List together facts about solvents.Why is taking solvents such a High Risk – children give reasons.Our emotional state can affect the way we behave. Drugs can affect the way a person feels, thinks and behaves.Relate risk taking to drugs.**Plenary & Assessment:**Pull out one Risk card and one Feelings card. Children decide whether it is High/Medium/Low Risk and show on their bodies:* High Risk = Arms up
* Medium Risk = Hands on shoulders
* Low Risk = Hands on knees
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