# **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. | |
| **Links:**  This lesson contributes towards: | |
| **Resources Required for Lesson:**   * Feeling Cards – Resource 5.1 * Risk Cards – Resource 5.2 * Solvents Factsheet – 5.3 | |
| **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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