# **Drug, Alcohol & Tobacco Education**

**Lesson Plan**

| **Year Group: Year 5** | **Lesson Number: 2****Lesson Heading: Resisting Peer Pressure** |
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| **Learning Outcomes:**Children:* Identify assertive behaviours.
* Practice skills to resist persuasion or pressure.
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| **Links:**This lesson contributes towards:QCA End of Key Stage 2 Outcomes: 3f |
| **Resources Required for Lesson:** |
| **Beginning:**Refer to class golden rules and rewards. |
| **Main Activities:*** **Imaginary Character Development**
* **Role Play and Discussion**

Create a character on the board who is 10 years old. Ask the class to give you some information about this person, eg:* Their Name
* Where They Live
* Who They Live With
* What They Like Doing

When they have created this character ask for a volunteer to pretend to be this person. Explain to the rest of the class that the rest of the class are all going to play people who are going to try to persuade the main character to smoke a cigarette. Ask the children to form two lines facing each other with a gap in between. Ask your character to walk slowly between the two rows and stop at each person in turn. Each child must think of one thing they could say that might persuade them to smoke (it is OK to pass). When they have walked down the line, ask your character what was the most persuasive thing that they heard that MIGHT influence them to try a cigarette.Ask for another volunteer to play the part of the character and repeat the process. This time the children must all say something which would persuade the character NOT to smoke. |

| **Plenary:**Allow time for children who played main characters to de-role and remind all children that this was a role play.Discuss with children the pressures which may be placed on them to try a cigarette or another drug, how that might feel and how they could avoid it.NB. This exercise could be used replacing cigarettes with alcohol. |
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