# **Drug, Alcohol & Tobacco Education**

**Lesson Plan**

| **Year Group: Year 4** | **Lesson Number: 1****Lesson Heading: Legal Drugs in Society** |
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| **Learning Outcomes:**Children:* Recognise influences on making choices about smoking, alcohol and drugs.
* Identify how they can make choices and what information and skills they need to make those choices.
* Know that alcohol is a legal drug but that there are laws to keep children and young people safer.
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| **Links:**This lesson contributes towards:This lesson uses resources from “The World of Alcohol” – Tacade. |
| **Resources Required for Lesson:*** Prepared flip chart sheets
* Marker pens
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| **Beginning:**□ Refer to class golden rules and rewards |
| **Introduction:**Outline to children that they are going to learn about rules and laws on drugs and medicines. Invite children to discuss what different rules there are in school and outside. Include class golden rules, school rules on healthy eating that the children may be aware of, i.e. no sweets/fizzy drinks, rules on bullying or hitting. Laws – include driving – speeding, drink driving or driving someone else’s car; assaults on other people. Explore with children why we have these rules and laws – to keep adults and children safer and to improve people’s lives in society by improving their health.**Main Activities:**Create large sheets of paper with the following headings – one per sheet:* Caffeine
* Alcohol
* Tobacco
* Glues and Gases
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| Divide the sheets into sections headed:* What we know about this drug?
* What are the rules/laws for this drug?
* What we would like to know?
* What we think people need to know if they are using this drug?

Divide the children into groups and pass around the sheets so that all the groups have an opportunity to add something to the sheets.Discuss the outcomes, fill in or correct any gaps on each of the specific drugs.**Teaching Note:*** Caffeine is legal, but some local shops chose to impose a 16+ rule on ‘Red Bull’ type drinks and caffeine based pills such as ‘Pro-Plus’.
* Glues and gases: shopkeepers have a legal duty to refuse to sell to under 18’s if they believe they are going to be abused.

**Plenary:**In circle time, discuss the rules for having any of these drugs in school, and how rules and laws can be changed over time  |