**Lesson Plan: Ketamine Awareness**

**Lesson Title: Understanding the Risks and Effects of Ketamine**

**Duration: 60 minutes**

**Learning Objectives:**

* Understand what ketamine is and its legitimate medical uses.
* Recognize the short-term and long-term effects of ketamine use.
* Identify the risks associated with ketamine misuse.
* Discuss ways to seek help and support for substance misuse.

**Materials Needed:**

* Whiteboard and markers
* Projector and computer
* Ketamine awareness leaflet (printouts)
* Case study handouts
* Video on ketamine effects (optional)

**Lesson Outline:**

1. **Introduction (10 minutes)**
   * **Welcome and Objectives**: Briefly introduce the topic and outline the learning objectives.
   * **Icebreaker Activity**: Ask students to share what they know about ketamine. Write their responses on the whiteboard.
2. **What is Ketamine? (10 minutes)**
   * **Definition and Medical Use**: Explain that ketamine is a powerful anaesthetic used in medical settings, particularly for pain relief and sedation
   * **Recreational Use**: Discuss how ketamine is sometimes used recreationally and the reasons why people might misuse it.
3. **Short-term and Long-term Effects (15 minutes)**
   * **Short-term Effects**: Describe the immediate effects of ketamine use, such as hallucinations, dissociation, and impaired motor function
   * **Long-term Effects**: Explain the potential long-term health risks, including bladder and kidney damage, cognitive impairment, and addiction
   * **Interactive Discussion**: Use case studies to illustrate the real-life impact of ketamine misuse. Encourage students to discuss the scenarios in small groups and share their thoughts.
4. **Risks and Consequences (10 minutes)**
   * **Health Risks**: Highlight the physical and mental health risks associated with ketamine misuse
   * **Legal Consequences**: Briefly touch on the legal implications of possessing and using ketamine without a prescription.
5. **Seeking Help and Support (10 minutes)**
   * **Support Resources**: Provide information on where students can seek help if they or someone they know is struggling with substance misuse. Mention local support services and helplines
   * **Role-Playing Activity**: In pairs, have students practice how to approach a friend they are concerned about and suggest seeking help.
6. **Conclusion and Q&A (5 minutes)**
   * **Recap**: Summarize the key points covered in the lesson.
   * **Questions**: Open the floor for any questions or concerns students might have.

**Assessment:**

* **Participation**: Observe student engagement during discussions and activities.
* **Reflection**: Ask students to write a short reflection on what they learned and how they can apply this knowledge.