

VIBE

Session Title: Lifestyle & Physical Health

Duration: 3 x 45 minute sessions

Resources:

- Whiteboard/flipchart & pens
- 'Agree Or Disagree', 'Which Drug Am I', 'Units Per Round' & 'Myth Buster Quiz' resources
- Means to go online
- Large paper & pens
- Art supplies

Aims:

- To explore different types of substances & their effect on health
- To increase knowledge of harm reduction and debunk myths
- To increase awareness of where to access support for drug & alcohol issues

Outcomes:

- Students will be fully informed on the risks & law around cannabis, legal highs and underage drinking
- Students will be able to explore harm reduction methods and create an awareness poster for other young people
- Students will know how and where to access drug & alcohol support for young people in the city

At a Glance:

- Session 1 : Types Of Drugs
(Preconceptions, identification & cannabis facts)
- Session 2 : Alcohol & Legal Highs
(Videos & activity on units)
- Session 3 : Myths & Harm Reduction
(Quiz & poster design)



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Session Title: Lifestyle & Physical Health

Timings: 45 minutes

Subject: Types Of Drugs

Resources:

- 'Agree Or Disagree' & 'Which Drug Am I' resources
- Large sheets of paper & pens
- Means to play a YouTube video

Activity:

Before starting ask the group not to tell stories about their own drug use.

Agree or Disagree Statements

Using the statements, ask the students to stand on either side of the room according to whether they agree or disagree.

Activity One: Who am I?

Read out the drug riddles and as a group decide which riddle is each drug.

Activity Two: Spotlight on Cannabis

Watch the video by two ex-cannabis users - <http://www.bbc.co.uk/education/clips/zmpq6sg>

Using the questions below, pass a large sheet of paper with one question written on each, round the group.

Give each student or pair 2 minutes to contribute to the page before discussing and adding to the sheets with factual info.

Why do young people use cannabis?

What are the risks?

What are the effects?

What is the law?

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Session Title: Lifestyle & Physical Health

Timings: 45 minutes

Subject: Alcohol & Legal Highs

Resources:

- Whiteboard/flipchart & pens
- Means of playing video clip & going online
- 'Units Per Round' resource
- Large paper & pens

Activity:

Activity One: Legal Highs

Watch the video about Rose's legal high experience

<http://www.bbc.co.uk/education/clips/z9p6hyc>

Confirm young people know the law around 'Legal Highs'

Activity Two: Pros & Cons of Alcohol

Discuss as a group the pros and cons of drinking alcohol. Write the suggestions under two separate headings on the whiteboard/flipchart.

What is a unit?

Using the Drink Aware website and one brave volunteer, enter their drinking habits to discuss the amount of units in drinks. Confirm the maximum amount and stress the negative effects of drinking alcohol.

<https://www.drinkaware.co.uk/tools/>

Hand each learner a picture of selected drinks, with lines on the top half. Ask them to estimate how many units are pictured, write the number on the top row, then fold down (as you would in Consequences!) Each learner pass to the left, and then repeat, writing and folding so no one sees anyone else's response.

When the images have gone round the group, unfold and see what they said. NB the answers given on the sheet are guides, as we don't know the strength of the alcohol in the picture.

VIBE

Session Title: Lifestyle & Physical Health

Timings: 45 minutes

Subject: Myths & Harm Reduction

Resources:

- Whiteboard/flipchart & pens
- 'Myth Buster Quiz' resource
- Means to go online
- Art materials & large paper

Activity:

Activity One: Myth Buster Quiz

Complete the myth buster quiz and go through the answers as a group.

Activity Two: Where to get support

Discuss with the learners where they can access support and more information on drugs & alcohol.

Show them a range of websites and local options.

- Frank <http://www.talktofrank.com/>
- The Corner https://www.changegrowlive.org/young-people/corner_sheffield - We are based at 91 Division Street, Sheffield. You can call us on 01142752051 or email us on thecorner.sheffield@cgl.org.uk
- Know the Score - <http://knowthescore.info/>
- Crew 2000 - <http://www.crew2000.org.uk/>

Activity Three: Harm Reduction Posters

As a group, think of all the ways in which we could keep ourselves safe if we do decide to use drugs or alcohol. List them all on the whiteboard/flipchart.

Then ask all students to pick a drug of their choice and design a harm reduction poster for other young people. Use the internet to research if necessary

Think about:

- How to take it safely
- What to do if you want to stop?
- How to look after your mates
- Where to go for help