SPHE: Substance Use

As suggested by the "On my Own Two Feet" and overarching SPHE programme, the following plan reflects the unique ethos of a particular school. The attitudes, skills and values fostered in the SPHE classroom can only truly flourish in a school where all members of the school community are treated with respect and dignity. This plan was devised upon **REVIEW** of the changing environment of the school and the pupil's changing needs, by **ASSESSING** the current response of the school, **PRIORITISING** areas for action followed by a **REVIEW** of the school's progress and plan of new actions.

- ➢ To inform students about drug abuse
- ➢ To enable the students to develop a framework for responsible decision-making and to take action to safeguard and promote his/her wellbeing and that of others.
- ➢ To provide opportunities for reflection and discussion
- ➢ To promote self-esteem, self-confidence and physical, mental and emotional health and well-being

WELLBEING INDICATORS

Being....
- ✓ **Active**
- ✓ **Responsible**
- ✓ **Connected**
- ✓ **Resilient**
- ✓ **Respected**
- ✓ **Aware**

Topic	Learning Intentions	Activities	Key Skills	Challenge	Access (L2LP)
Why use drugs?	✓ Brainstorm why people use drugs. ✓ List some of the effects that drugs have on your body. ✓ Sort the names of drugs into legal and illegal groups. ✓ Describe what it means to be a drug addict ✓ Devise a survey to gather information on drug awareness.	Brainstorm Key word sort Group Work Survey Evaluate	Being numerate (Gathering, interpreting and representing data)	Google Forms/ Survey Monkey	Numeracy: (H1)Identify uses of data in everyday life.

Smoking and its effects	✓ identify the potential dangers of trying something that you don't know the ingredients of ✓ Examine the specific contents of a cigarette and the damage to health they can cause ✓ Brainstorm why people smoke ✓ Discuss the influence of peer pressure and demonstrate strategies on how to deal with it.	Ingredients of cigarettes Brainstorm Group Work Evaluate	Staying well (informed decisions on health benefits)	Differentiated Role play (time traveller and business man)	PC (H3): Make a list of what and who can influence decision-making
Alcohol and its effects	✓ Brainstorm why people drink ✓ List the advantages and disadvantages of drinking alcohol ✓ Explore and evaluate options and alternatives in the context of decisions they make. ✓ Record and communicate your learning in creative ways	Brainstorm Collage Group Work Evaluate	Being creative (Exploring Options and alternatives)	Use of Prezi/ Padlet to create collage	C&L: (E2) Create a range of images using a variety of materials
Alcohol: Why/Why not?	✓ Brainstorm the effects of alcohol on the body ✓ Revisit and describe why people drink alcohol (present collage) ✓ Participate in a role play	Present Collage Brainstorm Role Play Group Work Evaluate	Managing myself (Acknowledging the effects of alcohol and power of peer pressure)	Use of IT to look up statistics/ present on graph.	PC: (H4) Identify the choices and consequences involved in an imminent short term decision

	✓ Evaluate options and alternatives in the context of decisions these roles take.				
Cannabis and its effects	✓ Discuss clearly and respectfully the advantages and disadvantages of using cannabis ✓ Listen to other peoples' viewpoints ✓ Discuss ideas and opinions on the view that Cannabis should/should not be legalised. ✓ Prepare for debate next week	Debate Prep Brainstorm Group Work	Communicating (Listening and expressing myself)	Use of IT to look up statistics/ Anecdotes; practice "Web Wise" skills	Living in a Community: (A6) Participate co-operatively in a group situation
Cannabis: Why/Why not?	✓ Participate as a group to articulate thoughts and feelings clearly and respectfully through group work. ✓ Prepare and carry out debate which clearly outlines main points, anticipate an objection point and persuade the audience on stance.	Group Work Debate	Being literate (expressing ideas clearly and accurately)	Participate in debate (welcome the use of IT)	C &L: (A4)Express personal opinions, facts and feelings appropriately
Ecstasy, Cocaine, Solvent and Heroin: The Realities	✓ Develop an awareness of the personal and social implications of Ecstasy/ Cocaine/Heroin/ Solvent abuse on the life of the young person.	Group Work Brainstorm Research Poster (Self-Help Leaflet)	Managing information and thinking: (Gathering, recording, organising and evaluating information)/Managing	Use of IT to combine a list of possible services for drug users and create self help leaflet cover using	Living In a Community: (D4) Describe how to contact a range of people or organisations in their local area that can

	✓ Know where to access information in seeking advice and making informed decisions ✓ Discuss and decide on possible solutions of scenarios given in class. ✓ Create a cover for the Self Help Leaflet creating awareness of drug abuse and where to find help.		Myself (Knowing myself)	word/powerpoint/ publisher. (Utilise information gathered e.g. surveys)	provide help and advice
The effects of Drugs	✓ Examine the effects of drugs on individuals and those around them ✓ Imagine the problems drugs can cause and decide how these might be approached with their peers/ loved ones. ✓ Create a self-help leaflet creating awareness of drug abuse and where to find help.	Poster (previous class) Self-help Leaflet	Working with others (respecting difference)	Use of IT to create self-help poster using word/powerpoint/ publisher. (Utilise information gathered e.g. surveys)	Living in a Community: (D2) Describe the school's procedure for reporting an incident, e.g. if someone is bullying you
Self- Awareness and Personal Skills	✓ Presentation to class self-help leaflet creating awareness of drug abuse and where to find help. ✓ Learn about group processes and how group membership	Self Help Leaflet Presentations	Working with others (respecting difference) Managing information and thinking: (Gathering, recording, organising and	Use of IT to create poster using word/powerpoint/ publisher. (Utilise information	Preparing for Work: (E7) Participate in the activity

	can affect an individual's thinking and behaviour. ✓ Develop greater empathy for others when presented with other peoples' perspectives		evaluating information)/	gathered e.g. surveys)