

Basic Introduction to Legal Drugs (KS2)

(Sample Lesson Plan)

Below is a sample lesson plan – where an activity is in bold, we supply the instructions (and any relevant resources where possible) separately. This is because you can then just choose to use the activities without having to follow the given plan. It may be that you use activities as part of a shorter, regular timeslot, for example. For this sample plan we have added one of the activities – the **Attitude Game** – to the end, so you can see how each activity is set out.

Introduction:

This lesson is written for use with Key Stage 2 pupils, to give them a basic understanding about legal drugs and the effects on a user. Ideally aimed at years 4 and 5, the teacher should focus on issues that seem most relevant to the class.

Lesson Length:

45 minutes

National Curriculum:

Pupils should know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

Lesson Plan:

AIM	To introduce pupils to some of the effects and dangers of alcohol and nicotine.		
LEARNING OUTCOMES	By the end of the lesson, pupils will have: <ol style="list-style-type: none">1. Discussed the definition of the word 'drug'.2. Learnt that alcohol and nicotine (cigarettes, e-cigarettes, vapes) are drugs.3. Discussed some of the effects of both drugs, including some of the risks.4. Considered their current attitude to these substances, and how other's behaviour might affect them.		
Time	Activity	Resources	LO
5 mins	Introduction: Introduce the lesson, and then ask the class what they think the word 'drug' means. Discuss their ideas and then tell them/show them the definition.	Definition of 'drug' (for example, prepared as a poster). 'A Drug is a substance, apart from food, that, when put into your body, changes the way your mind and body work.'	1
15 mins	Activity: Drug Boxes (To see if they have understood the definition.)	Drug Boxes. COVID-Secure – A drug box for each bubble, prepared 72 hours in advance, OR pictures on a PowerPoint presentation (or similar) for the whole class to view. Online - Pictures on a PowerPoint presentation (or similar) for the whole class to view.	1, 2

15 mins	Activity: Drug Quiz with Alcohol Experiment and Big Cigarette.	<p>Drug Quiz. Two cups, water, surgical spirit and bread. Big Cigarette.</p> <p>COVID-Secure – As above, but to be demonstrated from the front.</p> <p>Online – Can do the drug quiz, without the demonstrations. (Could use polls if using Zoom.)</p>	3
10	Activity: Attitude Game.	<p>Relevant statements Agree/Disagree/Not Sure signs</p> <p>COVID-Secure – As above, but either signs for each pupil to hold up, or could just use actions (e.g., hands up for agree, fold arms for disagree, hands on desk for not sure).</p> <p>Online – Relevant statements, and either pupils could make a sign for themselves to use, or you could just have a general discussion</p>	4
	Conclusion.		

Hints and Tips:

When playing the 'Attitude Game', some statements work better than others (depends on class). If one isn't working, just move on to one you think would work better.

Extension Activities:

N/A

Attitude Game

Approximated time:	Varies.
Age range:	13+
Equipment:	A number of relevant statements (samples below), Attitude signs, (or Attitude signs – made by each learner), (Signs = Agree/Disagree/Not Sure, or three colours), Blu-tack.
Learning outcome:	To challenge learners' attitudes.
Tips/information:	If this works, you don't need to do much! The skill is to encourage debate between the groups and draw it all together at the end.
National Curriculum:	Will depend on what statements you use.

Description of exercise:

Put up signs with 'Agree', 'Disagree' and 'Not sure' on three different walls in the room.

Tell the group that you are going to read a statement. If they agree with it, they should stand near the 'Agree' sign, disagree near the 'Disagree' sign, etc. Once they are at the sign they choose, you will encourage them to say why they are there.

The rules: They can lie about their opinion (e.g., play devil's advocate) but NOT about facts. They can argue with each other but not get personal or violent! If they talk over someone else, they won't be able to speak for a while!

Read out the statement.

Ask the group to go to the sign that relates to their attitude.

Get them to discuss with each other by asking them for their opinions. Encourage them to challenge each other. Play 'devil's advocate' if necessary, to get discussion going (or encourage them to do so).

Draw them together to the middle before you read out the next statement and repeat.

COVID-safe version:

Could do this with each learner using signs at their chair/desk.

Online Lesson Version:

Can be just a general discussion – could use the 'hands up' function. Obviously, it may be more difficult to get discussion going.

Examples of statements:

- If alcohol was discovered today, it would be illegal.
- All adults drink alcohol to have fun.
- Smoking looks cool.
- Cigarettes should be made illegal.