

Session plan

Tobacco and drugs 5A5

Outcome	Understand the links between taking drugs and serious mental health conditions
Resources	<ul style="list-style-type: none"> Addiction PowerPoint Addiction reason cards
Learning context	Individual, group work
Curriculum areas	PSHE
PSHE skills	Personal wellbeing, Living independently, Personal safety

Starter	Time allocated ⌚
Ask students to write down what addiction means, what people might get addicted to and why they think addiction happens.	10 minutes
Lead a discussion on what the students have written, encouraging students to think about the main points in the PowerPoint.	10 minutes
Main lesson	Time allocated ⌚
In groups, give each group of students an addiction reason card. Ask each group to prepare to feed back to the whole class about their card.	10 minutes
Record all the different reasons on the board and discuss anything that comes out of the feedback.	10 minutes
Ask students to design a leaflet for an addiction support service, highlighting the different reasons why addiction affects some people but not others.	20 minutes
Independent challenge	
<ul style="list-style-type: none"> In a group, research the associated mental health issues with taking recreational drugs. Present your findings as a short film. In a group, investigate the factors that can affect your reaction when taking a drug. Present your findings as a short film. 	
Challenge wrap up	Time allocated ⌚
Students share some of their short films from the independent challenge with the whole class.	20 minutes

💡 Ideas

These topics can throw up unexpected answers and highlight safeguarding issues; ensure that students understand that this is a public discussion. Students may disclose concerns to you after these kinds of lessons.

Further information: <https://www.nhs.uk/live-well/healthy-body/advice-for-the-families-of-drug-users/>

Addiction reason cards

Genetics

- Genes can make some people more disposed to addiction
- In some cases, an individual may have the genes but these are never activated
- According to research, genes are responsible for 50% of the risk of developing alcoholism and 75% of the risk of developing a drug addiction
- Evidence suggests that children of parents with alcoholism are four times more likely to become alcoholics themselves

Age

- The earlier a person experiments with drugs or alcohol then the more likely they are to develop an addiction
- Many people who have suffered from addiction started using drugs or drinking alcohol before the age of 21
- Young people who dabble with drugs and alcohol in their early teens have a much higher chance of developing an addiction than those who do not

Environment

- If drug addiction and alcoholism are commonplace in the area in which a person lives, this individual is more likely to become addicted than a person who has never had any exposure to these substances
- Other factors such as relationships with family and friends, quality of life, stress, economic status and peer pressure can all increase the risk of addiction

Mental health problems

- Studies have shown that those with mental health problems (eg anxiety, stress, depression, bipolar disorder and post-traumatic stress disorder) have a much greater risk of becoming addicted to substances such as drugs or alcohol

Trauma

- Traumatic events can increase a person's risk of developing an addiction – people who have experienced trauma in their lives may turn to drugs or alcohol to numb the pain
- Events such as bereavement, domestic violence, emotional, physical or sexual abuse, or living with an addicted parent can all increase the risk
- People who have had more than one traumatic event in their lives are even more likely to be affected by addiction