

**PERSONAL WELL-BEING – DRUG EDUCATION**

**YEAR 9 LESSON 5 Risk**

**TITLE Risk/Protective Factors and an Introduction to Psychosis**

**KEY CONCEPTS**

- ◆ Understanding risks of cannabis and other drugs
- ◆ Assess and manage risk in personal choices and situations

**KEY PROCESSES**

- ◆ Assess and manage risk around cannabis and other drugs
- ◆ Use knowledge and understanding to make informed choices about safety, health and well-being
- ◆ Know when and how to get help outside school

**CONTENT**

- ◆ Effects and risks of cannabis.
- ◆ Introduction to psychosis.
- ◆ Risk and protective factors.

**LEARNING OUTCOMES**

*by the end of the lesson pupils will be able to:*

- ◆ Understand risks around cannabis
- ◆ Have an awareness of protective and risk factors

**FUNCTIONAL SKILLS**

- ◆ English-listening/discussing/debating/communication

**RESOURCES**

- Flip chart paper
- Cannabis info sheet

## LESSON PLAN

### Activity 1

- ❖ On three pieces of flipchart paper around the room, (or at the front) get pupils to write the reasons why
  1. Young people use cannabis
  2. Young people don't use cannabis
  3. Young people might want to stop using cannabis.Discuss these issues using cannabis info sheet
- ❖ In pairs get pupils to discuss what factors are likely to cause young people to/stop young people getting into trouble with cannabis/other drugs.
- ❖ In the discussions go over protective and risk factors

### Activity 2

#### Introduction to Psychosis. (See also full lesson on psychosis in appendix).

- ❖ Show the short film on Psychosis  
[http://www.ei-team.org.uk/video/?src=ei\\_team\\_vid.flv](http://www.ei-team.org.uk/video/?src=ei_team_vid.flv)
- ❖ Ask pupils to jot down short notes whilst they are watching the DVD clip
  - What is happening?
  - How does the boy feel/behave?
  - What is he experiencing?
- ❖ Following the film discuss with the class:  
Ask pupils if they can come up with a definition of psychosis. Talk to them briefly, using the info sheet, about the definition, prevalence and links to cannabis and other drugs. Mention local agencies where they can get support.