

Lesson 3

Learning Intention

To have considered strategies to resist drug use

Learning Outcomes

To know a range of skills to resist peer pressure

To develop some assertiveness skills

Resources

[Diamond Nine cards](#)

[Pressure Scenarios](#)

[Drugs Facts cards](#)

[Drugs Facts Teacher Guide](#)

Activities

1. Ground Rules

In a circle, remind the group of the ground rules from the previous lesson.

2. Introduction

Remind the class that they have been looking at the risks and effects of drugs and who might misuse them. Explain that today they are going to look at how they can make informed choices. Ask them what they think an informed choice means.

3. Question and Answer Session

Answer any questions that were remaining from last lesson, unless they form part of the content of the current lesson.

4. Diamond Nine

In small groups, give each group a set of [Diamond Nine cards](#) in envelopes. Ask the children to read all of the cards in their envelope. Ask the children to consider why teenagers choose to use illegal drugs. Ask them to order the cards from the most important reason at the top to the least important at the bottom. Ask one person from the group to share their most and least important responses with the rest of the class. Ask the children if there were any disagreements in the group, discuss why this was the case.

5. Pressure Scenarios

Using the [Pressure Scenarios](#), ask the children to work in small groups and decide what are the risks for their scenario. Ask them to develop a piece of drama showing how they could get the best outcome from this situation. See [Drugs Facts Teacher Guide](#) for guidance on strategies to resist peer pressure, and go over the main points with the class. Encourage each group to share their drama with the rest of the class. After each performance ask the class to work in pairs and discuss what might have happened if they had not made the positive choice. Take feedback on what assertiveness strategies were successful. Alternatively, use the scenarios as the basis of a problem page and ask the pupils to compose helpful advice.

6. Reflect and Review

In a circle, choose a drug name card at random from the [Drugs Facts cards](#). Read out the drug name and ask the pupils to do a go-round giving one fact about what they have learnt about that drug. Remind pupils that they can pass if they wish. Repeat until all the examples are used.