

TARGETED LIFE SKILLS SERVICE

Preventing Drug & Alcohol related harm



Session Plan – Health = Wealth? Looking After Your Health & Wellbeing - 1 hour

Aim/ learning Intention:

By the end of the session participants will have a greater understanding of what health and wellness is, including why it is important and what helps them/stops them feeling well.

Session Objectives:

By the end of the session participants will:

- Be able to explain what health is
- Be able to identify three things that contribute to good health
- Be able to explain at least two benefits of looking after your health
- Be able to explain at least two consequences of not looking after your health
- Be able to identify at least three things that make them feel well
- Be able to identify at least three things that stop them feeling well
- Be able to identify at least one strategy to help them when they are not feeling well in themselves

Session Plan – Decisions, Decisions – It’s Your Choice! - 1 hour

Aim/ learning Intention:

By the end of the session participants will have a greater understanding of how to make healthy decisions and the importance of making healthy decisions; as well as a greater personal awareness of who influences them.

Session Objectives:

By the end of the session participants will:

- Be able to identify at least two people who influence their decision making
- Be able to identify at least one occasion when they made a bad decision and reflect on what happened
- Be able to explain 'PROPS' as a decision making technique
- Be able to demonstrate the 'PROPS' technique using role-play scenarios

Session Plan – A Risk Worth Taking? - Risk Taking Behaviour - 1 hour

Aim/ learning Intention:

By the end of the session participants will have a deeper understanding of 'risk' and how individuals view it differently. They will better understand why teens take risks and how our values influence the risks we are willing to take, as well as how to make a decision around if a risk is worth taking.

Session Objectives:

By the end of the session participants will:

- Be able to explain the link between risk and personal values
- Be able to state at least two things they perceive to be risky
- Be able to state at least two things they perceive as not risky
- Be able to use decision making skills to decide if a risk is worth taking

Session Plan – ‘Like’ Or ‘Dislike’ - Media And Its Influence - 1 hour

Aim /Learning intention:

By the end of the session participants will have a deeper awareness of 'the media accessible to them as well as the various messages that media sends out and how they as young people can be impacted and influenced by it.

Session Objectives:

By the end of the session participants will:

- Be able to list at least three different types of popular media used today
- Be able to list at least two reasons people use media
- Be able to explain at least two positive things about the use of media
- Be able to explain at least two negative things about the use of media
- Be able to explain at least one example of a message given out through media today and how that influences teenagers' perception of themselves/behaviour
- Be able to state ways they can resist messages sent out by media that are not appropriate/true

Session Plan – When the going gets tough – Dealing with difficult emotions - 1 hour

Aim/ Learning intentions:

By the end of the session participants will have a deeper understanding of how our thoughts, feeling and behaviours all link together as well as knowledge of techniques they can use to help spot negative thinking early, and to deal with difficult emotions such as anger and stress.

Session Objectives:

By the end of the session participants will:

- Be able to list at least three different emotions
- Be able to explain the link between thoughts, feelings and behaviour
- Be able to identify at least two 'triggers' that cause them to experience strong emotions such as anger
- Be able to explain and demonstrate a technique for 'catching' negative thinking
- Be able to explain how alcohol and drugs affect emotions and behaviour
- Be able to demonstrate the 'take ten' technique for dealing with difficult emotions such as anger

Session Plan – “Say what?” – Effective communication skills - 1 hour

Aim/ Learning intention:

By the end of the session participants will understand how to communicate effectively and the common barriers to effective communication. They will understand different ways to communicate, what 'rules' are communicated in their family and have an opportunity to practice effective communication.

Session Objectives:

By the end of the session participants will:

- Be able to state at least three barriers to effective communication in families
- Be able to explain what verbal and non-verbal communication is and give at least one example of each
- Be able to state six ways to ensure effective communication
- Be able to list at least two family 'rules' communicated in their home
- Be able to demonstrate effective communication through the use of role-play

Session Plan – Family, Friends and everything in between - Relationships - 1 hour

Aim/ Learning objectives:

By the end of the session participants will understand different types of relationships that exist, what to look for in a healthy relationship and how to be assertive when they feel they are being persuaded into something they are not comfortable with.

Session Objectives:

By the end of the session participants will:

- Be able to identify at least one thing they look for in a good relationship
- Be able to identify at least two positive attributes of a healthy relationship
- Be able to identify at least two negative attributes that can make a relationship unhealthy
- Be able to explain what it means to be assertive
- Be able to demonstrate assertiveness in a situation where they feel they are being persuaded into something they are not comfortable with

Session Plan– Harm Reduction – Alcohol 1 hour

Aim/ Learning intention:

By the end of the session participants will have greater knowledge on the effects of alcohol on individuals; and on themselves personally, and have information on how to reduce the harm they are causing to themselves if they choose to continue to drink.

Session Objectives:

By the end of the session participants will:

- Be able to explain three ways that alcohol can affect behaviour
- Be able to state three reasons people choose to drink
- Be able to identify their personal reasons for choosing to drink
- Be able to explain at least two ways alcohol is having a negative impact on their life
- Be able to explain what a unit of alcohol is
- Be able to state the recommended daily units for men and women
- Be able to identify reasons for changing their behaviour as well as barriers to achieving change
- Be able to explain at least three ways in which harm can be reduced when drinking

Session Plan– Harm Reduction – Energy Drinks 1 hour

Aim/ Learning intentions:

By the end of the session participants will have greater knowledge of the ingredients in an energy drink and how they affect individuals and themselves personally, and have information on how to reduce the harm they are causing to themselves if they choose to continue to drink.

Session Objectives:

By the end of the session participants will:

- Be able to state at least three ingredients found in an energy drink
- Be able to state three reasons people choose to drink energy drinks
- Be able to identify their personal reasons for choosing to drink them
- Be able to explain at least two ways energy drinks are having a negative impact on their life
- Be able to identify reasons for changing their behaviour as well as barriers to achieving change
- Be able to explain at least three ways in which harm can be reduced when drinking energy drinks

Session Plan– Harm Reduction – Nicotine - 1 hour

Aim/ Learning intentions:

By the end of the session participants will have greater knowledge of the chemicals in a cigarette and how they affect individuals and themselves personally, and have information on how to reduce the harm they are causing to themselves if they choose to continue to smoke.

Session Objectives:

By the end of the session participants will:

- Be able to state at least three chemicals found in a cigarette
- Be able to state three reasons why people choose to smoke
- Be able to identify their personal reasons for choosing to smoke
- Be able to explain at least two ways smoking is having a negative impact on their life
- Be able to identify reasons for changing their behaviour as well as barriers to achieving change
- Be able to explain at least three ways in which harm can be reduced when smoking

Session Plan – Harm Reduction – Solvents - 1 hour

Aim/ Learning intentions:

By the end of the session participants will have greater knowledge of what can be classified as 'solvents' and the risks associated with them; how they are being affected personally by their use, and have information on how to reduce the harm they are causing to themselves if they choose to continue to use.

Session Objectives:

By the end of the session participants will:

- Be able to state at least three items that may be used as 'solvents'
- Be able to state at least three risks associated with solvents abuse
- Be able to identify as least three reasons people choose to use solvents
- Be able to identify their personal reasons for choosing to use solvents
- Be able to explain at least two ways solvents are having a negative impact on their life
- Be able to identify reasons for changing their behaviour as well as barriers to achieving change
- Be able to explain at least three ways in which harm can be reduced when using solvents

Session Plan - Harm Reduction – Cannabis - 1 hour

Aim/ Learning outcomes:

By the end of the session participants will have greater knowledge on facts and myths associated with cannabis; how it can affect individuals including how it is affecting them personally, and have information on how to reduce the harm they are causing to themselves if they choose to continue to use.

Session Objectives:

By the end of the session participants will:

- Be able to explain at least two myths associated with cannabis and the counter fact related to it
- Be able to state three reasons people choose to use cannabis
- Be able to identify their personal reasons for choosing to use cannabis
- Be able to explain at least two ways cannabis is having a negative impact on their life
- Be able to identify reasons for changing their behaviour as well as barriers to achieving change
- Be able to explain at least three ways in which harm can be reduced when using

Session Plan - Harm Reduction – New Psychoactive Substances - 1 hour

Aim/ Learning intentions:

By the end of the session participants will have a greater understanding of the various NPS on the market, the four drug categories and how NPS fits into these as well as the risks associated with using them, and how their use is affecting them personally as well as information on how to reduce the harm they are causing to themselves if they choose to continue to use.

Session Objectives:

By the end of the session participants will:

- Be able to state at least three currently available NPS and what drug category they belong to
- Be able to state at least three risks associated with using NPS
- Be able to identify as least three reasons people choose to use NPS
- Be able to identify their personal reasons for choosing to use NPS
- Be able to explain at least two ways NPS are having a negative impact on their life
- Be able to identify reasons for changing their behaviour as well as barriers to achieving change
- Be able to explain at least three ways in which harm can be reduced when using NPS

Session Plan – Harm Reduction – Medicines Misuse - 1 hour

Aim/ Learning intentions:

By the end of the session participants will have greater understanding on the difference between use and misuse, why people choose to misuse prescription drugs, how it is having a negative impact on them personally and have information on how to reduce the harm they are causing to themselves if they choose to continue to use.

Session Objectives:

By the end of the session participants will:

- Be able to explain the difference between use and misuse
- Be able to state at least three reasons people choose to misuse prescription drugs
- Be able to list three ways in which harm can be reduced when using

Session Plan – Harm Reduction – Depressants - 1 hour

Aim/ Learning intentions:

By the end of the session participants will have greater understanding of how depressant drugs work in the body, why people choose to use these drugs, how they are having a negative impact on them personally and have information on how to reduce the harm they are causing to themselves if they choose to continue to use.

Session Objectives:

By the end of the session participants will:

- Be able to explain at least three ways depressants affect the user
- Be able to state at least three reasons people choose to use depressant drugs
- Be able to list three ways in which harm can be reduced when using

Session Plan – Harm Reduction – Hallucinogens - 1 hour

Aim/ Learning intentions:

By the end of the session participants will have greater understanding of how hallucinogen drugs work in the body, why people choose to use these drugs, how they are having a negative impact on them personally and have information on how to reduce the harm they are causing to themselves if they choose to continue to use.

Session Objectives:

By the end of the session participants will:

- Be able to explain at least three ways hallucinogens affect the user
- Be able to state at least three reasons people choose to use hallucinogen drugs
- Be able to list three ways in which harm can be reduced when using

Session Plan – Harm Reduction – Opiates - 1 hour

Aim/ Learning intentions:

By the end of the session participants will have greater understanding of how opiate drugs work in the body, why people choose to use these drugs, how they are having a negative impact on them personally and have information on how to reduce the harm they are causing to themselves if they choose to continue to use.

Session Objectives:

By the end of the session participants will:

- Be able to explain at least three ways opiates affect the user
- Be able to state at least three reasons people choose to use opiate drugs
- Be able to explain the process the body goes through as a person becomes addicted to opiate drugs
- Be able to explain the process the body goes through as a person withdraws from opiate drugs
- Be able to list three ways in which harm can be reduced when using

Session Plan – Harm Reduction – Stimulants - 1 hour

Aim/ Learning intentions:

By the end of the session participants will have greater understanding of how stimulant drugs work in the body, why people choose to use these drugs, how they are having a negative impact on them personally and have information on how to reduce the harm they are causing to themselves if they choose to continue to use.

Session Objectives:

By the end of the session participants will:

- Be able to explain at least three ways stimulants affect the user
- Be able to state at least three reasons people choose to use stimulant drugs
- Be able to list three ways in which harm can be reduced when using



For further details please contact:

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