

Substance Misuse Resources – Quality Assurance Tool – The Resource in a School Context and/or Community Setting

Name of resource	Substance Misuse Primary Education Lesson Plans		Contact	NHS Greater Glasgow & Clyde
Date published	2013 (updated 2017)		Publisher	NHS Greater Glasgow & Clyde
Target group / CfE Level	Early <input checked="" type="checkbox"/>	First <input checked="" type="checkbox"/>	Second <input checked="" type="checkbox"/>	Third <input type="checkbox"/> Fourth <input type="checkbox"/>
Resource type:	Pack <input type="checkbox"/>	DVD <input type="checkbox"/>	Drama <input type="checkbox"/>	Online Resource <input checked="" type="checkbox"/>
	Interactive Website <input type="checkbox"/>	Information Website <input type="checkbox"/>	Lesson Plan <input checked="" type="checkbox"/>	App <input type="checkbox"/>
	Reference <input type="checkbox"/>	Leaflet <input type="checkbox"/>	Other <input type="checkbox"/>	
Terms & Conditions	None		Copyright Holder	NHS Greater Glasgow & Clyde
Main focus	Drugs, Alcohol and Tobacco		No. of sessions required	The Programme consists of range of lessons at each level covering substance misuse topics. Teachers do not need to deliver all of the lessons.
Brief description of resource	<p>The Substance Misuse Education Working Group have created new lesson plans (Early, First and Second Level) which are based on the Substance Misuse Education Resource Pack developed by Educational Services and NHS staff from West Dunbartonshire. A range of activities are provided which include interactive quizzes, paired working and individual learning. Some lesson plans have follow-up activities to further develop children's learning on the topic. Home activity exercises have been included in some lessons to reinforce learning and promote discussion between parents/carers and their children. Additional lessons will continue to be developed by the Substance Misuse Education Working group in order to create a framework for substance misuse education.</p>			

Brief description of resource	<p>Early level P1 lesson 1 – People who help me P1 lesson 2 – Unsafe situations and emergencies</p> <p>First level P2 lesson 2 – Decision making P3 lesson 2 – Risks P3 lesson 3 – Decisions, Decisions! P4 lesson 1 – Consequences P4 lesson 2 – Peer pressure P4 lesson 3 – Medicines P4 lesson 4 – What to do in an emergency</p> <p>Second level P5 lesson 1 – What are substances part 1: Alcohol and tobacco P5 lesson 2 – What are substances part 2: Drugs and solvents P5 lesson 3 – Consequences – risks and effects P5 lesson 4 – Doing the right thing P6 lesson 1 – What are drugs part 1 P6 lesson 1 – What are drugs part 2 P6 lesson 3 – Risks P7 lesson 1 – Consequences: drugs and the law P7 lesson 2 – Responsibilities P7 lesson 3 – Antisocial behaviour and substance misuse</p>		
I.T. / Practical requirements	Access to PC and internet required for some lessons		
Implications for Staff (for example is further training required prior to delivery)	None		
Cost attached to accessing resource	None	Resource last reviewed	Sept 2017
Online link	Substance Misuse Primary Education Lesson Plans		

Indicators	Tick indicators met by resource	Evaluative Comments / Any other info
The resource is consistent with principles set out by the GG&C Prevention and Education Model.	√	
The resource reflects Experiences and Outcomes for Substance Misuse education and the national standards.	√	
The health related information contained in the resource is up-to-date at time of review.	√	
The resource has clear learning intentions and outcomes aligned to Curriculum for Excellence.	√	
The resource can be delivered flexibly and differentiated as appropriate.	√	
The resource takes account of relevant protected characteristics and meets the requirements of relevant Equalities legislation.	√	
The resource supports the young person to resist pressures by supporting the development of self-confidence and resilience.	√	
The resource suggests or employs different delivery methods, for example group work, role play, discussion, specialist inputs etc.	√	
There is existing evidence that demonstrates the resource's effectiveness. (e.g. research evidence, evaluation)	√	
Resource supports the option for partnership working in its delivery.	√	
The resource contains information and sign posting to appropriate services and other resources for young people	√	

Level		Expected national standards for each level	Substance Misuse Experiences and Outcomes	Tick if met by resource	Comments / Any other info
Early	Use of substances	Identifies which substances may be helpful and which may be harmful in given situations.	I understand there are things I should not touch or eat and how to keep myself safe, and I am learning what is meant by medicines and harmful substances. HWB 0-38a		
	Action in unsafe situations	Suggests way to get help in unsafe and emergency situations, for example, seeking out an adult.	I can show ways of getting help in unsafe situations and emergencies. HWB 0-42a	√	
		Names the emergency services.	I can show ways of getting help in unsafe situations and emergencies. HWB 0-42a	√	
First	Use of substances	Identifies conditions which require medication and how it benefits health.	I know that there are medicines and some other substances that can be used in a safe way to improve health and I am becoming aware of how choices I make can affect my health and wellbeing. HWB1-38a	√	
	Action in unsafe situations	Identifies why misusing medication can be harmful.	I know how to react in unsafe situations and emergencies. HWB1-42a	√	
		Links personal actions to health and wellbeing, using role play for example.	I know how to react in unsafe situations and emergencies. HWB1-42a	√	
		Describes when and how to contact emergency services.	I know how to react in unsafe situations and emergencies. HWB1-42a	√	
		Shares key information about an emergency situation.	I know how to react in unsafe situations and emergencies. HWB1-42a	√	
Second	Use of substances	Gives examples of what can happen to the body as a result of smoking tobacco or drinking alcohol.	I understand the effect that a range of substances including tobacco and alcohol can have on the body. HWB 2-38a	√	
		Knows the recommended alcohol intake advice.	I understand the effect that a range of substances including tobacco and alcohol can have on the body. HWB 2-38a	√	

	Informed choices	Gives examples of how peer, media and other pressures can influence decision making.	I know that popular culture, the media and peer groups as well as my own attitudes and values can influence how I feel about substance use and recognise the impact this may have on my actions. HWB 2-39a	√	
	Risk taking behaviour	Identifies risks associated with the use of substances, for example, overdose, impaired judgement / vision.	I know that alcohol and drugs can affect people's ability to make decisions. HWB 2-40a	√	
		Identifies the impact of risk taking behaviours on life choices and relationships, for example, job prospects, limited foreign travel, loss of driving licence, family.	I can identify the different kinds of risks associated with the use and misuse of a range of substances. HWB 2-41a I understand the impact that misuse of substances can have on individuals, their families and friends. HWB 2-43a	√ √	
	Action in unsafe situations	Performs basic first aid procedures, for example, minor bleeding and burns, recovery position.	I know of actions I can take to help someone in an emergency. HWB 2-42a	√	Level 1
		Explains how to contact the appropriate emergency services giving full details of the incident and location.	I know of actions I can take to help someone in an emergency. HWB 2-42a	√	Level 1
Third	Use of substances	Explains the benefits of substances in supporting good health, for example, prescribed medication.	Understand the positive effects that some substances can have on the mind and body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances. HWB 3-38a		
		Gives examples of current laws and advice in relation to substance use, for example, units of alcohol, tobacco sales.	Understand the positive effects that some substances can have on the mind and body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances. HWB 3-38a		

Informed choices	Explains how media and peer pressure might affect own attitudes and behaviour.	I know that popular culture, the media and peer groups as well as my own attitudes and values can influence how I feel about substance use and recognise the impact this may have on my actions. HWB 3-39a		
	Identifies and selects the skills / qualities required to make positive choices in challenging situations, for example, confidence, resilience, assertiveness.	I am developing a range of skills which can support decision making about substance use. I can demonstrate strategies for making informed choices to maintain and improve my health and wellbeing and can apply these in situations that may be stressful or challenging, or involve peer pressure. HWB 3-40a		
	Gives examples of positive coping strategies when dealing with stressful and challenging situations, for examples, walk away, talk to friend / adult, physical activity.	I am developing a range of skills which can support decision making about substance use. I can demonstrate strategies for making informed choices to maintain and improve my health and wellbeing and can apply these in situations that may be stressful or challenging, or involve peer pressure. HWB 3-40a		
	Knows how to access local support services.	I know how to access information and support for substance-related issues. HWB 3-40b		
Risk taking behaviour	Weighs up risk and identifies potential safe and unsafe behaviours and actions, for example, the impact of gambling.	After assessing options and the consequences of my decisions, I can identify safe and unsafe behaviours and actions. HWB 3-41a		
	Explains how substance misuse can affect judgement and impair ability to make responsible decisions, for example, unwanted sexual experience.	I know that the use of alcohol and drugs can affect behaviour and the decisions that people make about relationships and sexual health. HWB 3-41b		
Action in unsafe situations	Know actions to be taken in an emergency relating to substance misuse.	I know the action I should take in the management of incidents and emergencies related to substance misuse. HWB 3-42a		

		Identifies potential impact of short and long term substance use.	I understand the impact that on-going misuse of substances can have on a person's health, future life choices and options. HWB 3-43a		
		Identifies local substance misuse issues and how they are being addressed.	Through investigating substance misuse in my local community, I can reflect on specific issues and discuss how they are being addressed. HWB 3-43b		
Fourth	Use of substances	Justifies the risk benefits of substances in supporting health, for example, homeopathic remedies.	I understand the positive effects that some substances can have on the mind and body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances. HWB 4-38a		
		Explains the potential impact of short and long term substance use on health and life, including legal implications.	I understand the positive effects that some substances can have on the mind and body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances. HWB 4-38a		
		Evaluates the impact of media and peer pressure on own attitudes and behaviour.	Through investigation, I can explain how images of substance use and misuse can influence people's behaviour. HWB 4-39a		
Informed choices		Demonstrates the skills / qualities required to manage challenging situations, for example, self-reliance, self-efficacy, assertiveness.	I am developing a range of skills which can support decision making about substance use. I can demonstrate strategies for making informed choices to maintain and improve my health and wellbeing and can apply these in situations that may be stressful or challenging, or involve peer pressure. HWB 4-40a		
		Explains the benefits of positive coping strategies / techniques when dealing with stressful and challenging situations.	I am developing a range of skills which can support decision making about substance use. I can demonstrate strategies for making informed choices to		

			maintain and improve my health and wellbeing and can apply these in situations that may be stressful or challenging, or involve peer pressure. HWB 4-40a		
		Knows how to access local and national support services.	I know how to access information and support for substance-related issues. HWB 4-40b		
		Demonstrates the skills / qualities required to assess and manage risk, for example, self-awareness, self-confidence, composure.	After assessing options and the consequences of my decisions, I can identify safe and unsafe behaviours and actions. HWB 4-41a		
	Risk taking behaviour	Explains the impact and potential consequences substance misuse can have on decision making, for example, drinking and driving, non-consensual sex.	I know that the use of alcohol and drugs can affect behaviour and the decisions that people make about relationships and sexual health. HWB 4-41b		
	Action in unsafe situations	Justifies actions which might be taken in an emergency relating to substance misuse.	I know the action I should take in the management of incidents and emergencies related to substance misuse. HWB 4-42a		
		Compares current national and international statistics related to the impact of substance misuse.	By researching the impact of substance misuse nationally and internationally I can explain similarities and differences among communities. HWB 4-43b I understand the local, national and international impact of substance misuse. HWB 4-43c		