**FACILITATORS NOTES**

**SESSION TWO: TO DRINK OR NOT TO DRINK**

Key Stages 3 and 4

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| OVERVIEW: | Participants will explore and discuss the role peer influence / peer belonging has in relation to lifestyle choices focussing on young people's decisions to drink or not to drink. |
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| LEARNING OBJECTIVES: | *SKILLS*   * *Demonstrate ways of resisting pressure which threaten safety* * *Be assertive in the face of pressure to take risks*   *KNOWLEDGE*   * *Have a sense of their own identity and know the roles they have and want to have* * *Know the specific dangers of misusing alcohol and drugs in relation to driving, pregnancy and sexually transmitted infections*   *ATTITUDES*   * Respect the body * Consider the benefits and costs of using recreational drugs * Consider how feeling good about themselves affects their relationships |
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| PSHE Key Concepts | **Personal Identities**   * Understanding that identity is affected by a range of factors, including a positive sense of self * Recognising that the way in which personal qualities, attitudes, skills and achievements are evaluated affects confidence and self esteem * Understanding that self-esteem can change with personal circumstances such as those associated with family and friendships   **Healthy Lifestyles**   * Recognising that healthy lifestyles and the well being of self and others depend on information and making responsible choices * Understanding that physical, mental, sexual and emotional health affect our ability to lead fulfilling lives and that there is help and support available when they are threatened * Dealing with growth and change as normal parts of growing up   **Risk**   * Understanding risk in both positive and negative terms and understanding that individuals need to manage risk to themselves and others in a range of situations. * Appreciating that pressure can be used positively or negatively to influence others in situations involving risk * Developing the confidence to try new ideas and face challenges safely individually and in groups   **Relationships**   * Understanding that relationships affect everything we do in our lives and that relationship skills have to be learnt and practised * Understanding that people have multiple roles and responsibilities in society and that making positive relationships and contributing to groups teams and communities is important. * Understanding that relationships cause strong feelings and emotions   **Diversity**   * Appreciating that in our communities there are similarities as well as differences between people of different race, religion, culture, ability or disability, gender, age or sexual orientation * Understanding that all forms of prejudice & discrimination must be challenged at every level in our lives |
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| YOUNG PEOPLES SERVICE | **CURRICULUM TOPICS**   * Alcohol * Crime * Harm Reduction * Illegal drugs * Impact on relationships, sexual health * Impact on personal safety * Peer pressure and belonging * Physical health * Role of media * Law and consequences for young people |