**FACILITATORS NOTES**

**Session Three: CRUNCH MOMENTS**

Key Stages 3 and 4

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| OVERVIEW: | This session, through film clips and group work, will give young people the opportunity to consider how to make decisions within friendships / relationships to reduce harm. |
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| LEARNING OBJECTIVES: | *SKILLS** Recognise and manage positive influences and negative pressures
* Recognise alternatives and both long and short term consequences when making decisions
* Assess risks relating to sexual activity, drug misuse and drinking alcohol

*KNOWLEDGE** Know the basic facts about illegal substances and alcohol

*ATTITUDES** Consider the personal cost of risk taking including the effects on other people's lives
* Consider the benefits and costs of trusting other people
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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**
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