**FACILITATORS NOTES**

**Session SIX: TOO MUCH TOO YOUNG**

Key Stages 3 and 4

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| OVERVIEW: | This session considers the legal implications of alcohol, illicit substances and sexual activity. |
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| LEARNING  OBJECTIVES | *SKILLS*   * Recognise alternatives and long-and short-term consequences when making decisions * Present opinions, values and beliefs confidently, clearly and concisely * Listen to, summarise and be able to add to an argument during group or class discussion   *KNOWLEDGE*   * Know the main laws which affect them and their families, understand the consequences of breaking the law and the impact it has on themselves and the community   *ATTITUDES AND VALUES*   * Be positive about the control they have over their own behaviour * Consider whether personal values and attitudes have to be the same as other people’s * Consider their attitude to the law in relation to drugs including licensing and retailing |

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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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