**FACILITATORS NOTES**

**SESSION ONE: INTRODUCTION TO A CAN FULL OF NOTHING**

Key Stages 3 and 4

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| OVERVIEW: | This first session explores numerous themes around young people's lifestyle choices; alcohol, drugs and healthy relationships including appropriate sexual relationships.It is an interactive session that includes a short feedback questionnaire FOR YOU to use as a 'training needs analysis' which will allow you to prioritise the delivery of sessions if the resource cannot be delivered in its entirety.Key point: Young people who choose to drink little or no alcohol do not fall into easy stereotypes; their lives are busy and varied. As alcohol does not tend to feature greatly in their lives they tend to prefer activities where drinking alcohol rarely plays a role.There are an increasing number of young people in Lancashire stating that they DO NOT drinkTrading Standards North West Survey 2013 |
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| LEARNING OBJECTIVES: |  *SKILLS** *Work together as a group/class on a project about a social or environmental issue*
* *Assess potential risks in relation to alcohol, drug misuse and sexual behaviour*

*KNOWLEDGE** *know how personal actions can affect other’s lives and what influences their own behaviour*

*ATTITUDES** *Consider the benefits of a healthy lifestyle*
* *Consider how the media influence public opinion and promote different lifestyles*
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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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