**SESSION PLAN**

**Session Three: CRUNCH MOMENTS**

Key Stages 3 and 4

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| Aim of Session: | Young people to consider:   * the impact of decisions on friendships and relationships * the influences of drugs and alcohol on making rational decisions |
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| You will need:  Time: 50 minutes | * Worksheet One: Facilitator Information - Narrative * Decision Cards 1 - 6 stages of the story * Film clips 5 & 6 * Worksheet Two: Under Pressure * Stopwatch (could be virtual on whiteboard) |
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| Introduction Activity | Introduce the idea of Crunch moments.  There are times in life when we have to make decisions; sometimes the choice we make can have considerable impact on what happens next. These are 'crunch moments' and the older we get the more often they happen.  What makes a decision good, what makes a decision bad? Take suggestions from the group.  Summarise by pointing out that usually nobody chooses to make a bad decision it often seems to be the right thing at that moment. |
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| Main Activity:  filmreel2 | Worksheet One : Facilitator Information - Narrative  and Decision Cards 1, use a stopwatch.  Designate different corners of the room A & B.  Divide into groups. Give each group decision card 1, facilitator to read out what is on the card, start the stopwatch give group 1 or 2 minutes to decide what the character will do, ask 1 member of each group to stand in corner A or B to reflect their groups' decision.  Discuss.  Repeat for all the other cards.  Summarise that there may be several 'crunch moments' in an evening.  What might be the effects of alcohol/drugs on decision making? Often a decision has to be made very quickly – they were given 1 or 2 minutes. Often you will have conflicting advice from others.  Watch the next 2 film clips (5 & 6) and ask the participants to think about who is in control of their actions and who is not. |
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| Plenary  people | Who's in control, why?  Who's not in control? Why not?  Who made good decisions? Who made a bad decision?  E.g. Tom good decision not to drink; bad decision to take Harry in his car but he did because he was concerned about Beth and frightened of Harry. |
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| Optional Activity | Display bullet points from worksheet 2 for good decision, bad decision or distribute for discussion. |