**SESSION PLAN**

**Session Three: CRUNCH MOMENTS**

Key Stages 3 and 4

|  |  |
| --- | --- |
| 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
 |
|  |  |
| 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)
 |
|   |  |
| 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.  |
|   |  |
| Main Activity:filmreel2  | Worksheet One : Facilitator Information - Narrativeand 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.  |
|  |  |
| Plenarypeople | 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. |
|  |  |
| Optional Activity | Display bullet points from worksheet 2 for good decision, bad decision or distribute for discussion.  |