**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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