

Attitudes, Values and Peer Pressure 'Memories of tobacco'

DRAFT Lesson Plan to meet 3rd-4th Level Curriculum for Excellence Health and Wellbeing Outcomes:

Planned Outcomes:

1. Participants will explore their own experiences of tobacco and consider how these have formed their attitude towards smoking and tobacco
2. Participants will have the opportunity to hear their peers experience of smoking and tobacco and compare these with their own
3. Participants will reflect and think about their own current attitudes towards smoking and how this might influence their choices in relation to smoking in the future

Advanced Preparation Required:

- Make and cut out 'thought clouds' for the session
- Organise a flip chart

Total Time for session: 35mins

Time	Health and Wellbeing Physical Wellbeing and Substance Misuse Outcomes	Activity	Health and Wellbeing Physical Wellbeing and Substance Misuse Experiences
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5mins		<p>Set Ground Rules if appropriate, discuss these and ask group to agree. Record them on the flip chart for reference.</p> <p>Safety - encourage young people to ask as many questions as they need to, and only to share information they feel ok with sharing.</p> <p>Affirm that you will respect confidentiality and expect them all to do the same. The only exception to this is if you hear something that tells you a young person is in serious danger or experiencing abuse of any kind.</p> <p>Bear in mind that some people may find this exercise difficult, particularly if they have witnessed a family member suffer health problems or lost someone due to smoking. Offer participants an escape valve by having a signal that someone can make if they are uncomfortable, upset or would like to leave the room e.g. a thumbs down signal or a key word.</p>	<p>Develop my self worth, respect and respect for others</p> <p>Understand that adults in my community have a responsibility to look after me, listen to my concerns and involve others where necessary</p>
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15mins		<p>Divide students into groups of 4. Ask them to think about their experiences of smoking and tobacco. The following are suggestion questions;</p> <ul style="list-style-type: none"> • Do you remember the first time you saw someone smoking? • How did it make you feel? • What did you think of smoking? • Have your thoughts changed? • What did you think of that person? • Did you think you would ever smoke? • What has influenced your choice to smoke/not to smoke? <p>Ask groups to write on the ‘thought clouds’ any words/phrases that they feel are significant in forming their attitude towards smoking. The clouds can be hung on the wall for the whole class to see and the common themes can be recorded on the flip chart and discussed.</p>	Understand how what I eat, how active I am and how decisions I make about my behaviour and relationships affect my physical and mental wellbeing
15mins		<p>Discuss the themes with students such as the possible change in views, especially if there is evidence of the young people holding contradictory beliefs e.g. attitude might have been it was horrible, stinking and stung my eyes when younger but may have started smoking now - what changed? Why? Challenge the view that smoking is ‘cool’ - are any of the experiences on recorded ‘cool’? Look at the positive v’s negative ratio of comments recorded and discuss why that might be. Think about this exercise and how it might influence future attitudes and choices in relation to tobacco and smoking.</p>	Reflect on my strengths and skills to help me make informed choices when planning my next steps

Highlight Methodologies to be used:

Active learning	
Problem solving	
Guided discovery	
Individual/paired/groupwork	
Critical skills	
Formative assessment	
Peer and self assessment	
Personal learning planning	

Highlight Assessment Strategies to be used:

Qualitative data	
People's views	
Direct observation	
Documentary evidence	
Other:	

Highlight Cross Curricular Potential:

Expressive Arts
Languages
Mathematics
Religious and Moral Education
Sciences
Social Studies
Technologies