



CHOICES FOR LIFE

SOPHIE'S STORY

KEY THEMES : SUBSTANCE MISUSE

LEARNERS DEVELOP THEIR UNDERSTANDING OF THE USE AND MISUSE OF A VARIETY OF SUBSTANCES INCLUDING OVER THE COUNTER AND PRESCRIBED MEDICINES, ALCOHOL, DRUGS, TOBACCO AND SOLVENTS. THEY EXPLORE AND DEVELOP THEIR UNDERSTANDING OF THE IMPACT OF RISK-TAKING BEHAVIOUR ON THEIR LIFE CHOICES. THE EXPERIENCES AND OUTCOMES WILL ENABLE LEARNERS TO MAKE INFORMED PERSONAL CHOICES WITH THE AIM OF PROMOTING HEALTHY LIFESTYLES.

HWB THIRD LEVEL

LEARNING INTENTIONS

- UNDERSTAND WHAT PEER PRESSURE IS.
- LEARN HOW PEER PRESSURE AFFECTS PEOPLE.
- LEARN TO MAKE YOUR OWN DECISIONS AND NOT FEEL COERCED INTO MAKING A DECISION THAT YOU DO NOT WANT.

HWB

3-43A WHY IS SOPHIE'S DAD WORRIED ABOUT HER PROGRESS AT SCHOOL?

3-39A HOW DOES NATASHA INFLUENCE SOPHIE'S DECISION ABOUT GOING TO THE PARTY?

3-40A WHY IS SOPHIE CONCERNED ABOUT HAVING ALCOHOL BEFORE OR AT THE PARTY?

3-41B WHAT IMPACT COULD ALCOHOL HAVE ON SOPHIE'S DECISION ABILITY TO MAKE DECISIONS?

3-38A WHAT WERE THE PHYSICAL SIGNS THAT SOPHIE HAD BEEN DRINKING?

3-42A WHAT COULD NATASHA DO TO HELP SOPHIE WHEN SHE BECOMES ILL?

2-43A WHY DOES BEN DECIDE THAT HE DOES NOT WANT ANYTHING ELSE TO DRINK?

3- 43A WHAT COULD HAPPEN TO SOPHIE AS A RESULT OF DRINKING AT THE PARTY?



FOLLOW UP ACTIVITIES

KEEPING SAFE

WHEN YOU GO OUT IT IS VITAL YOU KEEP YOURSELF SAFE. YOU ALSO HAVE A RESPONSIBILITY TOWARDS YOUR FRIENDS AND SHOULD DO WHAT YOU CAN TO KEEP THEM SAFE TOO.

IN PAIRS COME UP WITH 'TOP 10 TIPS' FOR KEEPING YOURSELF SAFE WHEN YOU GO OUT TO PARTIES OR OTHER SOCIAL EVENTS.

PRESENT YOUR IDEAS CREATIVELY AND SHARE WITH THE CLASS OR SCHOOL TO SPREAD THE WORD.

STORYBOARD

- **WITH THE OTHERS IN YOUR GROUP, YOU ARE GOING TO CREATE AN IMAGINARY CHARACTER.**
- **THIS CHARACTER IS GOING TO HIGHLIGHT A PROBLEM THAT ALCOHOL CAN CREATE.**
- **IN YOUR GROUP, YOU ARE GOING TO DRAW A STORY BOARD OF 6 SLIDES.**
- **EACH SLIDE SHOULD SHOW A POTENTIAL DANGER FOR YOUNG PEOPLE WHO DRINK ALCOHOL.**
- **AFTER YOUR STORY BOARD IS COMPLETE, YOUR CHARACTER SHOULD GIVE A MESSAGE TO OTHER YOUNG PEOPLE ABOUT THE DANGERS OF DRINKING ALCOHOL. WHAT DO YOU THINK HE\SHE WOULD LIKE TO TELL THEM ABOUT ALCOHOL MISUSE AND WHAT IT CAN DO?**
- **WHY NOT MAKE A CATCHY SLOGAN!**

INTERDISCIPLINARY LEARNING IDEAS

INTERDISCIPLINARY LEARNING OPPORTUNITIES SHOULD ALWAYS BE PLANNED AROUND CLEAR PURPOSES, BE BASED ON THE EXPERIENCES AND OUTCOMES FROM THE DIFFERENT CURRICULUM AREAS AND ALLOW FOR PROGRESSION. SUCH PROJECTS MAY ALSO BE ENHANCED BY WORKING WITH PARTNERS WHO ARE ABLE TO OFFER SPECIALIST SUPPORT.



