Year 6 - Lesson plan for session 3

The benefits of staying healthy and accessing support.

[Positive Choices Coventry](https://www.changegrowlive.org/positive-choices-coventry)

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| Links to PSHE Association Programme of study  See:  <http://www.pshe-association.org.uk/resources> | Learning outcomes    By the end of this lesson, the pupils will have:   * Understood the benefits to not using drugs. * Be aware of who, where and how to access support if they are worried about themselves or someone else. |
| Time required | 30 minutes (depending upon pupil’s needs and teacher choices) |
| Required resources | Paper and pencils for children to record their learning and thinking – this alternatively could be done electronically.  Flip chart / A3 paper and pens for each table (optional)  We would also suggest that pupils have a PSHE learning journal to provide evidence of learning and progression and as a reflective log. |
| Lesson Plan | **Main Activities:**  **Activity 1 – Class discussion**  There are many reasons why adults decide not to use drugs; how many reasons can you think of?  Map ideas on the board; examples could include – health benefits, financial, the law, work, impact on parenting/looking after family, friendship groups, religion, don’t like the effects/taste etc.  Activity 2  Posters are to be created to encourage making positive lifestyle choices – this could be completed during the lesson or set as an additional homework task.  Activity 3  Ensuring children are aware of and can access their support network is important; particularly when considering making lifestyle choices.  Children are to draw around their hand; on each finger children are to allocate an adult they access for support. This could be a family member, family friend, adults within school, other professionals they are in contact with. Ask the children to consider what each adult is good at providing – good advice, encouragement, safe space etc. If children don’t have many adults, positive friends can also be detailed.  On the wrist, emergency contact details can be written (again a brief discussion around accessing emergency services and why we would use them) and on the palm of the hand other comfort items can be detailed such as a pet, teddy they talk to etc. |
| Assessment / Plenary | A discussion around pupils moving on to secondary school would at this time be beneficial. Highlighting there are lots of support within secondary schools, including Pastoral Teams, Teachers and School Nurses are all key members of staff for support, advice, and signposting.  Other sources of information are the FRANK website: [www.talktofrank.com](http://www.talktofrank.com/).  Locally Positive Choices, Change Grow Live are a confidential service available for support around many topics including drugs and alcohol (including being impacted by other people’s use). They have an informative website as well as regular posts on social media:  <https://www.changegrowlive.org/positive-choices-coventry> |