

Year 9 – Alcohol and Other Drugs

Activity Overview

Understanding and Responding to External Factors

- In this lesson, students delve into the dynamics of influence in their lives.
- The warm-up prompts reflection on the top 5 influencers, categorized into various spheres.
- Scenario discussions follow, where groups dissect factors contributing to each situation, evaluate impacts, and propose constructive actions.
- A class-wide exchange of solutions fosters collaborative learning.
- The lesson concludes with a recap, encouraging students to refine their awareness of key influencers and articulate their significance in shaping their decisions and perspectives.

Learning Intentions

- Students explore the different societal influences on drug-use.
- Students reflect on the influences in their own lives and how they can navigate their choices.

Success Criteria

- Students can identify what influences are present in their lives.
- Students can identify strategies used to navigate their influences.

Resources

- PowerPoint Presentation
- [Scenario Bank](#)

Teacher Notes

Warm-up: Who do you listen to?

15 minutes

Ask students to write down the top 5 people who are the biggest influences in their life.

Then, categorise each one and identify if they fall into the categories: Friends, parents, family, celebrity, peers, social media or other. Use the questions in the PowerPoint Slides to prompt discussion.

Scenarios – Contributing Factors

25 minutes

Divide students into groups of 2 or 3.

Distribute one scenario from the [scenario bank](#) to each of the groups.

Students spend 5 minutes reading and discussing the scenario.

Students write the following summary of each scenario:

- Who is involved?
 - How does the scenario positively/negatively impact each of those people?
 - What are 2 things that could make the situation worse?
 - What are 2 possible courses of action to positively and responsibly act on?
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Class Discussion

20-30 minutes

Go through each scenario one by one as a class and ask each group to present their two possible solutions. Facilitate the class discussion re: which option is best.

Recap: Who do you listen to?

5 minutes

Students write a list of the top 5 people they should be influenced by in their life and write a sentence describing each on.
