

Year 7 – Alcohol and Other Drugs

Activity Overview

Navigating Friendships and Seeking Support

Students engage in a warm-up activity responding to text messages from friends, followed by discussions on influences and the importance of thoughtful advice. Then, in groups, they research and present information on support services, focusing on communication, availability, target audience, and alcohol and other drugs information. The lesson ends with student presentations and reflections on their favourite presentation. The aim is to foster understanding of supportive communication and available resources.

Learning Intentions

- Students explore their perceptions of alcohol and other drugs.
- Students develop strategies of dealing with peer pressure and the navigation of the role of alcohol and other drugs in their lives

Success Criteria

- Students can highlight the impacts of alcohol and other drugs on their lives.
- Students can identify a support service and the means of receiving support from that organisation

Teacher Notes

Warm-up: Text Message Advice

15 minutes

- Students get a piece of paper each.
- Project PowerPoint on the board and instruct students to use the allocated amount of time to create a response to the text messages in the slides.
- Students are to respond as if they received each message from a close friend.
- Encourage students to share some of their responses after each section with the class

Discussion Questions:

- What influences did you have to consider with each situation?
- What difference did the longer time to respond have on what you wrote back?
- Do you think it's important to take your time when giving friend's advice?

Group WebQuest: Online Research Task

15 minutes

In groups of 3-4 pick one of the following support services and research their website to develop the content for a 4-minute presentation.

- Kids helpline – 24/7 support service. Phone, web and email counselling. Any time, any reason!
- Headspace – In-person or Online counselling service on alcohol, drugs, general mental health
- Reach Out – Online service that provides information about drugs, where to seek help, how to help friends
- LifeLine – 24/7 support service. Urgent phone, web and email counselling

Project Criteria: 6 slides no more than 10 words per slide.

This is to encourage students to speak to the slides as opposed to just reading a bunch of content from a screen.

- What are their different points of communication? (Phone, email, socials)?
- When are they available to access?
- What range of individuals do they support?
- What information do they provide on alcohol and other drugs?

Deliver Presentations to class

30 minutes

Groups present their work to the class

Recap: 3-Point Summary

5 minutes

Students write 3 sentences in their books, explaining which presentation was their favourite and why.