



Unplugged

Aimed at students aged 12 – 14

Part One: 4 lessons

Part Two: 9 lessons

Unplugged is a school-based drug prevention curriculum based on the comprehensive social influence approach that has been split into two parts for the purposes of [Healthy Minds](#), but both parts can be delivered together.

In **Unplugged Part One** social norms are considered alongside myths about substances including tobacco, alcohol and illegal drugs. During the lessons students discuss issues around substance use, relevant to their age. They work together to discuss group influences, group expectations and the positive and negative aspects of peer group pressure. They reflect on their existing knowledge of substances and consider the different factors that influence decisions about using them or not. Students investigate the short and long term effects of smoking to consider the differences between personal opinion on what they believe to be 'normal' in their peer groups and other groups and compare with statistical data of social norms. The four lessons conclude with a role play where benefits and drawbacks for smoking are debated. Drug prevention is realised through the development of skills and the opportunity to consider information and attitudes.

In **Unplugged Part Two** students consider verbal and nonverbal communication with a focus on fostering an assertive communication style and respect for others. Ineffective communication can lead to poor outcomes such as low confidence, loneliness, difficulties with family and friends and these can lead to the use of external aids (like drug use), as a way of coping. In these lessons they explore the positive and negative effects of substance use and consider healthy coping strategies when faced with difficulty. Students consider consequences and practise dealing with emergency situations that can be caused by substance misuse (such as a friend passing out). The skills developed as part of Unplugged enable students to problem solve, foster creative thinking and use self-control in the context of making healthy decisions about substance use.

Unplugged Part One

Lesson One	To Be Or Not To Be in a Group
Lesson Two	Alcohol
Lesson Three	Reality Check
Lesson Four	Smoking the Cigarette Drug

Unplugged Part 2

Lesson One	Express Yourself
Lesson Two	Get up, Stand Up
Lesson Three	Party Tiger
Lesson Four	Drugs – Get Informed
Lesson Five	Coping Competencies
Lesson Six	Handling Emergency Situations
Lesson Seven	Informed Choices About Substance Use
Lesson Eight	Problem Solving and Decision Making
Lesson Nine	Goal Setting and Closure

Good to Know

Unplugged has been developed in a cooperation of seven EU-countries known as the EU-DAP, European Drug Addiction Prevention project. It has been evaluated for its effectiveness of reducing drug use with positives outcomes seen in smoking, drinking and cannabis use. Unplugged is endorsed by [Mentor UK](#) as it meets the principles of good drug education.