

Unplugged

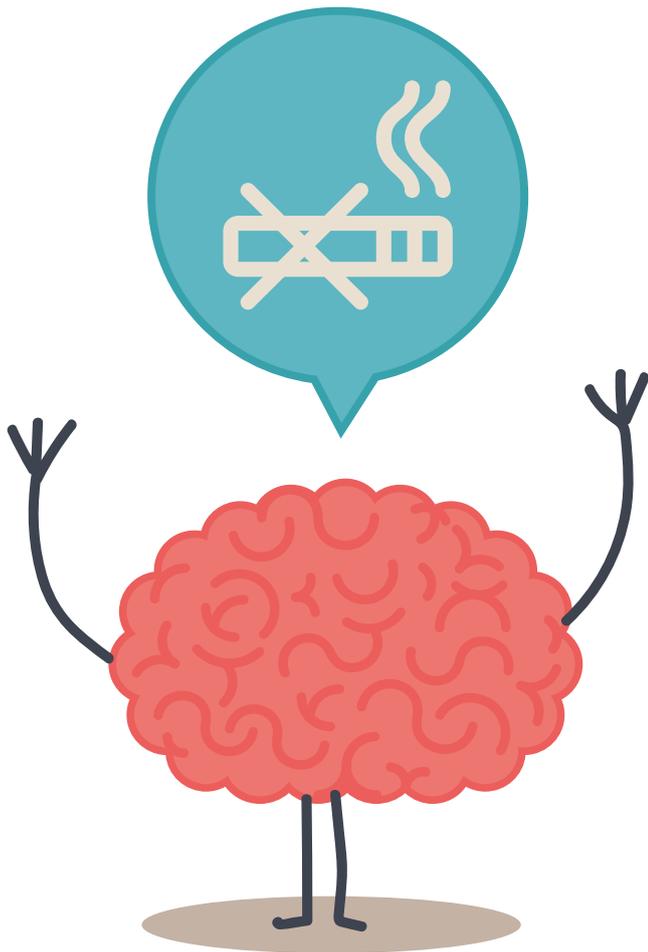
Part One: 4 lessons taught in Year 8 Part Two: 8 lessons taught in Year 10 Total training requirement: 2 days

Unplugged is a school-based drug prevention curriculum based on the comprehensive social influence approach where behaviours are introduced and exercised to strengthen attitudes and skills that lead to resisting the pressures towards drug use. Unplugged has been split into two parts for Healthy Minds. In part 1 students consider social norms and myths about substances including tobacco, alcohol and illegal drugs. 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 2 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.

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 positive outcomes seen in smoking, drinking and cannabis use.



Unplugged Part 1

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

Informed Choices About Substance Use

Lesson Seven

Problem Solving and Decision Making

Lesson Eight

Goal Setting and Closure