

**HEDDLU GWENT POLICE**

**LETHAL HIGHS**

**KS3 Lesson**

**Aim**

* **To understand the meaning and dangers surrounding the use of New Psychoactive Substances.**

**Lesson Objectives**

* **To understand what New Psychoactive Substances (NPSs) are.**
* **To discuss and identify the implications of New Psychoactive Substance (NPS) use.**
* **To understand that the use of New Psychoactive Substances will have both short and long term effects.**
* **To know the law about NPSs.**
* **To find ways to help you resist peer pressure.**

**Key Words**

* **Psychoactive**
* **Legal**
* **Illegal**
* **Effect(s)**
* **Peer Pressure**
* **Social Media**

**Method**

* **Ensure the links to previous learning are clearly explained**

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* **Clearly outline the classroom agreement about confidentiality**
* **Explain / display the learning objectives and key words**
* **Class Brainstorm – what do you understand by the terms legal and illegal.**
* **What is a drug?**
* **Show part one of the film**
* **Part one questions**
* **Show part two of the film**
* **Part two questions**
* **Show part three of the film**
* **Part three questions**
* **Show part four of the film**
* **In groups discuss and feedback the short term effects of Jamie’s actions**
* **In groups discuss and feedback the long term effects of Jamie’s actions**
* **The Law and NPS**
* **Review Plenary – word sorting exercise.**

**Resources**

* **Key Word cards (R 1-6)**
* **PowerPoint (including Lethal Highs film – R 7)**
* **Laminates: Long Term Effects of Jamie’s Actions and Key Words / Messages (R 8&9)**

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| **Key Learning Issues** | **Lesson Content** | **Time Guide** |
| Class RulesProvide the framework or big picture | Teacher introduction.Ensure that the link with any previous learning is explored.Agree Classroom RulesClearly outline the classroom agreement about confidentialityExplain / display the learning objectives and key words(Power point slides 2-4) | 5 |
| What is a drug?Legal / Illegal | What is a drug? – (Power point slide 5)‘a drug is something that changes the way your mind and body works’Ask the class what they understand by the words Legal and Illegal.( Power point slide 6)Now show the class Power point slide 7. Class to decide whether the substances pictured are legal or illegal

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| Part one of the film | Show part one of the film. During this section of the film the term ‘Legal Highs’ was used.Show Power point slide 9Emphasise that calling substances “Legal Highs‟ is very misleading because:* The drugs may contain illegal substances and are therefore illegal

Explain that a “Legal High” in reality is a New Psychoactive Substance or NPS. (show slides 10-12)**A psychoactive substance is a drug that effects the mind**Darren says “you can get them up the market; in the headshop”. What do you understand by the term “headshop”? (Power point slide 13)Possible answers:* Shop selling legal drugs and paraphernalia
* Selling substances not for human consumption
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| Part two of the film | Show part two of the film then ask the class to discuss the following:Why do you think Jamie looked worried? (Power point slide 15)Possible answers:* Friends’ reaction / peer pressure as a result of Jamie not obtaining any NPS
* Shop keeper may tell Jamie’s nan

What do you think Jamie will do next? (Power point slide 16)Possible answers:* Admit to his friends that he cannot buy any NPS
* Ask a friend to try and get some for him
* Search and purchase online
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| Show part three of the film | Show part three of the film then ask the class to discuss the following:Darren says he has taken 2 with no effects; why could that be?(Power point slide 18)Possible answers:* No dosage guidance on the packet
* The strength of individual substances can vary from pack to pack
* There is no regulation of content

Why do you think Kate walks away? (Power point slide 19)Possible answers:* Scared – no instructions on the packet on how to use the substances
* Kate is already aware of the dangers linked to the use of NPSs
* The packet states “not for human consumption”

What effects of the NPS have you seen so far? (Power point slide 20)Possible answers:* Slurred speech
* Staggering / unsteady on feet
* Disorientation
* Blurred vision
* Worry / panic / fear / confusion

What do you think will happen next? (Power point slide 21) | 6 |
| Show part four of the film | Show part four of the film then ask the class to discuss the following:What were the short term effects of Jamie’s actions? (Power point slides 23 & 24)Possible answers:* Collapse
* Bodily functions
* Public humiliation
* Relationship with nan
* Police involvement
* Hospitalisation
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|  Long Term effects | Now distribute the Long Term Effects sheet and ask the pupils to note down the possible long term effects of Jamie’s actions(Power point slides 25 & 26)What were the Long term effects of Jamie’s actions?Possible answers:* Cyber Bullying
* Digital footprint
* Gateway to further drug use – possible use of illegal controlled substances / poly drug use e.g. mixing with alcohol
* Family relationships – negative effect
* Family stigma
* Financial – possible difficulties due to excessive use of money to buy substances / possible effect on future job prospects / earning potential
* Education – changing school / GCSE option problems / possible exclusion
* Crime / Anti-social behaviour – involvement in theft to secure NPS
* Health
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| The Law and NPS | Show Power point slide 27.Under the Psychoactive Substances Bill 2015:* It is illegal to produce, supply, offer to supply, possess with intent to supply, import or export psychoactive substances.

You could go to jail for 7 years!* NPS may contain other controlled (illegal) drugs such as Cocaine, Ecstasy, Cannabis, Heroin, Amphetamines, Methamphetamines, Ecstasy and MCAT (Meow Meow) contrary to the Misuse of Drugs Ac 1971.
* You could be arrested for being in possession of NPS because it might contain an illegal substance. If you are arrested, it will remain on police records and will show on any future DBS checks.
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| Review Plenary - Sorting card exercise | Distribute the Key Words / Messages sheet and ask the pupils to rearrange the following key phrases / messages:(Power point slide 28)**Psychoactive / New / Substances** (New Psychoactive Substances)**something / A / changes / way / mind / your / drug / body / is /****that / the / and / works** (A drug is something that changes the way your mind and body works)**substance / A / drug / the / that / is / mind / a / effects /** **psychoactive** (A psychoactive substance is a drug that effects the mind)Re-enforce the key messages – Power point slide 29 and signpost pupils to helplines – Power point slide 30. | 6 |

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