



THE ALL WALES SCHOOL LIAISON CORE PROGRAMME

Lesson Overview: Vanity Insanity



STRAND:	Drug and Substance Misuse	<u>Lesson Duration:</u> Variable up to 60 minutes, by agreement with centre staff, dependent on whether lesson is delivered as a whole, or in parts and how pupils respond.
KEY STAGE:	KS4	
LESSON:	Vanity Insanity (IPEDs Image and Performance Enhancing Drugs)	

AIM

- To raise awareness of the risks and consequences of using IPEDs

PSE FRAMEWORK OBJECTIVES 2008

- To use prior knowledge to explain links between cause and effect, and make predictions S (DT)
- To take different perspectives into account when making informed decisions and choices effectively S (DT)
- To be assertive and resist unwanted peer and other influence S (WVO)
- To accept personal responsibility for keeping the mind and body safe and healthy R (H&E)
- To understand the short and longer term consequences when making decisions about personal health R (H&E)
- To understand the personal, social and legal consequences of the use of legal and illegal substances R (H&E)

LESSON OBJECTIVES

- To raise awareness of IPEDs
- To know the law, and understand the risks and consequences of the use of IPEDs
- To know where to go for help and support

KEY WORDS

Body image, performance enhancing, image enhancing, consequences

RESOURCES

- Lesson PowerPoint
- IPEDs definition card
- Key words
- Large sheets of paper
- Safe and unsafe methods sorting cards (6 sets)
- Scenario cards (2 sets)
- Officer scenario support sheet
- Healthy/unhealthy photos on PowerPoint and available as cards



ACTIVITIES

INTRODUCTION

- Ensure that the link with the previous lesson is explained.
- Agree Golden Rules.
- Clearly outline the classroom agreement about confidentiality.
- Explain - display the learning objectives and key words.
- Review the definition of drugs

MAIN ACTIVITIES

- Define the term IPEDs
- Board-blast/group work to establish different types of IPEDs
- Group work: card sorting safe/unsafe methods
- Feedback to include the law in relation to IPEDs
- Group work: scenarios

REVIEW/PLENARY

- Class discussion: healthy and unhealthy images
- Discuss help and support available

SUGGESTED TEACHER FOLLOW-UP ACTIVITIES

For more detailed information and resources see the teachers' section of the www.schoolbeat.org website.

