

### Scheme of Work

**Word Box:** cannabis, volatile substances, accident, dangerous, unconscious, breathing, choking, sniffing, inhaling, recovery, first aid, emergency

#### Programmes of Study

##### Core Theme 1: Health and Wellbeing

- 2. how to maintain physical, mental and emotional health and wellbeing
- 6. how to make informed choices about health and wellbeing and to recognise sources of help with this
- 7. how to respond in an emergency
- 8. to identify different influences on health and wellbeing
- which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety
- to differentiate between the terms 'risk', 'danger' and 'hazard'
- that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources, including people they know and the media

#### Learning Intentions and Learning Outcomes

**Learning Intention**  
To understand the effects, risks and law relating to cannabis

**Learning Outcomes**  
To know what effect cannabis can have on your health and life  
To know the legal consequences of using cannabis

**Learning Intention**  
To understand the risk of volatile substance abuse (VSA)

**Learning Outcomes**  
To know the effects and risks of volatile substance abuse  
To know how to get and to give help

**Learning Intention**  
To be aware of the options for getting help, advice and support

**Learning Outcomes**  
To have practised communicating with adults  
To know how to access help and support

#### Lesson Title

Lesson 1  
[Cannabis](#)

Lesson 2  
[Volatile Substance Abuse & Getting Help](#)

Lesson 3  
[Help, Advice and Support](#)

#### Resources

[Cannabis Facts Teacher Guide](#)  
[Cannabis Facts Quiz](#)  
[Peer Pressure Strategy cards](#)  
[Anonymous Questions template](#)

[VSA Fact sheet](#)  
[Dialling 999 script](#)  
[Peer Pressure Strategy cards](#)  
[Anonymous Questions template](#)

**Additional Activities**  
[First Aid Teacher Guide](#)

[Cannabis Facts Teacher Guide](#)  
[Problem Page Scenarios](#)

**Additional Activities**  
Internet access