**YEAR 9 LESSON 6**  
**TITLE**: Cannabis/Dealing with stress  

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**KEY CONCEPTS**
- Understanding risks of cannabis and other drugs
- Assess and manage risk in personal choices and situations

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**KEY PROCESS**
- Assess and manage risk around cannabis and other drugs
- Use knowledge and understanding to make informed choices about safety, health and well-being
- Know when and how to get help outside school

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**CONTENT**
- Motivation to use and risks of cannabis
- Dealing with stress

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**LEARNING OUTCOMES**
*by the end of the lesson pupils will:*
- Understand reasons why young people use cannabis
- Be aware of risks of cannabis
- Have strategies to deal with stress

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**FUNCTIONAL SKILLS**
- English/Communication/Listening/Speaking/Writing

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**RESOURCES**
- Sheet – Why young people use cannabis / Risks
- Sheet – 5 top tips for dealing with stress
ACTIVITY 1

Just a minute
❖ Ask the students to think back over the topics covered in this programme:
   ● Why young people do and don’t use cannabis
   ● Effects and risks of cannabis
   ● Early signs of psychosis
   ● The law on cannabis
   ● Attitudes about drugs / drug users
   ● Who influences them
   ● Different types of drug users
   ● Media influences

Working in pairs, each pupil takes it in turn to choose one of the topics above and talks for a minute about it whilst the other one listens. Then roles are swapped until all the topics have been covered. Pupils can score each other on a scale of 1 – 5 (not very good recall – excellent recall)

ACTIVITY 2

Cannabis motivation and use
❖ Each pupil to fill in the cannabis sheet (why young people use cannabis and risks of cannabis)

ACTIVITY 3

Top 5 tips for dealing with stress
❖ Each pupil to write their top 5 tips and, when they have finished, share with a partner or with the class. Pupils who are good at ICT could translate the results into a class chart

ACTIVITY 4

Evaluation
❖ Ask each pupil to fill in the evaluation sheet. If there is time discuss the main points in the class.