

DRUGS, SEX AND YOU

- An introduction for Christian youth workers

The aim of this programme is to help young people get a general knowledge about drugs and sex, and to develop skills that will help them generally in life and specifically with regards to drugs and sex. They will also be encouraged to think about what the bible says in regard to each topic/what they think might be a Christian response.

It needs to be taken over 8 sessions (two hours each). This could be once a week, once every two weeks, etc. Each session will have games and activities relating to the topic, and will be highly interactive.

The programme will be led by Hope UK facilitators (CRB checked and experienced at working with young people!), and it is good if the youth worker(s) who normally work with the group are present. Ideally, we like to work with the same group of young people throughout – and it is not possible for a young person to attend the last week if they haven't been to any other sessions (they would have no idea what was going on!).

For more info or to book a course, please contact Sarah Brighton, s.brighton@hopeuk.org or 020 7928 0848



The sessions need to be held somewhere where there is space for games and activities, but also somewhere to sit and chat.

How about getting people at your church to pray for the young people as they do this course? (You may do this anyway!)

Session	Aim	Learning outcomes
<p>1. Introductions</p>	<p>To enable learners to get to know each other, their facilitators and the ideas behind the programme.</p>	<ul style="list-style-type: none"> • Know each other's names • Have shared basic information about themselves • Have started to get to know each other and feel comfortable with each other • Have begun to get to know the facilitators • Have had an introduction to the programme and what it is about
<p>2. Drugs</p>	<p>To enable learners to have a basic knowledge of drugs and their effects.</p>	<ul style="list-style-type: none"> • Know what a drug is • Have discussed different names of drugs • Know the four drug categories • Know which drug belongs to which category • Know the effects of the drugs most commonly used in their community • Have a basic knowledge of laws relating to drugs • Have discussed attitudes about drugs • Have thought about what life-skills might be useful when dealing with drug issues
<p>3. Sex</p>	<p>To enable learners to learn basic information about safe and unsafe sex, pregnancy and STI's.</p>	<ul style="list-style-type: none"> • Know what ways a woman can (and cannot) get pregnant • Have discussed STI's in relation to danger • Have learnt basic information about STI's • Have considered what is safe and what is unsafe sex • Have discussed attitudes to sex in relation to STI's and pregnancy • Know where to go for help
<p>4. Decision-making</p>	<p>To enable learners to be more aware of how they make decisions.</p>	<ul style="list-style-type: none"> • Have considered what influences their decision making • Have discussed some of their own personal values • Have considered the value in drawing together information in order to help make a decision • Have practiced making decisions

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5. Peer pressure	To help participants develop skills to resist peer pressure.	<ul style="list-style-type: none"> • Have discussed how easy/difficult it is to resist peer pressure • Have considered what peer pressure is • Have learnt 5 different methods of saying 'no' • Practice resisting peer pressure
6. Self-esteem	To enable learners to explore issues of self esteem.	<ul style="list-style-type: none"> • Have thought about what they like doing • Have considered 5 things they are good at • Have considered their own personal strengths • Have discovered what positive things others think about them • Have considered what negative images they may carry around
7. Confidence	To enable learners develop skills that can enable confidence.	<ul style="list-style-type: none"> • Have discussed people they think of as confident. • Have considered what helps make someone confident. • Have practiced some tools to help improve communication (and maybe help with confidence) – eye contact, handshakes, body language. • Have practiced some skills that may help confidence in a social situation.
8. Endings	To enable learners to bring all their learning together, decide what, if anything, they will carry forward, and to end the group.	<ul style="list-style-type: none"> • Have reflected on what they learnt over the course of the last few weeks. • Have made a plan of what they will try to do as a result of the course • Have given positive feedback to others • Have received positive feedback about themselves • Have had a chance to say goodbye to the group and facilitators • Given feedback to the facilitators about the programme

POINTS TO BE CONSIDERED IN ADVANCE

- Before the course starts it is a good idea for the youth workers and the Hope UK facilitators to meet up to chat about the course – you will have questions/concerns about the course content, or things you would like the Hope UK facilitators to know, and it is helpful to discuss these things together.
- You might also want to chat to the facilitators about the Christian content of the session and what you may or may not want them to talk about!
- The facilitators will work hard to encourage the group to get involved, share thoughts etc. It is quite likely that individuals might talk about things that you as their youth worker will want to follow up.
- Similarly, this course is only an introduction to these issues – you may notice that some weeks the young people want to know more/discuss more than there is time for. Hope UK are more than happy to come back in the future and develop these themes further, if you wish.
- Youth workers often enjoy the course on their own behalf (which is great!), but please note that the Hope UK facilitators will focus primarily on the needs of the young people, so might not always give you space to share something about yourself!

FACEBOOK

There is a secret Facebook group for people who are doing/have done this programme. Hope UK has a policy that its staff and volunteers cannot be a Facebook friend with young people they are working with. People can only join the group if invited by a member, so if you are on Facebook the best way for your youth group to join (if they are friends of yours) is for you to become a friend of one of the facilitators, they will invite you to join the group and then you can invite your youth group. (And the Hope UK facilitator will be quite happy for you to unfriend them as soon as they have invited you to join the Facebook group).

If you are not friends with your youth group on Facebook, or you do not use Facebook, the Hope UK facilitator can briefly become a friend of one or two of the youth group just long enough to invite them to join the Facebook group, and they can then invite the rest of the group. (And the facilitator will unfriend them immediately).