

# **Young People's Drugs, Sex and Lifeskills course**

## **An Introduction**

The aim of this programme is to help the participants 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.

It needs to be taken over 8 evenings (two hours an evening, including a 10 minute break). This could be once a week, or once every two weeks. Each evening will have games and activities relating to the topic, and will be highly interactive. Participants will be encouraged to try a skill they learnt during the times between sessions (where relevant), and report back on how it went!

The programme will be led by two 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. Once the programme starts people cannot join, and it is good if people commit to attending the whole programme.

Below is an outline of each evening:

### **Week One – Introductions:**

#### **Aim:**

To enable learners to get to know each other, their facilitators and the ideas behind the programme.

#### **Learning Outcomes:**

By the end of the session, learners will:

1. Know each other's names
2. Have shared basic information about themselves
3. Have started to get to know each other and feel comfortable with each other
4. Have begun to get to know the facilitators
5. Have had an introduction to the programme and what it is about

### **Week Two – Drugs:**

#### **Aim:**

To enable learners to have a basic knowledge of drugs and their effects.

### **Learning Outcomes:**

By the end of the session learners will:

1. Know what a drug is
2. Have discussed different names of drugs
3. Know the four drug categories
4. Know which drug belongs to which category
5. Know the effects of the drugs most commonly used in their community
6. Have a basic knowledge of laws relating to drugs
7. Have discussed attitudes about drugs
8. Have thought about what lifeskills might be useful when dealing with drug issues

### **Week Three – Sex**

To enable learners to learn basic information about safe and unsafe sex, pregnancy and STI's.

### **Learning Outcomes:**

By the end of the session learners will:

1. Know what ways a woman can (and cannot) get pregnant
2. Have discussed STI's in relation to danger
3. Have learnt basic information about STI's
4. Have considered what is safe and what is unsafe sex
5. Have discussed attitudes to sex in relation to STI's and pregnancy
6. Know where to go for help

### **Week Four – Decision Making**

#### **Aim:**

To enable learners to be more aware of how they make decisions

### **Learning Outcomes:**

By the end of the session, learners will:

1. Have considered what influences their decision making
2. Have discussed some of their own personal values
3. Have considered the value in drawing together information in order to help make a decision
4. Have practiced making decisions

## **Week Five – Resisting Peer Pressure**

### **Aim:**

To help participants develop skills to resist peer pressure

### **Learning Outcomes:**

By the end of the session, learners will:

- 1) Have discussed how easy/difficult it is to resist peer pressure
- 2) Have considered what peer pressure is
- 3) Have learnt 5 different methods of saying 'no'
- 4) Practice resisting peer pressure

## **Week Six – Self Esteem**

### **Aim:**

To enable learners to explore issues of self esteem

### **Learning Outcomes:**

By the end of the session, learners will:

1. Have thought about what they like doing
2. Have considered five things they are good at
3. Have considered their own personal strengths
4. Have discovered what positive things others think about them
5. Have considered what negative images they may carry around

## **Week Seven – Confidence**

### **Aim:**

To enable learners develop skills that can enable confidence

### **Learning Outcomes:**

By the end of the session learners will:

- 1) Have discussed people they think of as confident.
- 2) Have considered what helps make someone confident.
- 3) Have practiced some tools to help improve communication (and maybe help with confidence) – eye contact, handshakes, body language.
- 4) Have practiced some skills that may help confidence in a social situation.

## **Week Eight – Endings**

### **Aim:**

To enable learners to bring all their learning together, decide what, if anything, they will carry forward, and to end the group.

**Learning Outcomes:**

By the end of the session learners will:

1. Have reflected on what they learnt over the course of the last few weeks.
2. Have made a plan of what they will try to do as a result of the course
3. Have given positive feedback to others
4. Have received positive feedback about themselves
5. Have had a chance to say goodbye to the group and facilitators
6. Given feedback to the facilitators about the programme