



Plan for The Serious Chat – Drugs & Alcohol Workshop/Assembly

Intro

Who we are

What we're talking about today – risky situations/living a healthy & safe lifestyle: drugs, alcohol

Introduce characters (All relatable year 7-13* students, x3)

*Dependent on the year group we are seeing

Part 1 – Facts and myths

Scene i - Myths

Scene between 2 friends littered with myths and misconceptions about drugs and alcohol, including:

- Legal age to drink/buy alcohol
- Laws & dangers of cigarettes, vapes, laughing gas & cannabis
- Side effects
- Slang names
- Cannabis and law
- Perception of substance abuse

Activity i – Myth Workshop

The actors perform the scene again, with the students freezing the action when they hear a myth. The forum leader (3rd actor) clarifies the facts & awards points.

Designed to explore facts in an active and fun way. Breaking down barriers, giving the audience permission to be involved.

Part 2a – Drugs & Peer Pressure

Scene ii – Self-esteem

Scene between 2 friends at a party. They have discussed trying cannabis but one character has changed their mind, but their friend is pressuring them to try it.

Activity ii – Forum Theatre / Hot seat

- Determine the 2 characters objectives
- Take suggestions/advice from the students
- Actors return to the scene, using the advice they've just been given by their group
- Process is repeated until the characters have achieved their objective/we've explored the scene & the issues.
- Hot seat: students invited to Q&A / offer advice to the characters.

Designed to encourage the students to come up with ways to combat peer pressure in an interactive way.

Part 3 – Staying Safe

Intro: Exploring “self-peer-pressure” & curiosity. Short Q&A about *why* people experiment with substances.

Scene iii – Alcohol Poisoning & How to Stay Safe

Scene between 2 friends at a party. One has drunk too much alcohol & is vulnerable. Her friend wants to help but is worried about getting in trouble.

Activity iii – Forum Theatre

- Determine the 2 characters objectives
- Take suggestions/advice from the students
- Actors return to the scene, using the advice they’ve just been given by their group
- Process is repeated until the characters have achieved their objective/we’ve explored the scene & the issues.

Serious scene between 2 young people exploring the potential risks of being under the influence of drugs or alcohol, and practical advice on how to help a vulnerable friend. Highlights the importance of getting in touch with an adult/ambulance.

Part 4 – Help Available

Services, information and help available.

Conclusion

Recap what we’ve covered & any help/resources available. Thank students for their suggestions and if time, Q&A.