

**Goals of Diabetes Lesson Plans**

**16+**

**Diabetes and Drugs**

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| **Programme/course**  **STAR Education Course** | **Age group**  **Over 14 yrs** |
| **Topic**  Recreational Drugs | **Venue** |
| **Title of session Diabetes and Drugs** | **Date of session** |
| **Time of session** | **Duration of session 10-20 mins** |
| **Aims of session**  Understand the effects of recreational drugs on diabetes | |
| **Learning outcomes**   1. Recognise the impact of drugs on ones diabetes 2. Name 3 ways to keep yourself safe if taking recreational drugs | |
| **Assessment Activities to be built into session**   1. To discuss about ones own or friends reactions to drugs 2. Be able tell the ways to keep safe | |
| **Evaluation Activities to be built into session**   1. Answer quiz | |
| **Prior action needed/ resources (e.g. pre-session activities, equipment needed**   1. Need to print quiz and handouts | |
| **Materials needed; e.g. key references, hand-outs**   1. Quiz 2. Handouts 3. Know the score leaflets 4. Leaflet on stress 5. Legal highs | |

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| **Time** | **Content/Topic** | **Teaching Activities** | **Learning Activities** | **Resources** | **Assessment** |
| 2 mins | Recreational drugs and diabetes | Explain this is not about drugs as done at school but about the effect of drugs on your diabetes |  |  | Assess if they receive drug information at school |
| 3mins | Being safe | Go through groups of drugs and their effects on diabetes  Ask about their own experience | Listen and talking | Handout – RUH Diabetes and recreational drugs | Listen |
| 5 mins | Quiz on drugs | Give out quiz and go through answers | Do the quiz. Learn from quiz | Quiz and answers | Mark quiz |
| 3 mins | How to be safe with ones diabetes |  | Get teenagers to suggest ways how they will make themselves safe |  | talking |
| 2 mins | How to help with stress | Suggest leaflet or just sheet of relaxation | Begin to learn about relaxation | Relaxation – a guide for young people  Or just one page |  |

**Evaluation:**

**Completed after the session and includes key comments regarding:**

Evaluation of the effectiveness of the session

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| **What went well?**  Able to talk about the importance of staying safe  How different drugs affect diabetes  Positive feedback from young persons about their experiences | **What did not go well?**  Timing remains difficult  Some teenagers | **What could I try next time?**  Stress relaxation more |

Evaluation of performance of educator

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| **What went well?**  Talking to teenagers | **What did not go well?**  Time to talk about stress | **What could I try next time?**  Leave time to talk about stress |