

**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
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| **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
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| **Evaluation Activities to be built into session**1. Answer quiz
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| **Prior action needed/ resources (e.g. pre-session activities, equipment needed**1. Need to print quiz and handouts
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| **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 diabetesAsk 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 peopleOr 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 safeHow different drugs affect diabetesPositive feedback from young persons about their experiences | **What did not go well?**Timing remains difficultSome 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 |