



**SMASHED**



**EQUIPPING OUR RANGATAHI  
TO MAKE SAFE DECISIONS  
AROUND ALCOHOL**



**NEW ZEALAND  
TEACHING RESOURCES**

**SMASHED PROJECT - LESSON ONE**

UNIT TITLE
SMASHED – A Responsible Drinking Education Programme

LESSON TITLE	LESSON NUMBER
What Influences Us?	2

LEARNING OBJECTIVES Through the learning experiences, pupils should learn:	LEARNING OUTCOMES By the end of the lesson pupils should be able to:
<ul style="list-style-type: none"> <li>Students explore feelings and influences (including social media) involved in peer pressure</li> </ul>	<ul style="list-style-type: none"> <li>Students will have an understanding of peer pressure</li> <li>Students will have an understanding of the importance of making informed, independent choice, and our responsibility to ourselves in making choices</li> </ul>

Health & PE CURRICULAR LINKS	Level	YEAR
<p>A.3 Personal Health and Development – Examine strategies for minimising risks in social situations involving alcohol.</p> <p>C.1 ,C.2 &amp; C.3 – Relationships with other People Describe the importance of family, friendships and communication in supporting their well-being. Demonstrate an understanding of how different attitudes and values relating to alcohol can influence safety in relationships. Demonstrate skills that help them to make safe choices for themselves and others.</p> <p>D.3 – Healthy Communities and Environments Identify rights and responsibilities for themselves and others in social situations involving alcohol.</p>	5	9

## STARTER ACTIVITY - 10 minutes

## RESOURCES REQUIRED

Photocopy of SMASHED Script Extract B

- Class reads the script extract or volunteer reads/performs the extract in front of the class. Teacher asks students to sit in groups of between 4 and 6. In groups, students write down a list of people and 'things' that influenced Jack in the play. The teacher then encourages broad thinking about what influences us as individuals – the weather, the news, an argument, friends, Facebook etc. Pupils should put into rank their order of importance. Discussion. Why do things influence us? Why and how are we influenced by Social Media? What is the word for when friends influence us?

## MAIN ACTIVITY – 40 minutes

## RESOURCES REQUIRED

Teacher Resource 2, 5 Biscuits

- Simple role play. Refer to the **Teacher Resource 2**. Ask for five volunteers and run the role play.
- Discussion. How did character 5 feel during the role play? How powerful can peer pressure be? What kind of person do we have to be to resist it and make our own informed decisions? Refer back to Jack. (20 mins)
- From biscuits to alcohol! Imagine the biscuits were alcohol. Divide pupils into A's and Bs. The As have to think of as many reasons that 'Jack' should drink, and B's all the reasons why it is a bad idea. Then with A's on one side and B's on the other, a volunteer as Jack walks the 'conscience alley' listening to an argument on each side for every step. The volunteer now walks the other way down the 'conscience alley' this time with everyone speaking their arguments at the same time. Pupils should think about how they persuade someone to do something which should be reflected in tone of voice in the exercise. How does the volunteer feel? What arguments stand out from either side (20 mins)

## REVIEW, REFLECT AND ASSESS - 10 minutes

## RESOURCES REQUIRED

None

- Review the students' understanding of the power of peer pressure, and the importance of making our own informed decisions. What is our responsibility to ourselves and to others?

## EXTENSION ACTIVITY

- Pupils write a script in which one person tries to peer pressure the other person into doing something the person is not entirely comfortable with. Pupils should think about peer pressure tactics. The script can be performed by pupils and/or filmed



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## THANK YOU!

Thank you for supporting your students to have the information, awareness and confidence to make responsible choices around alcohol.

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