

TERM THREE
WEEKLY LESSON NOTES
WEEK 6

Week Ending: 21 st OCT, 2022	DAY:	Subject: R.M.E									
Duration: 60MINS		Strand: Ethics & Moral Life									
Class: B7	Class Size:	Sub Strand: Substance Abuse									
Content Standard: B7 5.2.1: Demonstrate the need to stay away from immoral thoughts and actions, with a key focus on substance abuse		Indicator: B7 5.2.1.2: Discuss the effects of substance abuse	Lesson: 2 OF 2								
Performance Indicator: Learners can identify the types and causes of substance abuse.		Core Competencies: CG 5.1, CG 5.4:CG 6.1: CP 5.2: CP 6 .3PL 5.4: PL 5.5: PL 6.1: PL 6.4:									
References: R.M.E Curriculum Pg. 18-20											
Phase/Duration	Learners Activities	Resources									
PHASE 1: STARTER	<p>Show a picture of person smoking and drinking alcohol.</p> <p>Let learners relate to it and share their ideas.</p> <ul style="list-style-type: none"> • What is written on the cigarette box? • What happens when you get drunk with alcohol? • Do you see people in your locality abusing a drug before? <p>Write learners responds and discuss with them.</p>										
PHASE 2: MAIN	<p>Divide the class into three groups. Let each group identify and discuss one of the classification of drugs that are abused and their effects.</p> <p>Hallucinogens – marijuana(wee or Indian hemp) Stimulants – caffeine, Nicotine, cocaine, Amphetamines. Depressants – alcohol, barbiturates, tranquilizers, Narcotics.</p> <p>Allow learners to present their findings to class for further discussion.</p> <table border="1"> <thead> <tr> <th>Classification</th> <th>Substance(Drug)</th> </tr> </thead> <tbody> <tr> <td>Hallucinogens</td> <td>Marijuana (wee or Indian hemp)</td> </tr> <tr> <td>Stimulants</td> <td>Caffeine, Nicotine, cocaine, Amphetamines</td> </tr> <tr> <td>Depressants</td> <td>Alcohol, barbiturates, tranquilizers, Narcotics</td> </tr> </tbody> </table> <p>Example: Amphetamines: <i>These are stimulants that are only prescribed by a medical doctor, but are abused. Students use it to stimulate the central nervous system in order to keep wake at night to study. Regular use may lead to impulse reaction and out of control behavior such as fighting and aggression.</i></p> <p>Through a class discussion, guide learners to discuss the causes of substance abuse.</p> <ul style="list-style-type: none"> • Peer pressure 	Classification	Substance(Drug)	Hallucinogens	Marijuana (wee or Indian hemp)	Stimulants	Caffeine, Nicotine, cocaine, Amphetamines	Depressants	Alcohol, barbiturates, tranquilizers, Narcotics	Pictures and charts	
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	<ul style="list-style-type: none"> • To relieve them from tension and boredom • Curiosity • Advertisement by the media <p><u>Assessment</u></p> <ol style="list-style-type: none"> 1. Explain the term addiction with respect to drugs. 2. Give three examples of drugs that are abused mostly by students. 3. State three reasons why students abuse drugs. 	
<p>PHASE 3: REFLECTION</p>	<p>Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson.</p> <p>Take feedback from learners and summarize the lesson.</p>	

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Performance Indicator: Learners can discuss the effects of substance abuse.		Core Competencies: CG 5.1, CG 5.4:CG 6.1: CP 5.2: CP 6 .3PL 5.4: PL 5.5: PL 6.1: PL 6.4:	
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Phase/Duration	Learners Activities	Resources
PHASE 1: STARTER	<p>Show a picture of person smoking and drinking alcohol.</p> <p>Let learners relate to it and share their ideas.</p> <ul style="list-style-type: none"> • What is written on the cigarette box? • What happens when you get drunk with alcohol? • Do you see people in your locality abusing a drug before? <p>Write learners responds and discuss with them.</p>	
PHASE 2: MAIN	<p>Show pictures of effects of substance abuse. With the aid of the pictures, learners identify and explain the effects of substance abuse.</p> <p>Example:</p> <ul style="list-style-type: none"> • It damages the brain by causing lapses in memory and exaggerating reactions to events. • It causes mood swings, madness, hallucinations, physical damage to the body, etc. <p>In groups, learners discuss how to control substance and present their ideas to the class for further discussion.</p> <p>Example:</p> <ul style="list-style-type: none"> • Improved public education • Implementation of government policies on drug peddling and trafficking • Improvement in mental health facilities, etc. <p>Have learners design posters to explain the need to avoid substance abuse.</p> <p>Example: To be able to live a decent and healthy life.</p> <p>Through a class discussion guide learners to discuss defensive skills that protect and defend an individual against substance abuse.</p> <p>Example: use assertive behavior, Avoid saying 'NO thank you', Avoid bad friends and company, etc.</p> <p><u>Assessment</u> What four reasons do students give for abusing drugs?</p>	Pictures and charts

	State three defensive skills you would use to protect yourself against substance abuse.	
PHASE 3: REFLECTION	Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson. Take feedback from learners and summarize the lesson.	

