



Community Drug Advisory Council
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Introduction to Drugs: Secondary Students Lesson Plan

Duration: 80 minutes

5 minutes	Introduce myself, CDAC and today's programme
10 minutes	Group Discussion What do you know about drugs? What names of drugs do you know? What do they look like and can you be sure of what you get with illicit drugs? Why do people take drugs? What are the consequences of taking drugs? <i>Objective: See how much the students already know and correct any misconceptions they may have.</i>
5 minutes	Define the term <i>drugs</i> using the WHO definition Describe how the definition of drugs applies to all: medicines, legal and illegal drugs– 4 groups (narcotic analgesics, hallucinogens, stimulants, depressants) categorised based on different side effects. <i>Objective: To make students aware that even medicines and legal drugs that may be commonly used or seen in day-to-day life can still be dangerous drugs: Just because it's legal doesn't mean it's safe!</i>
25 minutes	Most commonly abused illegal drugs in Hong Kong by teens: Ketamine, Ecstasy (MDMA), Ice (Methamphetamine)
10 minutes	Laws and regulations / Hong Kong situation Current laws and penalties in Hong Kong regarding legal and illegal drugs. <i>Objective: To inform the students of laws and regulations regarding drugs.</i>
10 minutes	Your future! Your rules! Explain how illicit drug use can lead to severe consequences. E.g. legal charges could effect future possibilities of emigration, attaining travel visas, job opportunities etc...
5 minutes	How to say "No"! <i>Objective: To inform the students of core methods of how to refuse drugs and provide appropriate example to illustrate how they may be used in context.</i>
10 minutes	Question and Answer / Questionnaires – distribution of worksheets