

## Substance Misuse Resources – Quality Assurance Tool – The Resource in a School Context and/or Community Setting

Name of resource	Choices for Life Film: Sophie's Story (Alcohol & Personal Safety)	Contact	infoline@young.scot 0808 801 0338
Date published	2013	Publisher	Police Scotland / Choices for Life/PACE Media Productions
Target group / CfE Level	Early <input type="checkbox"/> First <input type="checkbox"/> Second <input type="checkbox"/> Third <input checked="" type="checkbox"/> Fourth <input type="checkbox"/>		
Resource type:	Pack <input type="checkbox"/> DVD <input type="checkbox"/> Drama <input checked="" type="checkbox"/> Online Resource <input checked="" type="checkbox"/> Interactive Website <input type="checkbox"/> Information Website <input type="checkbox"/> Lesson Plan <input checked="" type="checkbox"/> App <input type="checkbox"/> Reference <input type="checkbox"/> Leaflet <input type="checkbox"/> Other <input type="checkbox"/>		
Terms & Conditions	<a href="http://young.scot/terms-and-conditions/">http://young.scot/terms-and-conditions/</a>	Copyright Holder	Young Scot Enterprise or its licensors <a href="http://young.scot/copyright/">http://young.scot/copyright/</a>
Main focus	Alcohol and Personal Safety	No. of sessions required	1, however more can be delivered using additional activities provided
Brief description of resource	Short film with accompanying lesson plan. The film focuses on a group of school girls who have been invited to a house party and offered alcohol. It focuses on Sophie, who gets really drunk and the consequences that follow. Film lasts approximately 15 minutes. The lesson has additional activities linked to various aspects of the curriculum and could be delivered as an interdisciplinary learning topic.		
I.T. / Practical requirements	Access to the internet required		
Implications for Staff (for example is further training required prior to delivery)	N/A		
Cost attached to accessing resource	N/A	Resource last reviewed	Aug 2017

Online link

<http://young.scot/choices-for-life/articles/our-education-resources/> AND <https://www.youtube.com/watch?v=KzwJyxd7pWk>

Indicators	Tick indicators met by resource	Evaluative Comments / Any other info
The resource is consistent with principles set out by the GG&C Prevention and Education Model.	✓	
The resource reflects Experiences and Outcomes for Substance Misuse education and the national standards.	✓	
The health related information contained in the resource is up-to-date at time of review.	✓	
The resource has clear learning intentions and outcomes aligned to Curriculum for Excellence.	✓	
The resource can be delivered flexibly and differentiated as appropriate.	✓	
The resource takes account of relevant protected characteristics and meets the requirements of relevant Equalities legislation.	✓	
The resource supports the young person to resist pressures by supporting the development of self-confidence and resilience.	✓	
The resource suggests or employs different delivery methods, for example group work, role play, discussion, specialist inputs etc.	✓	
There is existing evidence that demonstrates the resource's effectiveness. (e.g. research evidence, evaluation)		
Resource supports the option for partnership working in its delivery.	✓	
The resource contains information and sign posting to appropriate services and other resources for young people	✓	

Level		Expected national standards for each level	Substance Misuse Experiences and Outcomes	Tick if met by resource	Comments / Any other info
Early	Use of substances	Identifies which substances may be helpful and which may be harmful in given situations.	I understand there are things I should not touch or eat and how to keep myself safe, and I am learning what is meant by medicines and harmful substances. HWB 0-38a		
	Action in unsafe situations	Suggests way to get help in unsafe and emergency situations, for example, seeking out an adult.	I can show ways of getting help in unsafe situations and emergencies. HWB 0-42a		
		Names the emergency services.	I can show ways of getting help in unsafe situations and emergencies. HWB 0-42a		
First	Use of substances	Identifies conditions which require medication and how it benefits health.	I know that there are medicines and some other substances that can be used in a safe way to improve health and I am becoming aware of how choices I make can affect my health and wellbeing. HWB1-38a		
	Action in unsafe situations	Identifies why misusing medication can be harmful.	I know how to react in unsafe situations and emergencies. HWB1-42a		
		Links personal actions to health and wellbeing, using role play for example.	I know how to react in unsafe situations and emergencies. HWB1-42a		
		Describes when and how to contact emergency services.	I know how to react in unsafe situations and emergencies. HWB1-42a		
		Shares key information about an emergency situation.	I know how to react in unsafe situations and emergencies. HWB1-42a		
Second	Use of substances	Gives examples of what can happen to the body as a result of smoking tobacco or drinking alcohol.	I understand the effect that a range of substances including tobacco and alcohol can have on the body. HWB 2-38a		
		Knows the recommended alcohol intake advice.	I understand the effect that a range of substances including tobacco and alcohol		

			can have on the body. <b>HWB 2-38a</b>		
	Informed choices	Gives examples of how peer, media and other pressures can influence decision making.	I know that popular culture, the media and peer groups as well as my own attitudes and values can influence how I feel about substance use and recognise the impact this may have on my actions. <b>HWB 2-39a</b>		
	Risk taking behaviour	Identifies risks associated with the use of substances, for example, overdose, impaired judgement / vision.	I know that alcohol and drugs can affect people's ability to make decisions. <b>HWB 2-40a</b>		
		Identifies the impact of risk taking behaviours on life choices and relationships, for example, job prospects, limited foreign travel, loss of driving licence, family.	I can identify the different kinds of risks associated with the use and misuse of a range of substances. <b>HWB 2-41a</b>  I understand the impact that misuse of substances can have on individuals, their families and friends. <b>HWB 2-43a</b>		
	Action in unsafe situations	Performs basic first aid procedures, for example, minor bleeding and burns, recovery position.	I know of actions I can take to help someone in an emergency. <b>HWB 2-42a</b>		
		Explains how to contact the appropriate emergency services giving full details of the incident and location.	I know of actions I can take to help someone in an emergency. <b>HWB 2-42a</b>		
Third	Use of substances	Explains the benefits of substances in supporting good health, for example, prescribed medication.	Understand the positive effects that some substances can have on the mind and body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances. <b>HWB 3-38a</b>		
		Gives examples of current laws and advice in relation to substance use, for example, units of alcohol, tobacco sales.	Understand the positive effects that some substances can have on the mind and body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances. <b>HWB 3-38a</b>		

Informed choices	Explains how media and peer pressure might affect own attitudes and behaviour.	I know that popular culture, the media and peer groups as well as my own attitudes and values can influence how I feel about substance use and recognise the impact this may have on my actions. <b>HWB 3-39a</b>	✓	
	Identifies and selects the skills / qualities required to make positive choices in challenging situations, for example, confidence, resilience, assertiveness.	I am developing a range of skills which can support decision making about substance use. I can demonstrate strategies for making informed choices to maintain and improve my health and wellbeing and can apply these in situations that may be stressful or challenging, or involve peer pressure. <b>HWB 3-40a</b>	✓	
	Gives examples of positive coping strategies when dealing with stressful and challenging situations, for example, walk away, talk to friend / adult, physical activity.	I am developing a range of skills which can support decision making about substance use. I can demonstrate strategies for making informed choices to maintain and improve my health and wellbeing and can apply these in situations that may be stressful or challenging, or involve peer pressure. <b>HWB 3-40a</b>	✓	
	Knows how to access local support services.	I know how to access information and support for substance-related issues. <b>HWB 3-40b</b>		
Risk taking behaviour	Weighs up risk and identifies potential safe and unsafe behaviours and actions, for example, the impact of gambling.	After assessing options and the consequences of my decisions, I can identify safe and unsafe behaviours and actions. <b>HWB 3-41a</b>	✓	
	Explains how substance misuse can affect judgement and impair ability to make responsible decisions, for example, unwanted sexual experience.	I know that the use of alcohol and drugs can affect behaviour and the decisions that people make about relationships and sexual health. <b>HWB 3-41b</b>	✓	
Action in unsafe situations	Know actions to be taken in an emergency relating to substance misuse.	I know the action I should take in the management of incidents and emergencies related to substance misuse. <b>HWB 3-42a</b>		

		Identifies potential impact of short and long term substance use.	I understand the impact that on-going misuse of substances can have on a person's health, future life choices and options. <b>HWB 3-43a</b>		
		Identifies local substance misuse issues and how they are being addressed.	Through investigating substance misuse in my local community, I can reflect on specific issues and discuss how they are being addressed. <b>HWB 3-43b</b>		
Fourth	Use of substances	Justifies the risk benefits of substances in supporting health, for example, homeopathic remedies.	I understand the positive effects that some substances can have on the mind and body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances. <b>HWB 4-38a</b>		
		Explains the potential impact of short and long term substance use on health and life, including legal implications.	I understand the positive effects that some substances can have on the mind and body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances. <b>HWB 4-38a</b>		
		Evaluates the impact of media and peer pressure on own attitudes and behaviour.	Through investigation, I can explain how images of substance use and misuse can influence people's behaviour. <b>HWB 4-39a</b>		
	Informed choices	Demonstrates the skills / qualities required to manage challenging situations, for example, self-reliance, self-efficacy, assertiveness.	I am developing a range of skills which can support decision making about substance use. I can demonstrate strategies for making informed choices to maintain and improve my health and wellbeing and can apply these in situations that may be stressful or challenging, or involve peer pressure. <b>HWB 4-40a</b>		
		Explains the benefits of positive coping strategies / techniques when dealing with stressful and challenging situations.	I am developing a range of skills which can support decision making about substance use. I can demonstrate strategies for making informed choices to maintain and improve my health and		

			wellbeing and can apply these in situations that may be stressful or challenging, or involve peer pressure. <b>HWB 4-40a</b>		
		Knows how to access local and national support services.	I know how to access information and support for substance-related issues. <b>HWB 4-40b</b>		
		Demonstrates the skills / qualities required to assess and manage risk, for example, self-awareness, self-confidence, composure.	After assessing options and the consequences of my decisions, I can identify safe and unsafe behaviours and actions. <b>HWB 4-41a</b>		
	Risk taking behaviour	Explains the impact and potential consequences substance misuse can have on decision making, for example, drinking and driving, non-consensual sex.	I know that the use of alcohol and drugs can affect behaviour and the decisions that people make about relationships and sexual health. <b>HWB 4-41b</b>		
	Action in unsafe situations	Justifies actions which might be taken in an emergency relating to substance misuse.	I know the action I should take in the management of incidents and emergencies related to substance misuse. <b>HWB 4-42a</b>		
		Compares current national and international statistics related to the impact of substance misuse.	By researching the impact of substance misuse nationally and internationally I can explain similarities and differences among communities. <b>HWB 4-43b</b>		
			I understand the local, national and international impact of substance misuse. <b>HWB 4-43c</b>		