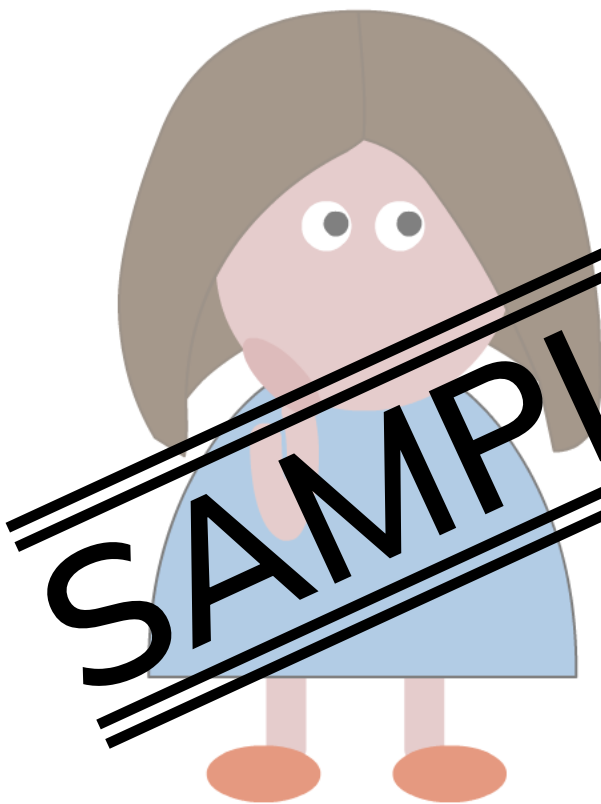


WHAT WOULD YOU DO?

Includes
worksheets
with exercises
and
activities



SAMPLE PAGES

Contents

Contents	3
Introduction	4
Drinking	6
Drinking — Follow Up Work	10
WORKSHEET 1	11
WORKSHEET 2	12
Bullying	14
Bullying — Follow Up Work	17
WORKSHEET 3	18
WORKSHEET 4	19
Drugs	20
Drugs — Follow Up Work	24
WORKSHEET 5	25
WORKSHEET 6	26
Exam Stress	28
Exam Stress — Follow Up Work	32
WORKSHEET 7	33
WORKSHEET 8	34
Smoking	36
Smoking — Follow Up Work	40
WORKSHEET 9	42
WORKSHEET 10	43
Useful Online Information	45

Introduction

Structure of Programme and Materials Required

This resource pack consists of a series of short plays involving a moral dilemma. Each play is introduced by means of a warm-up exercise to help participants relax. These exercises also help to break down any barriers which may exist.

The plays are followed by a series of activities based on the topic just covered with the aim of encouraging discussion and further investigation. It would be useful if the teacher/trainer reviewed the material beforehand and brought in additional material to enhance the learning experience.

This trainer manual also includes photocopiable **WORKSHEETS** which can be handed out as indicated.

Requirements

The format of each play is broadly the same throughout and is reflected in the structure of the manual. The materials which the trainer will require for each play are set out below:

- Flipchart
- Marker pens—including red, blue and black
- Trainer Manual
- Various handouts and worksheets
- A supply of paper and pens/pencils for participants
- A box, tin or hat to hold pieces of paper for some warm-up exercises
- A pack of playing cards and a ball for some warm-up exercises

Drinking

Animal Mad (warm-up exercise)

You will need a ball for this exercise. The group sits in a circle and the trainer assigns everyone the name of an animal (including the trainer). Once everyone has been given an animal's name, the trainer goes around the circle and throws the ball to each person in turn. When they have the ball they shout out their animal and throw the ball back to the trainer.

The trainer goes around the circle again and throws the ball to each person and they respond with their animal as before. Once he has been around the circle twice, he now throws the ball to someone at random whilst shouting out the name of that person's animal. That person must now throw the ball to someone else whilst shouting the animal of the person they are throwing to. The game continues while it is still fresh and fun.

Play

Characters: Liam, Johnny, Steve, Robert, Marie, Sue, Steve's Mum & Tom Brady (coach).

Scene 1

Setting: Outside school gates. Liam, Johnny, Steve and Robert are discussing the weekend.

Liam: Are you lot going out tonight?

Johnny: Sure, are you?

Liam: Yeah, of course. Shall we all meet up in the Abbey at about nine?

WORKSHEET 1

Fill in the table below. Tick either 'true' or 'false'. Look on the following sheet for the answers.

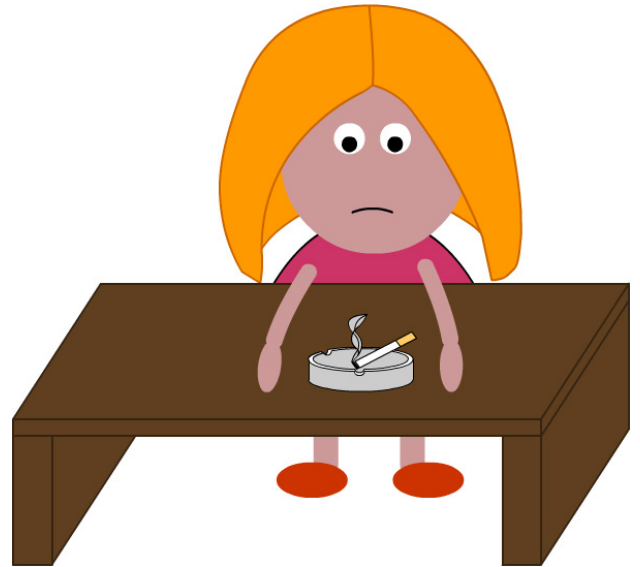
True or False?	True	False
It is dangerous to drive after only one drink.		
Alcohol makes you happy and cheerful.		
Too much alcohol only affects the liver.		
Drinking while pregnant cannot harm the unborn baby.		
You don't need to drink to 'have a good time'.		

Smoking — Follow Up Work

Class Discussion

Ask everyone to get into groups of 4/5 and discuss the following:

- Should Debbie tell her mother that she smokes?
- What sort of a person is Vicky?
- How can Debbie's friends help her?
- Does Debbie realise the dangers of smoking?



Further Research

After 10 minutes, reconvene into the main group and discuss further. Ask the group to carry out the following research:

- Conduct a survey to see how many people in your school smoke (including staff members). Ask them a variety of questions including the following:
 - When did you start smoking?
 - How many cigarettes do you smoke a day?
 - Do you wish you had never started?
 - Are you aware of the health risks of smoking?
 - Have you ever tried to quit?
- Find out all you can about the main tobacco companies. Why do people buy their particular brands? Collect as many cigarette advertisements as you can from newspapers and magazines. How do they appeal to young people?