

D-FORCE

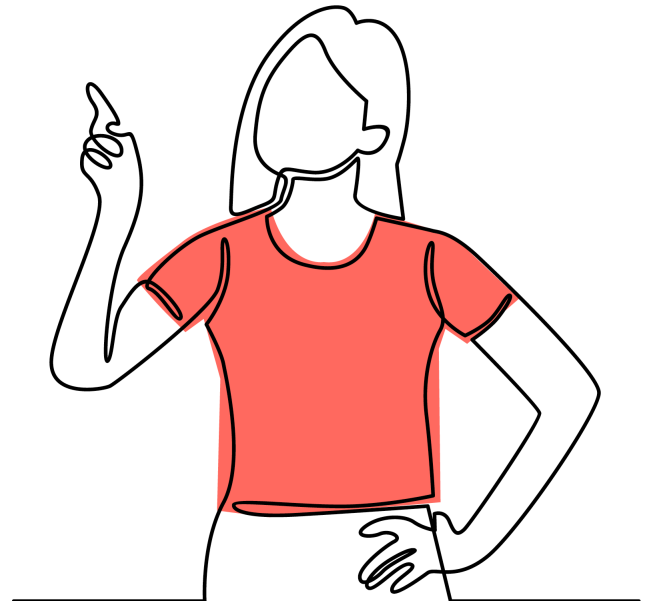
Teacher guide

Lives are defined by choices.

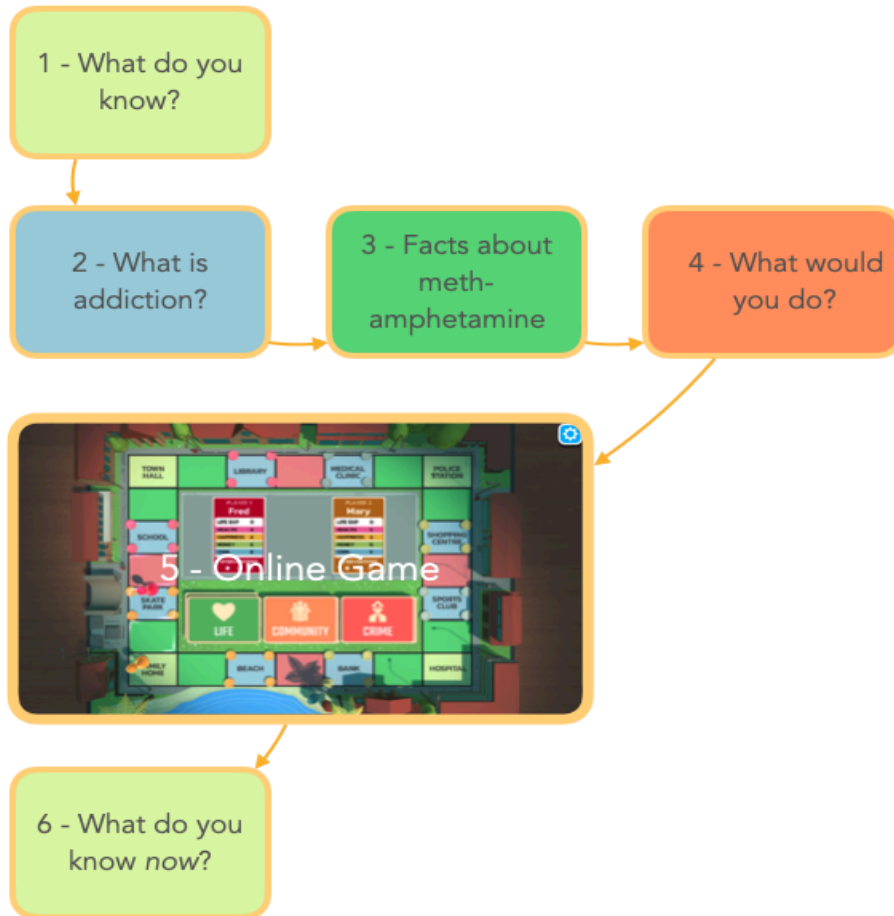
Helping your friends to make the right ones can help save
your community.

In these lessons, students learn about behaviour, addiction and of the dangers of the drug methamphetamine. Through the activities, students build their ability to make healthy choices to defend themselves & their friends from harm.

These resources have been checked by Victoria Police, educators, and by a medical expert.



Learning sequence



All students and teachers log-in to access the D-Force learning resources including surveys, lessons, activities, online game and google docs. The log-in is distributed when teachers or schools sign up to the program.

There are **six activities** to work through with your students.

The activities are designed to build students' knowledge of behaviour, addiction and drug methamphetamine.



Pre-learning: 1. What do you know?

Students are asked questions about the drug methamphetamine, and their attitude towards it.

Pre-learning survey: awareness, framing concepts
5 mins

- Students log-in to the Learning resources area, select **Activity 1** and complete the survey online.
- Survey data is emailed to the D-Force admin team.
- **The survey collects anonymous data only. It does not identify individual students**

The purpose of the individual student survey is to gauge students' knowledge and perceptions prior to learning. The survey results help D-Force to build evidence and strengthen their program. Teachers do not receive individual results from student surveys.

Lesson: 2. What is addiction?

Students investigate habits and behaviour, define key words and learn how behaviour becomes addiction. Students start to develop strategies to replace bad habits with healthy habits.

Class activities: discuss, define, video, Q & A, strategies and plans.
40 mins

- Activities are led by the teacher.
- Students can work as a class or in groups.
- Students can copy the google doc or print the worksheet that accompanies the lesson.

In this lesson key concepts and terminology are introduced. Teachers help raise awareness of the students' own behaviours and habits. Students start to get an understanding of their choices and the control they have to direct themselves to positive choices.

Lesson: 3. Facts about methamphetamine

Students learn the damaging effects of the drug methamphetamine on the body, and are guided to focus on the healthy aspirations for their bodies and lives.

Class activities: video, discussions, readings, explain, illustrate
40 mins

- Activities are led by the teacher.
- Students can work as a class or in groups.
- Students can copy the google doc or print the worksheet that accompanies the lesson.

In this lesson students gain further understanding of addiction and the serious nature of methamphetamine addiction. Teachers raise the importance of factual & trusted sources of information and help students to distinguish what they are. Students build on the previous lesson learnings and think about the positive control they have to make healthy decisions about their bodies.

Lesson: 4. What would you do?

Students are asked to think about the short and long-term consequences of their choices, through scenarios. Acting out or talking through a scenario is a strategy designed to help students make better decisions and eliminate poor choices which lead to negative consequences.

Class activities: discuss, scenarios, acting, choices, consequences.
40 mins

- Activities are led by the teacher.
- Students can work as a class or in groups.
- Students can copy the google doc or print the worksheet that accompanies the lesson.

In this lesson students learn to think through actions, think about others and question whether decisions they make are positive or potentially harmful. Students develop an understanding of the short and long term consequences of behaviours and the impact actions have on lives. They also are made aware they can play a role in helping others or be a positive influence on their community.

Activity: 5. Online game 'Defending Westhaven'

Students explore and discuss the dangers of the drug methamphetamine, and the social and health consequences of drug abuse by playing the game "Defending Westhaven."

Group activity: instructions, collaboration, strategy.
50-80 mins

- Students work in groups of 2-4 to play the online game
- In class, students need one device per group to play

The purpose of the game is to consolidate students' learning and encourage community minded action, working together to save the community and defend their friends.

Post-learning: 6. What do you know now?

Students are asked the same questions about the drug methamphetamine as in the pre-lesson survey.

Post-learning survey: reflection
5 mins

- Students log-in to the Learning resources area, select **Activity 6** and complete the survey online.
- Survey data is emailed to the D-Force admin team.
- **The survey collects anonymous data only. It does not identify individual students**

This survey helps D-Force to gauge the development of students' attitudes and knowledge after completing the activities. The survey results help D-Force to build evidence and strengthen their program. Teachers do not receive individual results from student surveys.