



Decisions.

Healthy Harold's

Classroom Cards



DRUGS + ALCOHOL

CYBER SAFETY

HEALTH + WELLBEING

RESPECTFUL RELATIONSHIPS

SEXUAL HEALTH



Decisions.

Teacher

Thank you so much for joining us in a Life Education session.

We hope your students learnt strategies to make informed decisions to maintain health, safety and wellbeing, by exploring drugs and the effects of drugs.

Please find attached 5 activity cards. These cards will reinforce concepts learnt during the Life Education lesson. These may be done individually, as a small group or with the whole class.

Activity 1

Campaign Planner

Develop a new campaign that could help the community reduce the harms caused by analgesics (medicine), tobacco or alcohol use.

1. What is the name of the campaign?
2. What is the aim of the campaign?
3. Who does the campaign intend to help?
4. How will you launch the campaign and how will it be promoted within the community?

Activity 2

Charades or Pictionary

Create a selection of situations where a person is being pressured by their peers to do something or behave in a way that they know is not safe or appropriate.

Set up a game of pictionary or charades in small groups.

Take turns to silently read one of the situations.

If playing Pictionary, draw a strategy that people can use to avoid being peer pressured in this scenario. If playing charades, act out a strategy that people can use to avoid the peer pressure outlined in the scenario.

Try to guess each other's answers!

Activity 3

Designer

Choose one of the following options to showcase your learning and reflect back on the topic.

1. Create a comic book that highlights the influences that can affect a person's decision making.
2. Design a label for a food or beverage and consider important warnings that might be included if the product contained a drug.
3. Create a board game that would help people to consider whether a decision is likely to have a positive or negative outcome. Eg. Snakes and Ladders. A good decision has the player climbing the ladder. A bad decision has the player sliding down a snake.

Activity 4

Performer

Choose one of the following options to showcase your learning and reflect back on the topic:

1. Write and film an ad that promotes safe ways to use a legal drug. Search online for examples.
2. Write and present a play that demonstrates a peer pressure situation and ways that people can stay safe.

Activity 5

Author

Choose one of the following options to showcase your learning and reflect back on the topic:

1. Write a newspaper article to persuade people to give up smoking.
2. Write an acrostic poem or a jingle on the topic of making safe decisions.