

TERM THREE

WEEKLY LESSON NOTES

WEEK 5

Week Ending: 14 th OCT, 2022	DAY:	Subject: R.M.E								
Duration: 60MINS		Strand: Ethics & Moral Life								
Class: B7	Class Size:	Sub Strand: Substance Abuse								
Content Standard: B7 5.2.1: Demonstrate the need to stay away from immoral thoughts and actions, with a key focus on substance abuse		Indicator: B7.5.2.1.1: Summarize the causes of substance abuse								
		Lesson: 1 OF 2								
Performance Indicator: Learners can identify the types and causes of substance abuse.		Core Competencies: CG 5.1, CG 5.4:CG 6.1: CP 5.2: CP 6 .3PL 5.4: PL 5.5: PL 6.1: PL 6.4:								
References: R.M.E Curriculum Pg. 18-20										
Phase/Duration	Learners Activities	Resources								
PHASE 1: STARTER	<p>Show a picture of person smoking and drinking alcohol.</p> <p>Let learners relate to it and share their ideas.</p> <ul style="list-style-type: none"> What is written on the cigarette box? What happens when you get drunk with alcohol? Do you see people in your locality abusing a drug before? <p>Write learners responds and discuss with them.</p>									
PHASE 2: MAIN	<p>Brainstorm on the meaning of substance abuse. <i>Taking drugs without medical prescription or excessive use of drugs.</i></p> <p>In groups, learners discuss and identify the types of substances abused.</p> <ul style="list-style-type: none"> The abuse of legal drugs – <i>Paracetamol, Tramadol, Benylin, antacid, tobacco, Alcohol, etc.</i> The abuse of illegal drugs – <i>cocaine, heroin, cannabis, hashish, etc.</i> <p>Divide the class into three groups. Let each group identify and discuss one of the classification of drugs that are abused and their effects.</p> <p>Hallucinogens – marijuana(wee or Indian hemp) Stimulants – caffeine, Nicotine, cocaine, Amphetamines. Depressants – alcohol, barbiturates, tranquilizers, Narcotics.</p> <p>Allow learners to present their findings to class for further discussion.</p> <table border="1" style="width: 100%; margin-top: 10px;"> <thead> <tr> <th style="width: 30%;">Classification</th> <th>Substance(Drug)</th> </tr> </thead> <tbody> <tr> <td>Hallucinogens</td> <td>Marijuana (wee or Indian hemp)</td> </tr> <tr> <td>Stimulants</td> <td>Caffeine, Nicotine, cocaine, Amphetamines</td> </tr> <tr> <td>Depressants</td> <td>Alcohol, barbiturates, tranquilizers, Narcotics</td> </tr> </tbody> </table> <p>Example:</p>	Classification	Substance(Drug)	Hallucinogens	Marijuana (wee or Indian hemp)	Stimulants	Caffeine, Nicotine, cocaine, Amphetamines	Depressants	Alcohol, barbiturates, tranquilizers, Narcotics	Pictures and charts
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	<p>Narcotics: <i>These are depressants drugs that act on the brain to inhibit the perception of pain. Examples of narcotics are opium, morphine, codeine and heroine.</i></p> <p><u>Assessment</u> What is substance abuse? State and explain the types of substance abuse.</p>	
<p>PHASE 3: REFLECTION</p>	<p>Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson.</p> <p>Take feedback from learners and summarize the lesson.</p>	

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Core Competencies: CG 5.1, CG 5.4:CG 6.1: CP 5.2: CP 6 .3PL 5.4: PL 5.5: PL 6.1: PL 6.4:		
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Phase/Duration	Learners Activities	Resources								
PHASE 1: STARTER	<p>Show a picture of person smoking and drinking alcohol.</p> <p>Let learners relate to it and share their ideas.</p> <ul style="list-style-type: none"> • What is written on the cigarette box? • What happens when you get drunk with alcohol? • Do you see people in your locality abusing a drug before? <p>Write learners responds and discuss with them.</p>									
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	<ol style="list-style-type: none">2. Give three examples of drugs that are abused mostly by students.3. State three reasons why students abuse drugs.	
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