

Unplugged programme training: social influences, life skills and drug prevention for secondary schools and ESCs

HfL on behalf of HCC will be providing fully funded, **free training** for three schools in the Hertfordshire area to learn more about the 'Unplugged' programme. The programme empowers schools to use the materials successfully with their students in either Year 8 or Year 9.



Unplugged is an evidence-based secondary school programme designed to equip young people with specific skills and resources that they need to resist social influences and to support knowledge about drugs and their adverse health consequences.

The programme is designed for 12-14 year olds and consists of 12 one-hour units delivered weekly by teachers who have been trained to deliver the intervention. Schools are asked to deliver this programme over the course of a term and to feedback the impact that the training has had on their students before the end of March 2017.

Unplugged focuses on: core 'life skills' including:

- critical thinking
- decision-making
- creative thinking
- effective communication
- relationship skills
- self-awareness
- empathy

Participants attending the training will:

- learn about good practice in teaching the programme
- be able to explore the resource and to consider the teaching and learning approaches suggested
- be able to learn about the 12 lessons and to consider the impact of approaching the subject in the suggested ways
- consider good practice and research in the teaching of drug and alcohol education
- understand both the Hertfordshire and national substance use and misuse data, ready to share with young people

For expressions of interest and additional information please contact Rheya Keable

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