Lesson 1 - The Plan

4.7 - Explain the significance of substance abuse for one's mental health

- What do we know about cannabis?
- What are the active compounds in cannabis?
- What are the dangers of cannabis use?
- Rank the concerns for young people and discuss.

Lesson Plan

4.7 - Explain the significance of substance abuse for one's mental health

- Understand what is meant by dependence.
- Run a dependence test on chocolate and social media.
- Understand the warning signs for dependence on a substance or behaviour.