

PSHE Lesson Plan: The Hidden Dangers of Gambling

Objective: Students will understand the risks and consequences of gambling addiction, recognize the signs of gambling problems, and know where to seek help.

Materials Needed:

- Video script
- Computer and projector
- Whiteboard and markers
- Student handouts
- Access to the internet (optional, for further research)

Lesson Duration: 60 minutes

Introduction (10 minutes)

1. **Welcome and Objective Overview:**
 - Greet students and explain the lesson's objective.
 - Briefly discuss what gambling is and why it can be addictive.
 2. **Pre-Discussion:**
 - Ask students if they know anyone who gambles or have seen gambling advertisements.
 - Discuss briefly any initial thoughts or experiences.
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Video Viewing (10 minutes)

1. **Show the Video:**
 - Play the educational video based on the provided script.
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Post-Viewing Discussion (15 minutes)

1. **Initial Reactions:**
 - Ask students how they felt after watching the video.
 - What stood out to them the most?

2. Guided Questions:

- Why did Jack start gambling?
- How did gambling affect Jack's life and relationships?
- What were the signs that Jack had a gambling problem?
- What could Jack have done differently to seek help?

3. Emphasize Key Points:

- The allure and initial success in gambling can lead to addiction.
 - Gambling addiction can destroy personal relationships, financial stability, and mental health.
 - It's crucial to talk about problems and seek help.
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Activity: Group Discussion and Role-Play (15 minutes)

1. Group Division:

- Divide students into small groups.

2. Discussion Questions:

- How can we support a friend or family member who is showing signs of gambling addiction?
- What are some healthy ways to cope with stress and problems instead of gambling?

3. Role-Play Scenarios:

- Each group creates a short role-play demonstrating how they would help a friend struggling with gambling addiction.
 - Groups perform their role-plays for the class.
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Conclusion and Handout Distribution (10 minutes)

1. Summary:

- Recap the key lessons learned about the dangers of gambling addiction.
- Highlight the importance of seeking help and supporting each other.

2. Distribute Handouts:

- Provide each student with the handout summarizing the lesson and additional resources.

3. Q&A:

- Open the floor for any final questions or comments from the students.

4. Resources:

- Give information on where students can find help (school counselor, local support groups, hotlines).