

Lesson Plan: The Dangers of Nitric Oxide Solvent Abuse

Objective:

By the end of this lesson, students will understand the dangers of solvent abuse, particularly nitrous oxide (NOS), recognize the reasons behind its misuse, and learn strategies to avoid and address this risky behavior.

Duration:

60 minutes

Materials Needed:

- Video on Nitric Oxide Solvent Abuse (transcript provided)
- Projector or screen to show the video
- Whiteboard and markers
- Printed copies of key facts from the video (optional)
- Discussion questions handout (optional)

Lesson Structure:

Introduction (10 minutes)

1. Opening Discussion:

- Begin by asking students what they know about solvent abuse, including nitrous oxide.
- Introduce the topic by explaining that the lesson will cover the risks associated with solvent abuse, focusing on nitrous oxide, commonly known as laughing gas.

2. Objective Overview:

- Briefly explain the objectives of the lesson, emphasizing the importance of understanding the risks and learning how to make safe choices.

Video Viewing (15 minutes)

1. Context Setting:

- Introduce the video, explaining that it contains real-life accounts of people affected by nitrous oxide abuse.
- Mention that students should pay attention to the reasons people engage in this behavior and the consequences

they face.

2. **Watch the Video:**

- Show the video on Nitric Oxide Solvent Abuse.

Discussion (15 minutes)

1. **Group Reflection:**

- After watching the video, divide the class into small groups to discuss their reactions. Provide them with the following questions to guide their discussion:
 - What were the main reasons that led the individuals in the video to start using nitrous oxide?
 - How did using nitrous oxide affect their lives?
 - What are some of the physical and mental health risks associated with solvent abuse?

2. **Class Discussion:**

- Bring the class back together and ask each group to share their thoughts.
- Write key points on the whiteboard, ensuring that the discussion covers peer pressure, curiosity, and the severe health risks involved.

Activity: Creating an Awareness Campaign (15 minutes)

1. **Instructions:**

- Assign students to create a short awareness campaign in groups. This could be a poster, a social media post, or a brief presentation aimed at informing their peers about the dangers of nitrous oxide and solvent abuse.
- Encourage them to use information from the video and discussion to highlight the risks and promote safe choices.

2. **Presentation:**

- If time allows, have each group present their campaign to the class.
- Discuss which elements of each campaign would be most effective in reaching teenagers.

Conclusion and Reflection (5 minutes)

1. **Recap:**

- Summarize the key points covered in the lesson,

emphasizing the dangers of nitrous oxide and solvent abuse.

- Reinforce the importance of making informed decisions and resisting peer pressure.

2. **Final Thoughts:**

- Encourage students to think about how they can use the information learned today to help themselves and their friends make safe choices.

3. **Homework/Extension Activity:**

- Ask students to research local resources (such as counseling services or helplines) that offer support for substance abuse and bring the information to the next class. This will help them know where to seek help if needed.

Assessment:

- Participation in discussions and group activities.
- The effectiveness and creativity of the awareness campaigns.

This lesson plan is designed to engage students in critical thinking about the risks of solvent abuse while providing practical strategies to avoid and address such behaviour in themselves and others.