

THE ORCHID SCHOOL



**Making healthy decisions
Saying “No” to drugs and
alcohol**

**Life skills Orientation
Class VIII**



Introduction



One of the issues that young adults are facing today is the potential exposure directly or indirectly to dangerous substances like drugs, alcohol and smoking. We, at Orchid school believe that armed with the right information, attitudes and skills, individuals can make healthy choices. We also recognize that as young adolescents, these children are a highly vulnerable group targeted by media. This module aims at opening their eyes, providing spaces for them to gain awareness of the messages imparted, analyze and form opinions of their own.



Objectives



Class VIII module of Life Skills focuses upon substance abuse and its dangers.

This module is spread over 5 months,1 hour/week .Sessions are highly interactive in nature, using activities ,media, research clippings and outside facilitators and experts so as to enhance and enrich these experiences for the students.

Objectives-

- Understanding and dealing with Peer Pressure
- Providing information about drugs, alcohol and addictions.
- Providing opportunities to hone skills such as recognizing peer pressure, saying NO, knowing the implications of decisions and so on.
- Critically analyzing media, forming your own opinions and standing up for ones choices.

Program



- Introduction- The need, objectivesResearch and Clippings
- Understanding the way Peer pressure works/harms
- Dealing and resisting Peer pressure
- Media- all forms , its messages and Critique
- Media-Selling audiences to advertisers
- Media – Does it say what it sells?
- Visit to Mukhtangan,
- Interaction with friends from Mukhtangan at Orchid school





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REDUCE INTERNAL POLLUTION



RIP

Want to find
out more about
cancer?

Keep smoking.





ALCOHOL?

HAVE A THINK
DITCH THE DRINK

15,000 people die due to Alcohol Abuse

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Category	Percentage
Alcohol Abuse	25%
Alcohol Abuse	25%
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**What
started
in the
Neolithic
Age can
end in
Modern
Age.**

**BE CIVILIZED
STOP ALCOHOLISM!**





That's not a
cigarette in his
hand



It's his power

