

Drug Harm Cards

The Drug Harm Cards are designed to facilitate conversations around topics concerning drug and alcohol use, addiction, prevention, and harm minimisation. They can be used to take advantage of the opportunities provided in the new Australian Curriculum for Health and Physical Education. The card set gives the students the chance to develop and practice a range of skills and strategies to help them make healthy choices for themselves and their communities.

The cards can be used in a variety of ways. They provide the opportunities, required by the curriculum, for students to:

- practice making decisions
- help develop and refine their resilience and assertive behaviours
- develop networks and strategies for help-seeking
- demonstrate their knowledge and understanding of health issues.

The cards can be used to stimulate discussion, as a warm up exercise or as a main activity. The sets provided can be used with all levels of the curriculum. Additionally, cross-curricula skills practiced include: communication; negotiation; teamwork; leadership; and appreciation of diverse perspectives.

For further information www.den.org.au/schools

Contents: this instruction sheet, AOD Harm Card Set (44 cards)

AOD Harm Cards AU\$10

order: www.den.org.au/resources



Set Up

1. Teachers or students choose a topic card and place it in front of them at the top
2. The unsure/further learning card can go to the side. Students can place cards that need clarification here and highlights an opportunity for further study.
3. The line is made by placing the “Least” on the left and “Most” on the right with space in the middle for the remaining cards.
4. Students discuss and then place the cards on the line based on their experiences, impressions, and knowledge with reference to the chosen topic card.

It is important to note that, whilst based on studies that rank specific harms, in this exercise there are no right or wrong answers.

It is an easy, and a valuable exercise, for students to create additional cards which would allow students to devise events and situations for the creation of an even more personalised and educational experience.