

Addiction & Mental Health

60 - 120 minutes (approx.)

Overview: 5.4

What do we mean by 'addiction'? What are the signs of gambling addiction and how does it affect different health aspects? Research these areas and find a case study to support your findings.

Learning Objectives: Researching and creating a case study with a focus on addiction and mental health

- To research into the wider area of addiction and mental health.
- To learn about specific health issues related to gambling addiction.
- To research into specific areas and examples of gambling addiction.
- To understand the scale of gambling addiction in the United Kingdom.

Learning Outcomes

1. I can identify the main mental health issues caused by gambling.
2. I can identify specific issues around gambling addiction.
3. I can weigh up the scale of gambling addiction in the United Kingdom.
4. I can create a case study which shows the issues of gambling addiction and mental health.

Resources

1. Power-point presentation on 'Addiction & Mental Health'.
2. Infographic on 'Addiction & Mental Health'.
3. Downloadable information sheets with facts and figures.
4. 'Gambling Addiction' guidance notes and downloadable support materials.

Addiction & Mental Health

Starter

(10 minutes)

How can we spot addictive behaviours?

This challenge is best started with a discussion. How do we define addiction? What is our attitude to people with addictions? What is the scale of gambling addiction in the United Kingdom? How do we know when someone has an addiction, including gambling addiction? Write down or record your answers in an appropriate way.

Main Activity

(40 minutes+)

Research and presentation on addiction including gambling.

This is a research-based activity so is best completed in an IT suite. Alternatively, students could carry out research before the lesson and bring this with them. Each student should have data or information about addiction and gambling addiction from at least two different sources so that this can be synthesised and turned into an original and individual piece of research. This should then be presented in an appropriate way, either written or spoken.

Findings from the discussion should be recorded in an appropriate format and shared. Students can use the skills sheet for Research & Presentation as appropriate. Students should use the appropriate skills sheet and complete the preparation and review sections to support this activity fully.

Plenary

(10 minutes)

What have we learned?

What have we learned collectively about addictions and specifically gambling addiction? Have we changed our minds since the beginning of the lesson?

Extension Task

Carry out further research into addiction and report back to your group at a later date.