

Addiction & Mental Health

60 - 120 minutes (approx.)

Overview: 5.5

This lesson is part of the YGAM 'In The Know' programme section 5, 'Addiction & Mental Health', offering students an initial look at the health issues connected with problem gambling as well as identifying signs of addiction. This activity relates to challenge 5.5 Learning Objectives.

Learning Objectives: To introduce Addiction & Mental Health:

- To understand what we mean by gambling addiction
- To learn about breaking the cycle of addiction
- To understand when gambling becomes a problem
- To understand the health issues linked to gambling addiction

Learning Outcomes

1. I can define 'gambling addiction'.
2. I can describe ways of trying to break the cycle of problem gambling.
3. I can weigh up the dangers of addictive gambling.
4. I can prepare for and take part in a discussion.

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

(20 minutes total)

What do 'mental health' and 'addiction' really mean?

Discuss in pairs and feed back answers to the following questions:

- What does good mental health mean?
- Is this linked to well-being?
- What are the signs of mental health issues?
- When does behaviour become addictive?

Write answers on board or sugar paper and save as appropriate

Look at Infographics slide. What are the main points of interest? - (5 minutes)

Main Activity

(30 minutes)

What is the stigma of gambling and/or gaming addiction?

This activity should focus on the stigma of addictive behaviour related to gambling and/or gaming. The main focus of this is a group discussion with a student chairperson based around the following key questions:

- Personal reactions to gambling addiction and health issues.
- Who is responsible for gambling addiction?
- What should be done to help?
- How can we break the cycle of gambling addiction?
- Other points arising

Findings from the discussion should be recorded in an appropriate format and shared. Students can use the skills sheet for Preparation and Discussion 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?

Following the lesson, ask the students to reflect on how their views have changed with regard to Gambling Addiction and Health and the stigma attached to this by society. Use the learning outcomes as above to measure and assess the impact of the lesson on the students. You can use the YGAM self/peer assessment documents or grade them yourself using our progression grading system.

Extended Learning
Students could develop a peer mentoring programme based around issues associated with gambling and/or gaming.