

## **Ketamine Awareness Lesson Plan and Guide**

*Recommended time: 30 minutes*

Before delivering this session, we recommend staff make themselves more familiar with information about ketamine, and increase their own knowledge and understanding, through attending [Wirral's Ketamine Awareness Training](#) and referring to further resources such as those provided below.

### **Ketamine Video - 10 Minutes**

- Present the short 7-minute video to students, using the link below.
- [Sam's Story](#)
- Once video has finished, encourage the class to briefly discuss Sam's journey, using discussion points below.
- Do you think Sam knew about the harms of Ketamine before he began using? How did Sam's ketamine use escalate? If Sam was your friend, what sort of things would you do to try and support him?

### **Discussion and ketamine Leaflets - 15 minutes**

- Split the form into two groups and give out ketamine leaflet.
- Group one to discuss short and long-term risks of regular ketamine use and feed back to the group. Looking for answers that include: disorientation, numbing of the body, delayed medical attention due to lack of pain, disassociation of surroundings, vulnerabilities of being unable to move or speak if a young person experiences "the k hole". A particular harm of interest is 'Ketamine Bladder Syndrome'.
- Group two to discuss the law, debt, credible information sources, risks of buying an illegal substance. Looking for answers around debt can be a risk factor for exploitation. Class B drug could lead to criminalisation and limited opportunities if they get convicted. Buying an illegal drug means that no one really knows what is in it, it might not be what young people expect, there will be no clear guidance on harm reduction or reducing risk.

### **Sign Posting - 5 Minutes**

- Opportunity to ask questions and signposted for further advice and information.
- Talk to Frank [www.talktofrank.com](http://www.talktofrank.com)
- Zillo [Advice for Ketamine users — zillowirral](#)
- Health Service in Schools – All students can access confidential support in school from their school Youth Worker.