

Know Your Mind

Drugs Awareness (key stage 2)

Ages 8-11 (School Years 4-6)
Key Stage 2



A hugely engaging and informative project that takes young people on a magical tour through DJ Groovemaker's mysterious drugs lab, whilst learning key facts about drugs, alcohol and tobacco.

"An excellent, stimulating, thoroughly engaging and professional, entertaining performance.

I was pleased to see a well-balanced informative approach rather than a one dimensional 'Drugs are bad just say No!' as the children have been taught that it is very rarely as clear cut and they need to be aware of all the facts before they make their own choices [...] Awesome!"

Paul Harrington, Year 5 Teacher, St Patricks Primary School, London Borough of Waltham Forest

THE PROJECT

Know Your Mind takes young people on an entertaining journey, exploring the effects and risks of a wide variety of substances both legal and illegal, ranging from medicinal drugs including paracetamol and cough medicine, through to legal drugs (caffeine, alcohol, tobacco) and illegal drugs such as cannabis.

The show bursts with comedy, song and hilarious references to youth culture. This is underpinned by a serious emphasis on understanding the roles that drugs can play in our lives and on the personal responsibility that young people have for their own decision making with regard to their lifestyles, peer pressure and school rules. The project also addresses many associated issues, including the dangers of handling discarded syringes and needles, and the need to follow instructions on medicines.

The project provides relevant information on the detrimental effects of substance misuse in a memorable way. By informing young audiences of the dangers of substance misuses whilst making them feel more confident in their knowledge and their decision-making. *Know Your Mind* focuses on prevention, by equipping young people with the facts they need to avoid alcohol and drug abuse later in life.

The project signposts services that young people can contact for further help and information about drug or alcohol related issues so they know that confidential advice is available from other sources.

"It was very entertaining, funny and funky and it taught us a lot about drugs and not to take them as it can destroy your life, and not to give in to peer pressure."

Pupil, Ripple Junior School, London Borough of Barking & Dagenham

THE SHOW

Know Your Mind for junior schools tells the fantastic story of Charlie Bucket from East London, who has the good fortune of finding one of DJ Groovemaker's lucky golden flyers! Streetwise and sensible Charlie wins a once in a lifetime opportunity to explore Groovemaker's legendary drug laboratory, but is accompanied by some rather peculiar characters...

Poor Mikalia Divvy learns the hard way the importance of resisting peer pressure and following our own minds. Meanwhile, 'celebrity' Veruka Spoilt thinks alcohol is the answer to all her problems but finds out it may actually be the start of many. Her alcoholic makeover leaves her looking less than glamorous, and she realises that the 'champagne lifestyle' isn't quite as care free as she first thought!

On our tour through the mysterious drugs lab, we meet lots of familiar faces, including Simon Cowell and a special drug related TV show, whilst music comes courtesy of a whole host of other contemporary pop stars.

"It was funny and entertaining, and it was a great way to show us it instead of a boring just talking to."
Pupil, Ranelagh Primary School, London Borough of Newham

KNOW YOUR MIND (JUNIOR) TEACHES CHILDREN...

- About the different kinds of illegal drugs, the effects they can have and their associated risks
- About legal drugs including caffeine, alcohol and tobacco and their associated risks
- About further drug use issues including handling needles/syringes and taking medicines
- To look at their own attitudes towards drug and alcohol misuse
- To resist peer pressure and make positive, informed choices with regard to alcohol and drug use/misuse
- To be confident in making their own decisions

"I liked the way they didn't just say "don't do this" and "you can't do that", they explained why and showed us the consequences. I learnt that you need to be strong, it's not just a case of deciding you are not going to take drugs, you have to be prepared to say no when you are being pressured in to something like that."
Pupil, age 11, St Joseph's Catholic Primary School, London Borough of Havering

A FEW FAQS...!

How long is the show? 35 minutes

Who's it for? Ages 8 to 11/ Years 4, 5 and 6

What school work does it link to?

- PSHE (Personal, Social & Health Education)
- SMSC (Spiritual, Moral, Social, Cultural)
- Healthy Schools
- National Curriculum For Sciences
- National Drug Strategy

Are there any accompanying resources?

Yes – you'll get a free hard and digital copy of the *Know Your Mind* Teachers' Resource Pack including further information, lesson plans and much more.

You can also book an optional one hour interactive drama workshop for up to 60 pupils. Just get in touch for costs and to find out more!

"The children all listened and participated. It was pacy, modern and on the level of the children. It reinforced the facts (adults too!) but also gave new information. A great play about a difficult to discuss topic. It was to the point, not condescending towards the children."
Teacher, Parsloes Primary School, London Borough of Barking and Dagenham

For more information on this show or any of our other work, please feel free to get in touch and we'll be happy to help!

Chain Reaction

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We look forward to hearing from you!