

Magic Mushrooms

Session plan 1

Aims: The young people will understand the risks, effects and law with regard to magic mushrooms.

Learning Outcomes:

By the end of the session the participants will:

- understand how mushrooms effect the body and mind
- have a clear understanding of the law
- identify what the risks are in taking magic mushrooms

Group size: 4-7 young people – suggest aged 13+ but at youth workers discretion

Time: 1 hour

Venue: Youth club

Materials:

- Flipchart
- Symptom cards
- Quiz

Time	What	Who	With
15 mins	Ask the young people: <ul style="list-style-type: none"> • What are magic mushrooms? • Where do they come from? 	All	Flipchart
15 mins	Give each young person a symptom card, ask them in turn to act out that symptom.	All	Symptoms cards
15 mins	As each young person acts out their symptom, the others try to guess what it is. Ensure that when the laughter stops you ask the young person to read out what it says on their card (if they are struggling with the reading give them a hand quietly). Discuss the risks associated with this symptom with the young people.	Young people	
5 mins	Reflect on this part of the session and ask the young people to repeat back to you what the symptoms are.	Young people	
5 mins	Quick short quiz to cover aspects of the law. Don't get them to write down the answers, just share with the group	All	Quiz
5 mins	Feedback and end of session		

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Magic Mushrooms – symptom cards



Magic Mushroom Symptoms

You are feeling confident, relaxed and good spirits

Magic Mushroom Symptoms

You are frightened and unsettled

Magic Mushroom Symptoms

Colours are distorted - you think you can hear them and you think you can see sounds

Magic Mushroom Symptoms

You feel creative and enlightened

Magic Mushroom Symptoms

You feel disorientated, lost and confused

Magic Mushroom Symptoms

You are feeling sick and have stomach pains and diarrhoea.

Magic Mushroom Symptoms

You are tripping and your sense of time slows down or speeds up

Magic Mushroom Symptoms

You are dying, you have eaten a poisonous mushroom



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Magic mushrooms & the law quiz



1. What Class of drug are magic mushrooms when they are prepared?	Answer: A
2. It is legal for you to pick and eat your own magic mushrooms?	Answer: Yes it is
3. Possession is illegal. Is the maximum prison sentence: <ul style="list-style-type: none">• 1 year• 3 years• 7 years	Answer: 7 years
4. A conviction for drug offences does not stop you visiting other countries - True or False?	Answer: False, some countries (including America) will not allow people who've been convicted of drug related offences to enter
5. Does your school or college have to exclude you if they find out you've used magic mushrooms on the premises?	Answer: They don't have to by law, but it will depend on the school or college's policy.

