Positive Choices
Drug and Alcohol Information
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Quick activity

Recovery Position Role Play: Class Activity



Evidence ratings:

This resource has undergone expert review. See our Help/Q&A section for more details.

Year: Year 7–8, Year 9–10

Targeted Drugs: Alcohol, Drugs (General)

Tags: OurFutures

Time Allocated: 1 lesson

Links to National Curriculum:
ACPPS072 (Yr 7–8)

Origin: Australian

Cost:
Free

Attachments

How to put someone in the recovery position instructions

Developers

Previously known as Climate Schools, **OurFutures** was developed by researchers based at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney, Australia. See the OurFutures website for more information.

Format

Role-play in pairs.

Preparation

- To be familiar with the procedure for placing someone in the recovery position.
- Print "How to put someone in the recovery position" instructions for each pair (attached).

Activity

Role play:
The aim of this exercise is for each student to learn how to put a person into the recovery position. The teacher should get a volunteer to come out to the front of the class and use this person to demonstrate the recovery position. The class should then be broken into pairs and each pair provided with the printed recovery position instructions. Each person in the pair should alternate, so that that they have a turn to place a person in the recovery position and be the patient.

Benefits

- Students learn how to put someone into the recovery position.

Evidence Base

Secondary teachers reviewed this and other OurFutures activities, with 92.3% rating these activities as good or very good. This particular activity was among the most popular activities selected for implementation by teachers.

The benefits of implementing individual activities from OurFutures has not been examined. The benefits of implementing the entire 6 session OurFutures program has been supported by multiple research studies, see OurFutures: Alcohol Module.

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