

Alcohol

Year Group 8

Experience **The Street**

24 Alcorn Close, Sutton, SM3 9PX

T: 020 8296 1287, F: 020 8296 1284

E: SLC@sutton.gov.uk, W: suttonlifecentre.org

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Setting the scene...

The virtual camera starts on the street, and then moves to a skateboard park to reveal the scene where a number of young people are gathered.

Everyone has a right to enjoy themselves, yet some people choose to have fun in a way that harms their families, their friends, or even themselves.

Abi has just read a really interesting fact in her magazine.

Abi "Did you know that a quarter of a bottle of vodka is about the same calories as a Mars bar?"

Zoe "Well, now we know why Kerry Bishop is fat, it's because she drinks so much!"

Abi "Well, she's going to get even fatter now, cos she's pregnant."

Zoe "No!"

Abi "Don't you know? It happened at Keith's party. She must have been plastered to go into that room with Dean. I mean, she didn't even like him..."

Zoe "Well, she must hate him even more now..."

Grif walks forward. He has been drinking loads with a friend.

Grif "Do you girls want a drink? Dean's found an offie that'll serve him. If you want a bottle of vodka, give him your money..."

Abi voice over *I was pretty out of it at that party too. Maybe I should stay away from binge drinking now, for good?*

Zoe voice over *If we get involved in buying booze, we're breaking the law. Is it okay to go along with this, or should I stop?*

Grif "Fancy another, then?"

Abi voice over *We can all choose to stay within the law, and in control. It's the choice to have fun on your own terms. What would you choose?*



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Alcohol lesson plan

1 Review the scenario and in small groups, discuss the following questions:

- What do you think are the key messages?
- What do you think could be the consequences if the young people in the scenario carry on their behaviour?
- Feed back to the main group the three key points from your discussion.

2 Quiz

- Each student completes the quiz.
- Hold a whole class discussion to clarify the answers.

3 Continuums – an opportunity to explore our attitudes to alcohol

- Divide the class into small groups and provide them with a set of the attached continuums statements.
- Each group decides whether the statement is OK or NOT OK and the reasons behind the decisions.
- Hold a whole class discussion about which statement resulted in the most debate per group and why.

4 Plenary

Review the lesson and key knowledge learnt (can use 'hot potato' activity style).

approximately 1 hour



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Alcohol Quiz answers

Please tick the answer you believe to be true.

There may be more than one correct answer to some of the questions.

1 Alcohol is:

- a. a stimulant drug
- b. a depressant drug
- c. a hallucinogen
- d. not a drug

2 A unit of alcohol is equivalent of:

- a. a pint of beer
- b. a round of drinks
- c. half a pint of beer
- d. a pub measure of spirits
- e. a small glass of wine

3 How old do you have to be to legally buy alcohol in a pub or off licence?

- a. 14 years
- b. 16 years
- c. 18 years
- d. 21 years

4 At what age is it legal for a child to be given alcohol at home?

- a. any age
- b. 5 years or over
- c. 15 years or over
- d. 18 years or over

5 What is a safe limit for drinking and driving?

- a. after one unit of alcohol
- b. after two units of alcohol
- c. after three units of alcohol
- d. after four units of alcohol
- e. there's no safe limit

6 Alcohol has the effect of:

- a. helping people to think clearly
- b. relaxing the muscles
- c. reducing sensitivity to pain
- d. loss of memory
- e. keeping the body warm
- f. dehydrating the body
- g. helping a person to sleep
- h. disturbing the sense of balance

7 Would the effects of drinking 3 units of alcohol be least marked:

- a. on a man's body?
- b. on a woman's body?
- c. on a young person who is not fully grown?

8 How soon after having a drink does alcohol begin to affect the brain?

- a. within 5 minutes
- b. within 10 minutes
- c. within 20 minutes
- d. only after several drinks

9 Which drug kills more young people each year?

- a. heroin
- b. alcohol

10 Which of the following will a person find more difficult after drinking alcohol?

- a. taking precautions if they have sex.
- b. driving a car with care and attention.
- c. making good decisions.

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- d. 21 years

4 At what age is it legal for a child to be given alcohol at home?

- a. any age**
- b. 5 years or over
- c. 15 years or over
- d. 18 years or over

There is no age limit but potential social & health issues

5 What is a safe limit for drinking and driving?

- a. after one unit of alcohol
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- c. after three units of alcohol
- d. after four units of alcohol
- e. there's no safe limit**

There is no safe limit – every one is different, body mass etc

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Alcohol lesson plan – continuums

- | | | |
|---|-----------|---------------|
| 1 A party is no good without alcohol | OK | Not OK |
| 2 A high percentage of crime is committed when people are under the influence of alcohol | OK | Not OK |
| 3 Young people pay most attention to what other young people say | OK | Not OK |
| 4 It's alright to get drunk sometimes | OK | Not OK |
| 5 Smoking cannabis is far safer than drinking alcohol | OK | Not OK |
| 6 It's OK for a man to get drunk but not a woman | OK | Not OK |