

Alcohol Awareness Week

19/11/2018-25/11/2018





ALCOHOL

Learning objectives

We are learning about why young people may choose to drink, the risks associated with underage drinking and how to make safe choices around alcohol.

Learning outcomes

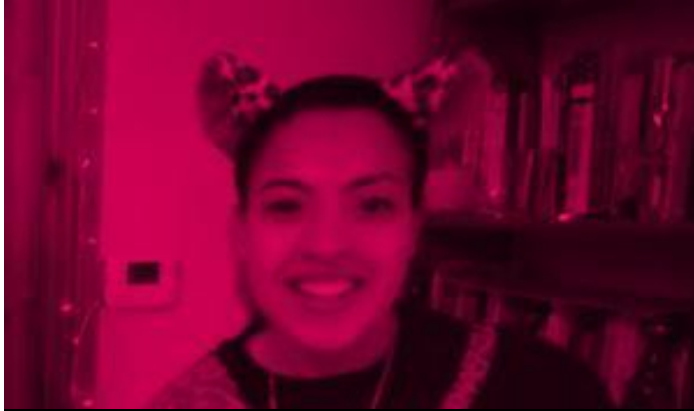
By the end of the lesson you will be able to...

- Describe the reasons why people drink alcohol and the impact it can have
- Identify and assess the risks of underage drinking
- Suggest strategies to manage peer pressure around alcohol misuse and identify sources of guidance and support.

KEY VOCABULARY

Depressant, addictive, peer-pressure, family, friends, support, communication, units, incapacitated

ALCOHOL



PLUS POINTS

Why do some people like drinking alcohol?



MINUS POINTS

What are the possible negative effects of drinking alcohol?



INTERESTING POINTS

What facts do you already know about alcohol?



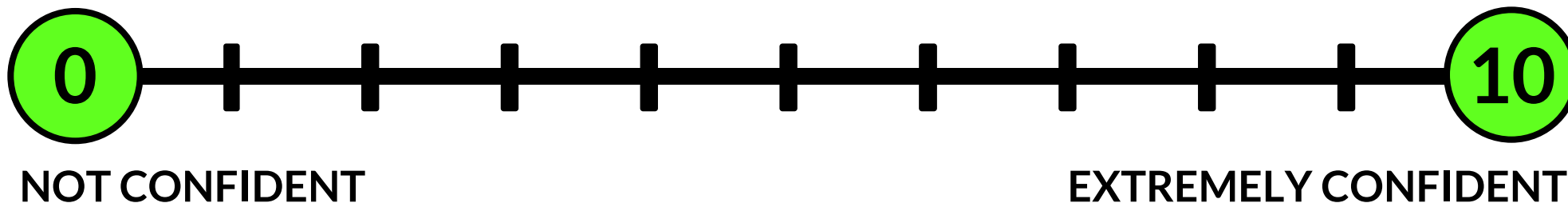
ALCOHOL SELF ASSESSMENT



- A. How confident are you at describing some of the reasons why people drink alcohol?

- B. How confident are you in knowing the risks of underage drinking?

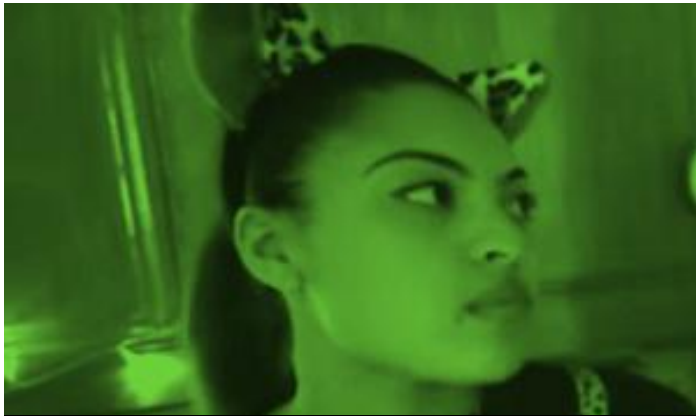
- C. How confident are you about knowing how to find support for yourself and friends?





ALCOHOL

IT'S YOUR CHOICE...



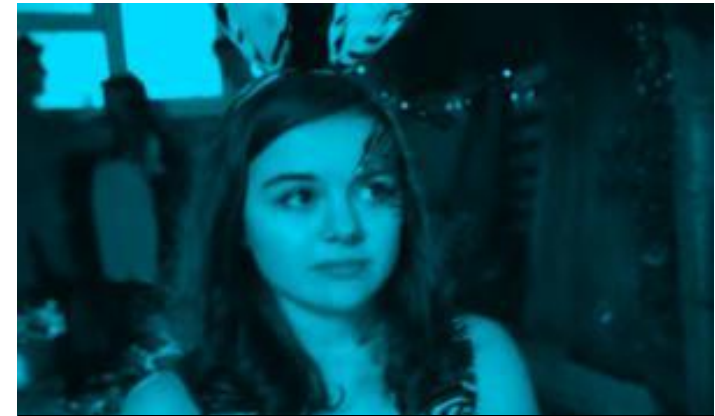
REASONS

What are the reasons that some young people choose to drink?



FEELINGS

How can it make them feel?



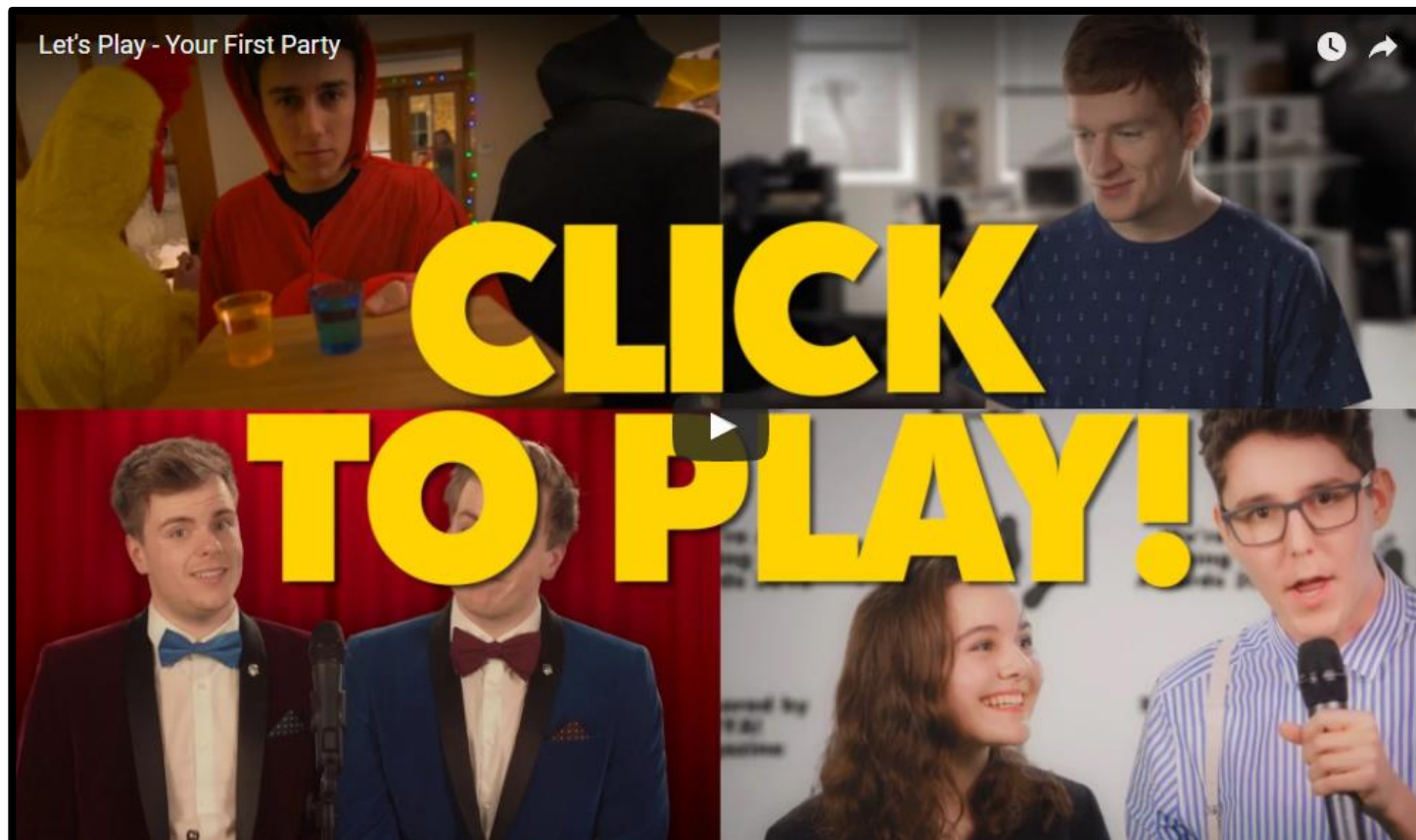
RISKS

What are some of the risks associated with underage drinking?



ALCOHOL

IT'S YOUR CHOICE...



<https://riseabove.org.uk/article/play-up-to-you-party-edition/>



ALCOHOL

IT'S YOUR CHOICE...



- What are some of the short-term side effects of drinking alcohol? (physical/emotional/social)
- What are some of the long-term side effects of regularly drinking alcohol? (physical/emotional/social)
- How did people respond when your character decided not to drink?
- How did people respond when your character decided to drink?

FURTHER CHALLENGE

- Drinking alcohol can lower your inhibitions. Why could this be a problem?
- Why might it have been difficult for your character to resist the temptation to drink?
- Why do some people pressure other people into drinking?
- What could someone do if they make a decision that has (unforeseen) dangerous/negative consequences?



ALCOHOL UNDER PRESSURE



<https://riseabove.org.uk/article/advice-on-pressure-and-role-models-mtvriseabove/>



ALCOHOL

UNDER PRESSURE



Create a storyboard, comic strip or creative writing piece about the scenario. Use the Rise Above Website to get ideas for solutions.

Scenario

A young person experiences a pressurised situation relating to drinking alcohol.



Do not base this on your real-life experiences or anyone you know

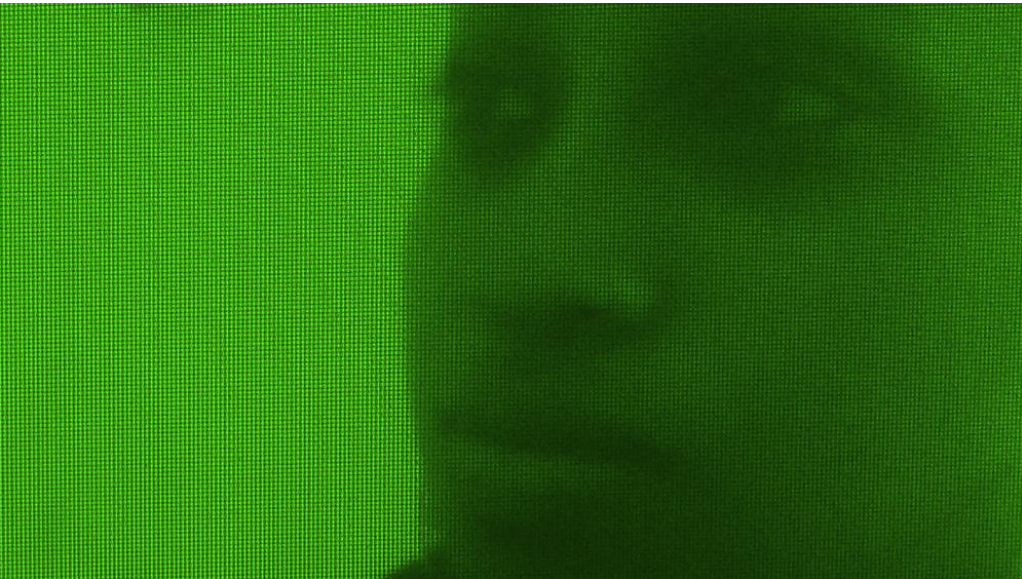


Share your work with other students. Do you agree with their outcome or would you have chosen something different?



ALCOHOL

PLENARY: NOW I KNOW

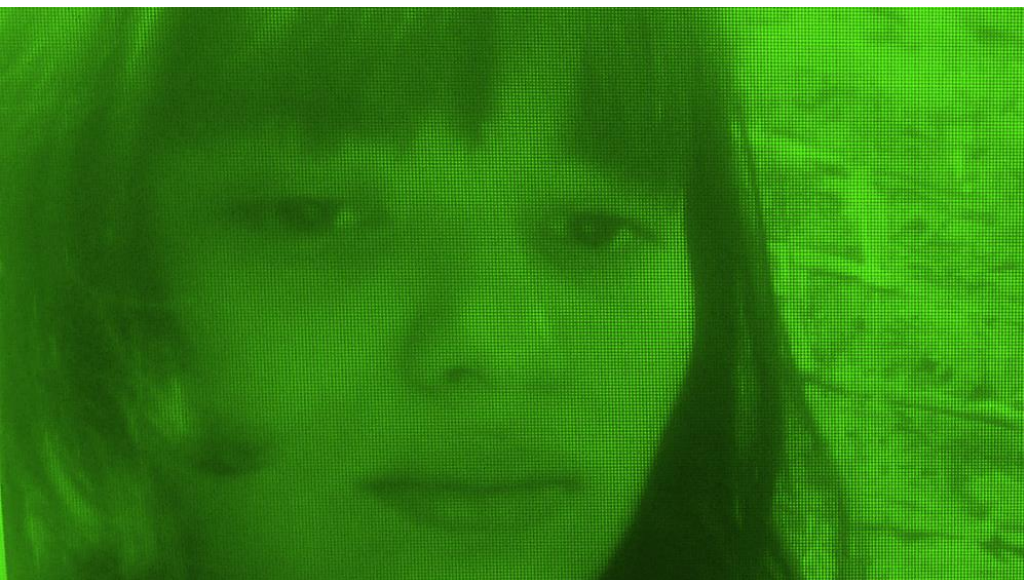


- Go back to your mind-map and add information you have learnt today in a different colour pen.
- Underline key words from the lesson
- Highlight or circle one 'take away' message from the lesson



ALCOHOL

PLENARY: NOW I KNOW



If you, or anyone you know needs support in this area, speak to a trusted adult, a teacher, tutor or head of year. You can also get support from Talk to Frank at:

<http://www.talktofrank.com/drug/alcohol>



ALCOHOL

SELF ASSESSMENT



A. How confident are you at describing some of the reasons why people drink alcohol?

B. How confident are you in knowing the risks of underage drinking?

C. How confident are you about knowing how to find support for yourself and friends?

