



Aims and Objectives

- To explore common myths and misconceptions around alcohol and alcohol use.
- To introduce the physical, social and emotional effects of alcohol use/misuse at a secondary school level.
- To ensure pupils have an understanding of the negative consequences of drinking alcohol.

Activities:

1. Introduction

- Introduce yourself and GCA P & E
- Hand external facilitator to teacher and ask for it to be completed by the end of the session.
- Explain you're here today to raise awareness about alcohol and go over content of session

2. Alcohol Presentation – Bottles and Units

- Use the facilitation notes in pack to deliver this activity.

3. S1 Alcohol Knowledge Quiz

- Split class into groups of five
- Give each group a copy of the quiz
- Explain – purpose of this game is to identify which group is more knowledgeable regarding alcohol issues
- Appoint a group scribe
- When finished filling in quiz, ask groups to come up with a team name
- Put name on board
- Hand out true / false cards. Explain they can pass it round the group so that each person has a turn to answer, but it has to be the team answer
- Read out each statement and get each group to hold up a card and justify their answer
- Discuss answers and scores taken
- Round of applause for winning team

4. Beer Goggles

- Refer back to question 9 in the quiz.
- If alcohol affects movement, speech, thinking, hearing and breathing, what else could it affect? VISION
- What could it do to your vision? What might happen?

5. Safety Tips and Advice

- Use a safety tips worksheet and whiteboard pens.
- Ask: **Do you think young people should drink less / no alcohol?**
Why / why not?
What are the potential risks of alcohol use to young people?
(Accidents, fights, trouble with police, parents, doing things you regret)
- Ask pupils to discuss safety tips they could give to a friend who had drank too much and was at risk of getting involved in the activities you have discuss.
- Facilitate feedback based on what pupils have written.

6. Summary

- ***What is the only thing that can sober someone up? Time***
- ***Are there any sensible drinking guidelines for young people? Why?***
- ***What is the organ in the body that processes alcohol? Liver***
- ***How long does it take for alcohol to reach the brain? 5 mins***
- ***What are the recommended guidelines for over 18s?***
- ***Can drinking be dangerous?***

7. Twitter Evaluation

- Use tweet cards for this activity.
- Ask pupils to come up with a twitter post that tells of something they have learned during the session or a comment about an activity they enjoyed during the session and why.
- Encourage participants to follow @GCAtweets to see if their message will be posted!