



## Alcohol Presentation – Bottles and Units

- Do you think alcohol is a big thing?
- Do young people drink?
- Why do young people drink?

**1. Buckfast:** Hold up bottle. Does anyone recognise this?

- What is the street name? **Buckie**
- How do people drink this? By **the bottle, not the glass**
- What do they do with this bottle after they drink it? **Smash it, fight, go over how dangerous this is – glass on street, small children, etc.**
- What makes this drink more dangerous than others? **Contains high level of caffeine. Caffeine is a stimulant; alcohol is a depressant (opposite). Mixed drugs send mixed messages to the brain.**

**2. Frosty Jacks:** Hold up bottle. Does anyone recognise this?

- What is it? **White cider**
- What is cider usually made from? **Apples.**
- How many apples do you think went into this? **Not many! Really bad for stomach ulcers as it is very acidic and damages stomach lining if drank too often.**

**3. Does anyone know how alcohol is measured? Units**

- Use props: Whiskey and ½ pint – both are 1 unit but why is one more liquid than the other? **Strength.**

**4. Guess the Units**

- Buckfast? **12 units, that's like 12 whiskeys**
- Cider? **23 units, that's like 23 whiskeys**

**5. Guidelines**

Has anyone heard of the recommended daily drinking guidelines for over 18s?

- **Males 3-4 units and two non drinking days per week**
- **Females 2-3 units and two non drinking days per week**
- Why is it different? **Women's bodies are generally smaller**

- **Men have more water in their bodies so alcohol is more diluted**
- **Men have an extra enzyme in their liver which helps break down the alcohol**
- Are there any guidelines for under 18s? **None. Liver is still developing.**

## **6. Processing**

- How long does it take for an adult liver to process 1 unit of alcohol? **1 hour per unit**
- How long will it take for me to process a bottle of Buckfast / cider?
- So if I go home and drink this bottle of cider at 8pm, when will my body be free of alcohol? 7pm the next evening. If I got up for work, (maybe not feeling drunk anymore) and drove to work under the influence, what would happen? **Lose licence, lose job, pay a fine – not good!**

## **7. Summarise**

So what are the important things you need to consider about when and what you're drinking? **Strength and volume**

What is the only thing that will sober you up? **Not coffee, not a cold shower, not irn bru, not a good sleep... Time!**