

Board Game Facilitation notes

Discussion Points for cards:

1. *You and your friends go out for a good night out. Lots of bars are giving free shots if you go in for a drink which means you are drinking more alcohol, and at a quicker pace! You end up very drunk and need to go back to the hotel early.*
 - **Why do you think you needed to go back to the hotel early?**
 - **Can you think of any dangers? Walking back to hotel alone, falling asleep....**
 - **What could you do to make sure this doesn't happen? Don't need to drink all the free shots – pace yourself with soft drinks, water. Make sure someone goes home with you.**

2. *You and your friends are out drinking and you lose your purse/wallet/spend all your money on alcohol. You are drunk and get separated from your friends and now have no money to get back to the hotel.*
 - **How are you going to get back to hotel? Could walk –**
 - **Any dangers with this?**
 - **What could you do to make sure this doesn't happen?**
Don't spend all your money/keep emergency money in a safe place, i.e. not all in your purse. Don't walk home alone – make sure a friend goes with you.

3. *You have had a few too many shots, lose your balance and fall down some stairs. You end up in hospital with a broken ankle but because you were drunk at the time of the accident your travel insurance is invalid. Go back 3 spaces.*
 - **Did everyone know that travel insurance is invalid if drunk or under Influence of drugs at time of an accident**
 - **What does this mean?**
 - **You will have to pay for hospital treatment.**
 - **How much do you think it is? Can range from a few hundred pounds to thousands of pounds.**
 - **What could you do to avoid this? Stay sober? Pace yourself?**

4. *You are enjoying your last night on holiday, drinking alcohol and decide to try cocaine for the first time. You don't realise that when alcohol and cocaine mix in the body they form a new chemical called Cocaethylene that greatly increases the risk of having a heart attack or stroke. Go back 3 spaces.*

- **Was anyone aware that Cocaine and Alcohol together form a new chemical in the body?**
- **What would happen if had a heart attack/stroke abroad?
Insurance?**
- **What could you do to avoid this?**

5. *You and your friends are in a local bar drinking cocktails, it is very warm and to avoid dehydration you alternate each drink with a large glass of water. Your body stays hydrated and you avoid a hangover the next day. Go forward 2 spaces.*

- **Why do you think you got to move forward 2 spaces with this card? Sensible choice of alternating each drink with water – keeping the body hydrated.**
- **Alcohol can dehydrate the body. This is why you get a headache next day – water around the brain shrinks and puts pressure on the brain.**

6. *You and your friends are out drinking. You get chatting to a good looking girl/guy and accidentally lose your friends, but you have previously arranged to meet at an agreed landmark if this happens. Go forward 4 spaces.*

- **Why do you think you got to move forward 4 spaces with this card?**
- **Keeping yourself safe by arranging to meet at an agreed place if you get lost/separated from friends.**
- **Remember your mobile might not always work abroad or you don't want to run up a huge phone bill. This is how people stayed in touch in the olden days! Agreeing to meet at a certain time and sticking to it.**

7. *You are out drinking and someone offers you drugs. You don't accept. Go forward 3 spaces.*

- **Why do you think you got to move forward 3 spaces with this card? Drugs can negatively affect the body. Seen the example of cocaine – what other drugs might you get offered on holiday?**
- **Taking drugs may not always be an enjoyable experience. Risks? To health?**

****Remember they are illegal, can get arrested end up in a foreign jail.**

8. *You and your friend have been drinking and are driving mopeds while on holiday. Neither of you have a driving license and end up crashing. You are lucky enough not to be hurt but are left to pay a large bill for the damage. Go back 1 space.*

- **Do you think this is realistic? One of the most common causes of hospitalisation/death abroad is moped crashes.**
- **If you can't drive in the UK you won't be able to drive abroad – but some places that hire out these mopeds do not check as rigorously as they should. This could be very dangerous. Also cost a lot to pay for damage – might have to use all your saving money or worse – phone and ask mum/dad for money.**

**** Again Insurance would be invalid**

9. *While in Malia you agree to keep some Ecstasy tablets for a friend. You get arrested for drug possession. In Greece, possession of even small quantities of drugs can lead to lengthy prison terms and even life imprisonment. You await trial in a local prison. Go back 5 spaces.*

- **Did you think you could get life imprisonment for drug possession? Other countries,**
- **Cyprus also get life imprisonment,**
- **Spain – can get up to 12 years in jail for drug possession....**
- **Thailand can get the death penalty.**
- **What are the conditions like in a foreign jail?**
- **How much do you think a lawyer would cost?**
- **What could the British Embassy do? They can't get you out of jail – just as foreign authorities cannot interfere with the judicial process in the UK, we cannot interfere with other countries. What could you do to avoid this? Stay away from drugs – not worth getting arrested for. Look at foreign office website www.fco.gov.uk for up to date information on local laws and customs.**

10. *You drink water in-between alcoholic drinks. Your body stays hydrated.*

- **What are the benefits of this?**
- **Mention: Alcohol itself dehydrates the body,**

11. . *Someone you don't know has offered you a drink. You don't accept*

- **Discuss possible outcomes if they did accept the drink,**

12. *You over did it last night and have a bad hangover.*

- **What could have done to prevent hangover, harm reduction messages.**
Alternate drinks with water/soft drink.
Avoid shots/ Mixing drinks
Have a good meal before going out etc...

13. *You and your friends decide to visit the water park during the day instead of heading out
To the pub*

- **Chance to mention other things that can do on holiday as alternatives to alcohol...**

14. *You and your friends are up on the dance floor. You're drinks are left unattended.*

- **What could the risks of this be?**
- **What if you or a friend had drinks spiked, would you know what to do?**
- **What would you do?**

15. *You had too much to drink and you and your friends have an argument, everyone splits up and walks off.*

- **Risks when walking home alone?**
- **What would you do if had a big fall out with friends in a foreign country**
- **Mention how alcohol affects behavior, regrets the next day**

16. *You and your friends are heading out for the night, you's have agreed that before drinking you's will go for a meal.*

- **Importance of having food in stomach, mention journey of alcohol through the body**

17. *Back at the hotel after a night of partying, you and your friends decide to go for a swim in the pool. You are injured after you dive and hit the bottom*

- **What could happen?**
- **Discuss stories of people that have been left paralysed or drowned in pool on holiday**

18. You're apartment has broken into whilst you were out at the beach. You had paid the deposit for the safety deposit box so you're passport and expensive belongings are save.

- **Ask class if the would think to use the safety deposit box**
- **What are the benefits of using one?**

19. Whilst drunk on a night out you decided to get a tattoo which you now regret.

- **How would you feel if you got a tattoo which later regretted?**
- **Do you think there are any other risks involved in this?**

20. You're mobile phone was stolen at the waterpark but you have written down important numbers and hold valid holiday insurance and have managed to claim back all expenses.

- **Discuss other things that could go wrong that insurance would cover you for, Lost/Stolen baggage, medical expenses, etc.....**