

Sun, Sea & Safety

Aims and Objectives

- To reduce the negative impact of alcohol use/misuse while abroad
- To raise awareness of different risky situations and consequences
- To increase knowledge of recommended alcohol limits and situations where alcohol could be avoided.
- To increase skills for reducing alcohol and/or drugs consumption.
- To encourage changed attitudes to alcohol use.

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 that during today's session we will be looking at alcohol and especially alcohol abroad.

2. Icebreaker

- Resources needed for this activity: Beach Ball.
- **Ask each person to think about what could you not go on holiday without?**
- Using a beach ball throw to a pupil in the class and ask question above, then ask this pupil to throw to a classmate. Repeat till everyone or good proportion of the class have had a go.

3. Check In:

- Resources needed for this activity: Suitcase with contents.
- Split pupils into groups of 3-4 depending on size of the class. Give each group a suitcase with contents
- Explain to pupils that they have reached check in and they are over their baggage allowance
- As a group they must decide what 3 items they would definitely take and discuss the reasons why
- Spend 5-10 minutes going round the groups getting feedback on items the choose

Discussion Points

- If buy unbranded condoms abroad not tested to British standards
- Importance of suncream in protecting skin in the sun
- If taking phone abroad, write down important contact numbers incase of emergency, i.e. parents or other relatives.
- Importance of travel insurance incase of lost baggage, lost or stolen property and also medical expenses if needed.

4. Board Game

- Resources needed for this activity: Board Game Notes Sheet, Board Game, Counters, Dice, Holiday Cards.
- Same groups as before, give each group a copy of the board game.
- Hold up the notes sheet and explain to young people to write down key points they learned or cards that stood out for positive or negative reasons, as their will be a discussion after the activity
- Read out clearly the instructions for the game
 - Pupils to pick a counter
 - To take it turns to roll the dice and move accordingly
 - If they land on a holiday card- to follow instructions as indicated
 - If anyone receives the go to Jail card then they should remain their for the rest of the game
 - Pupils should read their card aloud to rest of their group
- Give 15 minutes to allow time for pupils to complete game. Or until everyone has completed the game which ever is the shortest time.
- Feedback on game 10minutes
- Did anyone complete the game?
- Did anyone get sent straight to jail?
- How did it feel?
- What points have they noted on their board game notes card?

5. Quiz

- Resources Needed: Sun, Sea & Safety Quiz, Sun, Sea & Safety Quiz Answers.
- Same groups as before, give each group a copy of the quiz.
- Ask each group to appoint a scribe.
- Give 5-10 minutes to allow time for pupils to complete the quiz in there groups.
- Feedback on quiz 10minutes

1. Higher or Lower Quiz

- Resources Needed: Higher or Lower Quiz, 30 Higher Cards, 30 Lower Cards
- Hand out Higher and Lower cards to each pupil.
- Read out the first statement to the whole class and then ask the class to individually hold up either the higher or lower card depending on their answer
- Provide feedback on the correct answer and discuss further with the group
- Repeat this process with the remaining 5 statements

5. Summary

- Give each group a luggage tag
- To write down 5 key messages- safety tips they have took from todays session
- Go round each group giving them the opportunity to share their safety tip/tips
- Discuss any important points that arise
- Show pre prepared flip chart with 5 key messages from todays session to add to pupils suggestions

Key Messages

- Insurance Invalid if drunk
- Never leave your friends and walk home alone especially when drunk
- Be careful when drinking, as unit measures don't apply in most places and very easy to lose track/control of what you are drinking
- Drink plenty of water to keep your body hydrated
- Be aware of local laws on drugs and alcohol