

Alcohol - Session Plan 1

Aims: By the end of the session the young people will have an increased awareness of the issues relating to the misuse of alcohol.

Learning Outcomes:

By the end of the session the participants will:

- understand the short term effects and dangers of alcohol.
- understand the long term effects of alcohol.
- have discussed the social dilemmas of alcohol in society.

Group size: 6 – 8 young people

Time: 1 hour

Venue: Youth club

Materials:

- Flip charts with stick people
- Plain flip chart
- Pens
- Supporting paperwork

Time	What	Who	With
10 mins	Ask the group to give their view on alcohol and what it means to them.	all	Flip chart
15 mins	Break the young people into two groups and give them each a large piece of paper with a stick person drawn on it. Ask them to draw all the effects that drinking alcohol has on the body onto the stick person.	Young people	Stick people on paper
10 mins	Ask each group to feed back their drawings	Young people	Stick people on paper
10 mins	Then use your knowledge to explain that all the things they have drawn are areas of the brain closing down. If a person goes too far, eventually the respiratory system will stop and they will die.		Alcohol info sheet
10 mins	Ask young people to feedback long term effects of alcohol misuse then discuss.	all	Flip chart
5 mins	Reflection on session	all	
	End of session		

If your group have spare time when they've finished, you could give them the Alcohol Quiz to test their knowledge!

Alcohol Info Sheet

Alcohol is one of the hardest issues to tackle as society has double standards when it comes to alcohol. It is seen as OK for adults to use alcohol as a socially acceptable way of meeting friends and celebrating, but on the other hand it is still a dangerous drug that can kill if misused.

A lot of research that focuses on units of alcohol, but this is not always the most effective tool to use with young people as it is hard to relate to their lives.

Alcohol is a depressant and addictive. Although initially alcohol will reduce your anxiety and inhibitions, the later stages of drinking can cause physical changes such as:

- Vomiting
- losing your balance
- slurred speech

Less is known about how individuals will react when drinking alcohol as everyone behaves differently. Some people get very emotional and all their problems become exaggerated, others become physical and violent.

Alcohol is known to be a factor in:

- violent crime
- domestic violence
- car deaths
- missing work
- unemployment.

Long term health consequences of alcohol misuse can include:

- liver damage
- stomach cancer
- breast cancer
- heart disease
- high blood pressure that can lead to strokes.

Binge drinking, which means drinking large quantities in a short period of time, has become a real problem in recent years. Anti-social behaviour rises when people abuse alcohol and people take greater risks like engaging in unprotected sex.

Alcohol Quiz

You can mix this quiz up with some of your own questions that can be fun and topical.

1. Which has the highest cases of binge drinking?

- a. UK b. Sweden c. France d. Germany

2. Alcohol warms you up if you are cold?

True or false ?

3. Which age group is most likely to drink more than 8 units a day?

- a. 11 - 15 years b. 16 - 24 years c. 36 - 44 years d. 65 years

4. Drinking fizzy drinks will make you feel the effects of alcohol quicker?

True or false?

5. In Alaska is it illegal to give a Moose alcohol?

True or false

6. Drinking alcohol makes you less able to see in the dark?

True or false

7. The best way to avoid a hangover is:

- a. take a paracetamol before you drink
b. Don't drink to excess
c. Drink milk while you are drinking

8. Men who regularly drink alcohol over the drinking guidelines will:

- a. Produce more testosterone and be more active
b. Produce less testosterone that can lead to being impotent
c. Produce too much testosterone that can lead to aggression

Alcohol Quiz Answers

1. Which has the highest cases of binge drinking?

- a. UK b. Sweden c. France d. Germany

2. Alcohol warms you up if you are cold?

True or false ?

3. Which age group is most likely to drink more than 8 units a day for men or 6 units a day for women?

- a. 11 - 15 years b. 16 - 24 years c. 36 - 44 years d. 65 years

4. Drinking fizzy drinks will make you feel the effects of alcohol quicker?

True or false?

5. In Alaska is it illegal to give a Moose alcohol?

True or false

6. Drinking alcohol makes you less able to see in the dark?

True or false

7. The best way to avoid a hangover is:

- a. take a paracetamol before you drink
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8. Men who regularly drink alcohol over the drinking guidelines will:

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