

Alcohol, Parties and Bad Choices

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To describe the risks
associated with house
parties and alcohol

To explore alcohol abuse,
drink spiking and the
associated risks

To evaluate what and who
impacts our decisions about
our own health and the
choices we make

NEW VOCABULARY

Anti-social Behaviour, Binge
Drinking, Drink Spiking, Date
Rape, Sedatives, Tranquilisers



STARTER ACTIVITY

When are how are we exposed to alcohol?
What things can make a situation risky?
What message is the picture trying to make?



3 Minutes

GROUND RULES



Be open and honest
No Personal Comments
Discussions must be about
'general situations'



You don't have to say
things about yourself if
you don't want to

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



Be Respectful

Listen and don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
language (avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

PSHE CLASSROOM RULES

DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

Be Non-Judgemental
No put-downs. Challenge
the opinion, not the
person



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

There are **no stupid questions**
It's OK to get things wrong

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support



Alcohol, Parties and Bad Choices

ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER

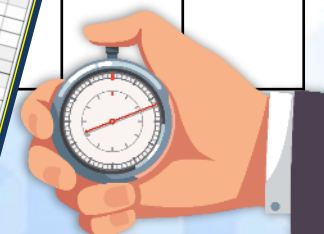
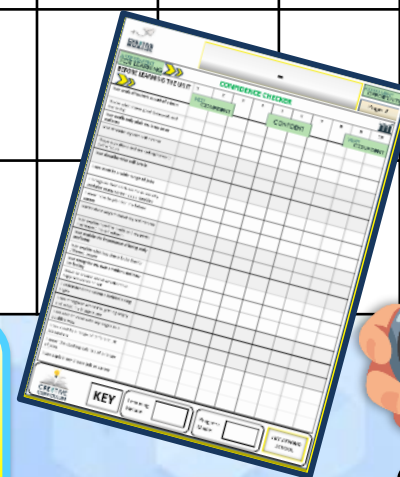


BEFORE THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I know the risks associated with house parties										
I can explain how drinking alcohol impacts sensible decision making										
I always make good decisions in relation to my own health and safety										



Complete a baseline assessment of where you think you are at for this lesson

(Discuss or complete sheet)



2 Minutes

I'm not
confident at all
on this topic

A little
confident

Confident

Very
confident

I am super
confident on
this topic

ACTIVITY

Alcohol - Effects and Consequences

Complete the table and include explanations

Why?

(Why do people drink alcohol?)

When and Where?

(What age, occasions and events do people drink at?)

Consequences of Drinking

(Positive and negative)

Why Not?

(Why do people choose not to drink?)

Immediate Effects

(Drinking a little/ drinking a lot)

Long-term Effects

(Drinking a little/ drinking a lot)

Drinking Alcohol

Slows down the brain and affects the body's responses.

Upsets our sense of balance and coordination.

Can lead to you taking unnecessary risks.

Affects our judgement and reasoning.

Can make you let go of your inhibitions.

Impairs our vision and hearing.

Makes us drowsy.

Makes us lose concentration.



THE HOUSE PARTY

YOU ARE HOSTING A HOUSE PARTY AT THIS PROPERTY

- **What is the occasion?**
- **Who is invited?**
- **What are the activities at the party?**
- **How will you make the party fun?**
- **Timings for the party?**

What else do you need to consider?

A photograph of a group of people at a house party. In the foreground, a man in a dark shirt is talking to a woman with curly hair and orange earrings. To the right, a woman in a brown top is holding a drink with a straw. In the background, another person is visible. The room is decorated with string lights and has a green armchair. The overall atmosphere is social and relaxed.

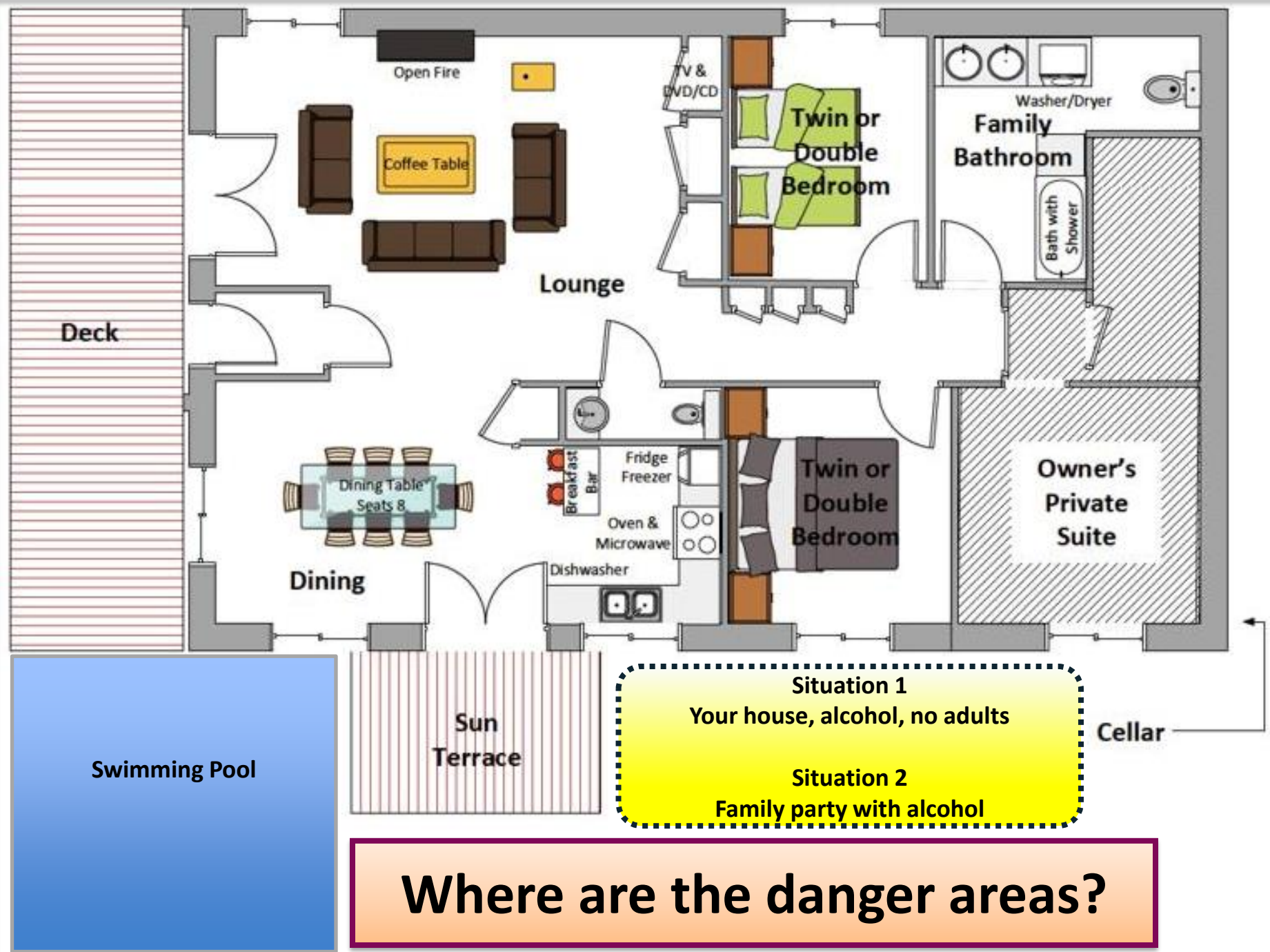
THE HOUSE PARTY

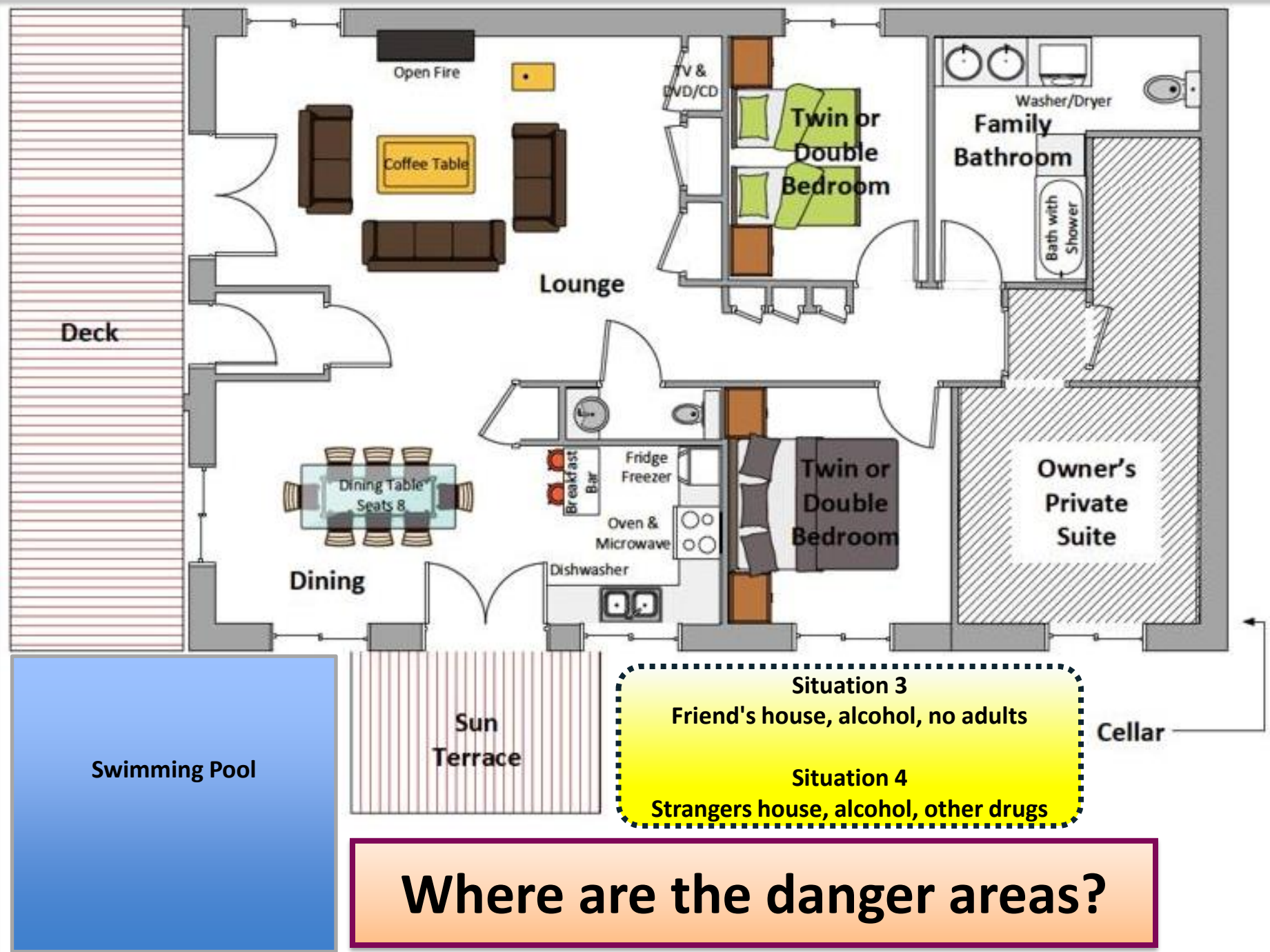
- What could go wrong?
- What is your plan if this happens?
- How will you stay safe?
- How could alcohol impact the party?
- How could drugs impact the party?
- How could unwanted guests impact the party?

Task

Discuss the positive and negative experiences that individuals might have after drinking alcohol.

Consider how alcohol might affect an individual's physical health, mental wellbeing and ability to stay safe at a party.





Risky Behaviours in Adolescence

How are some of these issues related?

Drinking

Illegal drug use

Boredom

Sexual Health

Binge drinking and alcohol abuse can develop into alcohol dependency which is a topic chronic disease that could result in death

Disengagement with school

Why is it important to understand the links between these concepts?

Gangs

Smoking

Anti-social behaviour

Trouble with the police



Did you know?

Research over the last two decades means there is a very strong idea of the risk and preventative factors that affect behaviour by young people; including drug misuse

SORTING ACTIVITY

Societal Factors and Influences

Factors that lead to someone being more likely to abuse substances like alcohol

Factors that lead to someone being less likely to abuse substances like alcohol

NOT SURE

**Serious anti-social
behaviour**

**Life traumas not
dealt with**

**Being unsensitive
and unkind to people**

**A caring relationship
with at least one
adult**

**Involved in the local
community**

**Strong parental
monitoring**

**Belonging to few or
no groups**

**Family involvement
in the lives of the
children**

Strong family bonds

**Lack of support and
positive role models**

**Being in trouble at
school (truanting and
exclusions)**

Clear family rules

**Smoking from a
young age**

**Being a member of a
gang**

**Strong support and
enjoyment at school**

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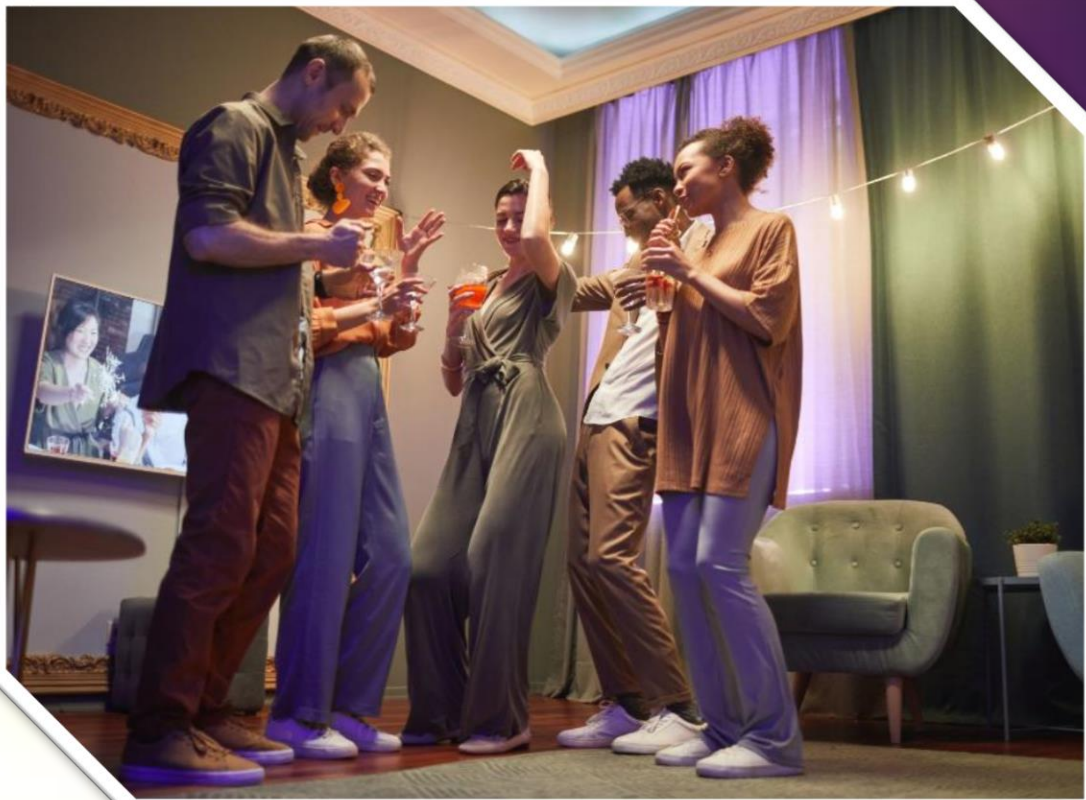
Clear family rules

**Strong support and
enjoyment at school**

**Strong parental
monitoring**

Task

Can you think of any other factors and influences for either side that you could add?



Did you know?

Ultimately, the numbers of young people drinking alcohol has dropped steadily in recent years. However, the numbers who do choose to drink are drinking more.

Did you know?

Drinking alcohol can become addictive.

Excessive drinking causes illnesses and other problems.

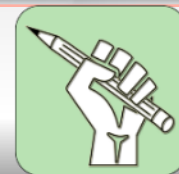
The NHS definition of binge drinking is 'drinking heavily in a short space of time to get drunk or feel the effects of alcohol'.

The short term effects of binge drinking can include vomiting, loss of sensory perception and blackouts.





Dr Linsey Doe (Doctor of Human Sexuality and a Clinical Sexologist)



Sex & Alcohol

Task: Pick one or two coloured hats and answer all the related questions



4 Minutes



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION



How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS



Can something be done? New ideas? What are the solutions/suggestions?

CREATIVITY



What thinking is needed? Next steps? Where are we now?

THINKING



What is wrong? Is it safe? Can it be done?

JUDGEMENT

What Do You Think?



“Our friends have the biggest impact on the decisions we make around our health”

Talking Points



I think that ...

I don't think... is right because...

My opinion is...

I would argue the same because...

I disagree with... because...

Building on what... said. I think...

An alternate way of looking at this is...

I sort of agree, however...

I would challenge what... said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?



How could these people help someone who is abusing alcohol?

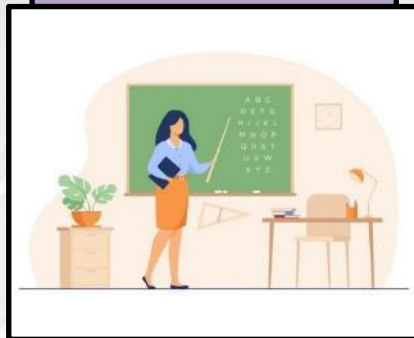
Friends



Family Members



School Teachers



Medical Professionals



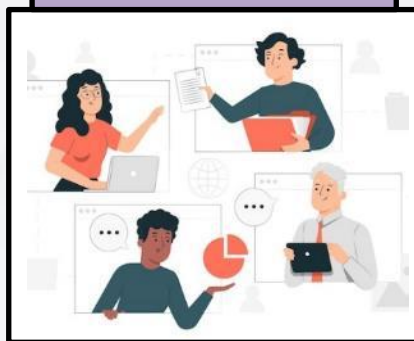
Other Trusted Adult



The Police



Local Religious Leaders



Charities & Support Services



Discuss with a partner which of these groups of people can offer:

1. Help and support. How do you access this? Try to be specific with each group.
2. Someone to talk to and give you moral support and help you make the right decision

Drink Spiking and Date Rape Drugs

Drink spiking refers to the act of adding drugs or alcohol to someone's drink without their knowledge or consent.

It is a form of tampering that can be done with the intention of incapacitating or taking advantage of the person who consumes the spiked drink.

The drugs or substances used for drink spiking can be sedatives, tranquilisers or other substances that can cause drowsiness, confusion, loss of coordination, memory loss or unconsciousness.



The prevalence of drink spiking and date rape in the UK, as in any country, can be challenging to determine precisely as these acts often go unreported.

However, the UK government has recognised the seriousness of these issues and has implemented measures to address it.

Organisations and law enforcement work to raise awareness, provide support for victims and prosecute offenders.

Did you know?

Drink spiking and date rape are serious illegal offences. They are not only morally and ethically wrong but also criminal acts that violate an individual's rights, bodily autonomy and consent.

Awareness

It is essential to raise awareness about the risks associated with drink spiking and date rape, and to take precautions to ensure personal safety.

Never leave your drink unattended: Keep an eye on your drink at all times and avoid accepting drinks from strangers or individuals you do not trust.

Watch out for signs of tampering: Be cautious if your drink suddenly tastes different, looks cloudy or has an unusual colour or residue. If you suspect your drink has been spiked, do not consume it and seek help immediately.

Stay with trusted friends: It is advisable to go out with a group of friends and look out for one another. Trustworthy companions can help deter potential offenders and provide support if any concerning situations arise.

Be mindful of your surroundings: Stay in well-lit areas, avoid isolated places and trust your instincts. If you feel uncomfortable or unsafe, remove yourself from the situation and seek assistance.

Educate yourself and others: Learn about the risks associated with drink spiking and date rape, and share this knowledge with friends, family and community members. Awareness and open conversations can help prevent these incidents and support victims.



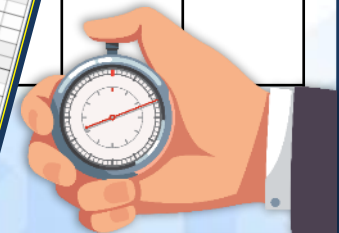
REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



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3 Minutes



Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)



I'm not confident at all on this topic



A little confident



Confident



Very confident



I am super confident on this topic

HOMEWORK SUGGESTION



DUE DATE

It must be submitted
by...

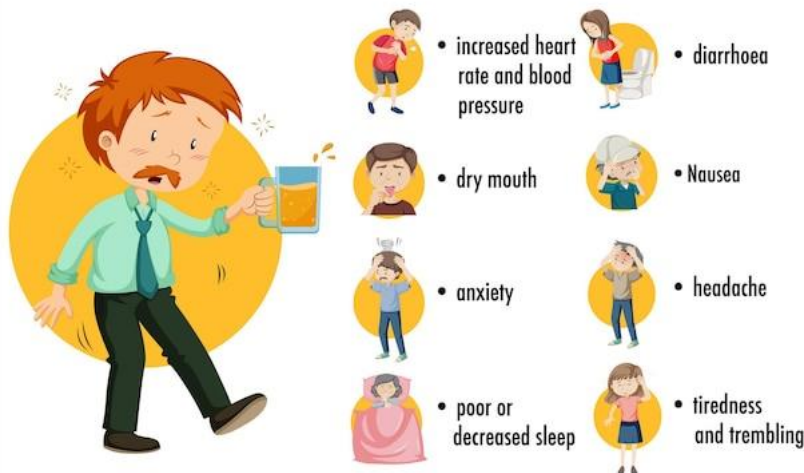
Hand/ Google Classroom



Homework Explained

Create an awareness campaign for young people with tips to keep them safe whilst they are at house parties and other social events. Include a campaign description, slogan and social media hashtags. You can use www.drinkaware.co.uk for help.

EFFECTS OF ALCOHOL





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT,
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW,
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ <https://kidshealth.org/en/teens/drug-alcohol/>
- ☐ <https://www.talktofrank.com>
- ☐ <https://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/drugs/>
- ☐ <https://www.nhs.uk/live-well/healthy-body/the-effects-of-drugs/>
- ☐ NHS Website <https://www.nhs.uk/live-well/sexual-health/>
- ☐ www.drinkaware.co.uk

RELATIONSHIPS
& SEX EDUCATION

SEEKING
SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

Before I only knew...
now I also know...

The key words for this lesson
were...

I'm really proud of the way I have...

Today I have tried to...

The most important thing I have
learnt today is...

I used to feel ... but I now feel ...

Before I would have done...
Now I will ...

Next lesson I would like to...

A question I would like to ask
is...

I would like to learn more
about...

I know if I need further support
or help I could speak to.... or
contact...

I now know I can supported
others by...

One thing I didn't realise was...
this will help me to...

2 Minutes





REFER TO MINDFULNESS POWERPOINT

