

# Developing Alcohol Awareness in Further Education: Teaching and learning materials

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**Educational support materials from two case study colleges**

**Annex three**



**November 2011**

In partnership with



## Canterbury College

1. Lesson plan for alcohol education
2. "Alcohol around the world" information sheet
3. Alcohol factsheet (impact and effects)
4. Alcohol awareness quiz

Session Title Alcohol and You	Group	Time	Date
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Recap on Previous Session

Learning outcomes for this Session by the end of the session learners will be able to;

- Identify threats to safety when drinking with friends
- Apply knowledge of threats and design a staying safe leaflet for younger people

<p>Learning Activity Intro – outline content and LOs ppt 1 5 Mins</p> <p><b>Activity 1</b> Assess prior knowledge – Quiz 5 Mins</p> <p>Go through answers and lead short discussion/outline of different cultural/religious attitudes to alcohol (Alcohol around the world doc) e.g. Why do people choose not to drink alcohol? 10 mins</p>	<p><b>Every Citizen Matters</b> Staying Safe <b>Functional Skills</b></p> <p><b>Equality &amp; Diversity</b> Discussion on cultural/religious differences in attitudes to the use of alcohol</p> <p><b>Differentiation - include</b> Use mixed ability groups</p> <p><b>Differentiation - exclude</b> Use fact sheets to research threats and ways to be safe</p> <p><b>Employer Related Learning</b></p>	<p>Assessment Activity</p> <p>Complete quiz individually</p>
<p>Learning Activity <b>Activity 2</b> – Identify threats 5 mins</p> <p>In small groups list the threats to your safety when you are out drinking with friends.</p> <p>5 mins Feedback responses and check against PPT slide 2</p> <p><b>Activity 3</b> 25 mins</p>		<p>Assessment Activity</p> <p>In small groups design and/or create a leaflet/guide for younger people on how to help each other stay safe when drinking</p>

Using the threats identified, think of ways you can help each other to stay safe when you are out drinking.

**EXT Alcohol fact sheet HO**

Check LOs, summarise achievement and end.

Learners Progress Action Notes

Session Evaluation

Key Strengths

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- 
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Key Areas for Action for Next Session

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## Alcohol around the world

Almost every nation on earth, barring strictly Muslim countries in which alcohol is banned, has its own distinct drinking history and culture.

The types of alcohol produced around the world can be broadly categorised by the staple crops used to produce them. In East Asia, for example, traditional alcohol drinks are rice-based, whereas in the west, grain and corn have long been the staples for the production of spirits and beer. But these categories say little about how people drink, or to what degree drinking is considered socially acceptable – or, indeed, morally questionable - in different countries.

## Alcohol in Europe

It might be fair to say that it is the European nations, including Britain, that have the most relaxed attitude towards alcohol. In many European countries, such as France and Italy, it is almost unheard of to sit down to an evening meal without a bottle of wine. Lunches, too, will often be accompanied by some form of alcoholic beverage. The same is also true of many Eastern European nations, where a meal might also be preceded by a series of toasts with strong spirits, such as vodka.

In Britain, throughout the 20th century, public houses invariably became the focal point of the community. Nowadays it is common for whole families to go to the pub, but equally these are places where friends and colleagues might also meet. Britain is perhaps unique in having the widest variety – and definition – of pubs in the world. We have family pubs, “gastro” pubs, working men's pubs, theme pubs... indeed, a pub for every occasion.

## Drinking in Asia

In stark contrast to Europe, drinking in many Asian nations is a less every day, and more formal, occurrence. Despite having pioneered some of the oldest brewing and distillation techniques in the world, habitual drinking is not central to the social life of most Asian countries.

Chinese families seldom drink alcohol together at home, as the British might do. Rather, the men of the household are more likely to drink when with colleagues, or entertaining business clients. As China develops, however, pubs and nightclubs are becoming more common, and more accepted as venues for meeting friends.

Drinking in Japan is rather more popular than in China, but in formal terms is still considered the preserve of businessmen – and lately, businesswomen. Whilst India produces a large number of high quality beers, large-scale drinking is not common, which can perhaps be attributed to the large Muslim population of that country. Many other Asian countries, such as Pakistan, Bangladesh and Indonesia, have even more restricted drinking cultures, on account of their strict Islamic laws.

## The Americas

Latin American countries have their own distinctive drinking cultures. As most modern South American nations have Spanish and Portuguese origins, much of the drinking culture here is derived from that of south-western Europe, but has been given an ancient twist courtesy of the indigenous tribes of those countries. Such fusions of culture have resulted in strong spirits such as the grape liqueur Pisco, considered an ancient Inca recipe, but actually developed by the Spanish in Peru and Chile.

In North America, particularly in the USA, much of the drinking culture is derived from that of Europe. However, drinking is approached with slightly more caution in the US, with the legal age for the purchasing of alcohol at 21 years. It is also less common to find alcohol drunk with every major meal, and alcohol is not generally viewed as a family-friendly substance.

### **Drinking culture pros and cons**

Whilst we celebrate, and rightly, our relaxed and informal drinking culture, it is worth remembering that those countries with a rather more formal approach to alcohol do not suffer from the same levels of urban violence and crime that Britain does. Yet, while the French, for example, consume alcohol at much the same rate than the British, French cities tend not to find themselves at the mercy of drunken mobs at night.

So perhaps our struggle with the bottle is not with how much alcohol we consume, but how and why we drink.

Adapted from <http://www.alcoholissues.co.uk/alcohol-holidays.html> accessed 10.09.10

## Alcohol and your health

### Short term health risks:

- Anxiety
- Sexual difficulties such as impotence
- Impaired judgement leading to accidents and injuries
- Slowed breathing and heartbeat
- Loss of consciousness
- Suffocation through choking on your own vomit (aspiration)
- Potentially fatal poisoning

## Mental Health – facts and figures

### Anxiety and depression

- Self-harm and alcohol are often linked. In 2006, a survey was carried out among 3,004 self-harm patients at Scottish accident and emergency departments. It found that 62% of males and 50% of females reported consuming alcohol immediately before or while self-harming, and 27% of men and 19% of the women cited alcohol as the reason for self-harming.(3)
- It has been estimated that alcohol plays a part in up to 65% of suicides in the UK. (4)
- Extreme levels of drinking (e.g. more than 30 units per day for several weeks) can occasionally cause ‘psychosis’, a severe mental illness where hallucinations and delusions of persecution develop. Psychotic symptoms can also occur when very heavy drinkers suddenly stop drinking and develop a condition known as ‘delirium tremens’.

## Memory and brain

- Drinking 8-10 units per day over extended time periods results in some mental inefficiency; at 11-14 units per day, deficits (reduced brain capacity) are present; at 18 or more units per day, harm can be of the severity seen in someone diagnosed with alcoholism.
- The human brain is still in the process of development until the age of 18 or 19, and it may be more susceptible to damage than the adult brain. In adolescents who regularly drink alcohol, parts of the brain important in planning and emotional control have been found to be smaller than expected.
- Over the age of 65, performance of mental tasks declines less slowly in light and moderate drinkers. However, light and moderate drinking (defined as an occasional 1-2 units) is often associated with other factors which reduce mental decline, such as physical and social activity, a good diet, and better socio-economic standards.
- At advanced age, in residential community homes, a ‘social hour’ with alcohol or a unit of alcohol at bedtime, can improve mental wellbeing. On the other hand, alcohol is also a cause of falls in the elderly because it affects balance.

## Alcohol poisoning: facts and figures

- Alcohol is a depressant, which means it slows down your brain’s functions. You might lose your inhibitions and your sense of balance. But it also affects the nerves that control your heartbeat, breathing and gag reflex (which is what stops you choking).
- Alcohol irritates the stomach, which causes vomiting – dangerous if somebody’s gag reflex isn’t working properly. People die from choking or accidentally inhaling vomit into their lungs.

- Someone's blood alcohol concentration (BAC) continues to rise even after they've stopped drinking, as alcohol in the digestive system will continue to be absorbed into the bloodstream. This means you should never leave someone to 'sleep it off', as their condition could still be getting worse.
- There is no minimum dose for acute alcohol poisoning to take effect – it depends on your age, sex, size, weight, how fast you've been drinking, how much you've eaten, your general health, other drugs you might have taken...

In the worst cases, alcohol poisoning can lead to comas, brain damage and even death. After an alcohol overdose, you could:

- Choke on your vomit
- Stop breathing
- Have a heart attack
- Inhale vomit, leading to fatal lung damage
- Experience severe dehydration, which can cause permanent brain damage in extreme cases
- Get hypothermia
- Suffer seizures because of lowered blood sugar levels.

### **Alcohol poisoning:**

Someone who's suffering from acute alcohol poisoning will be in no state to help themselves, so it's important to look out for your friends.

What to do if someone is showing signs of alcohol poisoning

#### **DO**

- Try to keep them sitting up and awake
- Give them water if they're able to drink it
- Lie them on their side in the recovery position if they've passed out. Check they're breathing properly
- Keep them warm
- Stay with them and monitor their symptoms

#### **DON'T**

- Give them coffee – it will make them more dehydrated
- Leave them alone, even if they're asleep, or leave them lying on their back
- Walk them around
- Put them under a cold shower
- Let them drink any more alcohol

DON'T wait for all the symptoms to be present before getting help.

DO DIAL 999 to call an ambulance if you're in any doubt.

## Alcohol and accidents

### Drinking alcohol:

- affects our judgement and reasoning
- slows down our reactions
- upsets our sense of balance and coordination
- impairs our vision and hearing
- makes us lose concentration
- makes us drowsy

People who have been drinking are more likely to take risks, further increasing the likelihood of accidents.

### Facts and figures

If you have been drinking, your risk of accidents is increased in two ways – firstly, the likelihood of you having an accident is increased, and secondly, if you are injured, the seriousness of your injury is likely to be greater than if you were sober.

Around 40% of patients admitted to Accident and Emergency departments (A&E) are diagnosed with alcohol-related injuries or illnesses.

Younger people are more likely to have an alcohol related accident than older people. For example, in people younger than 65 years old, 22% of male falls and 14% of female falls were attributable to alcohol, compared to 12% and 4% of falls among male and females aged over 65 years, respectively.

### Traffic accidents

Although **drink driving** figures have been falling steadily for decades, traffic accidents are still a leading cause of alcohol related deaths among young men aged 16-24.

460 deaths were caused by drivers over the legal alcohol limit in 2007 (incidentally, the lowest figure since records began). There were a further 1,760 serious casualties and 12,260 slight casualties. Further accidents are caused by drivers who have drunk alcohol but are not over the limit. Alcohol is a factor in one in five road deaths (figures include drunk pedestrians).

### Domestic accidents

It may be your refuge from the world, but accidents in the home are extremely common. And alcohol is the biggest single cause of accidents in the home. Every year, there are around 4,000 fatal domestic accidents, 2.6 million accidents that require treatment in A&E departments and millions more minor accidents. At a conservative estimate, there are 400 deaths in alcohol-related home accidents.

## **Fires**

There is also a strong link between drinking alcohol and being injured in a fire. Around one in three fires are caused by people under the influence of alcohol. Of the 270 people who died in household fires in 2007/08, around a third had been drinking. Two-thirds of people who are admitted to hospital or die from burns have been drinking alcohol.

## **Drowning**

It may seem like a great idea to go for a swim when you've been drinking. After all, a nice cooling dip is a tempting prospect on a hot day or after a night out. But between a quarter and half of all adult drowning victims have alcohol in their bloodstream. Alcohol is present in around a third to two-thirds of people who drown in swimming and boating accidents. Alcohol is also a factor in around one in eight domestic drownings, with falling into a garden pond, slipping in the bath and falling asleep in the bath among the most common causes.

## **Workplace accidents**

Drinking and the workplace are rarely a good mix. And when it comes to safety, it's an especially bad idea to mix the two. Alcohol is a factor in up to one in four workplace accidents. Heavy drinkers are two to three times more likely to be involved in industrial accidents than non-problem drinkers.

## **Alcohol and your weight**

### **Calories in alcohol are empty and extra-fattening**

Wine, beer, cider, spirits and all our favourite tipples are made by fermenting and distilling natural starch and sugar. Being high in sugar means alcohol contains lots of calories – seven calories a gram in fact, almost as many as pure fat!

Calories from alcohol are ‘empty calories’ – they have no nutritional value. Most alcoholic drinks contain traces of vitamins and minerals, but not usually in amounts that make any significant contribution to our diet.

It’s not just the calories that are a problem for our waistlines. Drinking alcohol reduces the amount of fat your body burns for energy. While we can store nutrients, protein, carbohydrates, and fat in our bodies, we can’t store alcohol. So our systems want to get rid of it – and doing so takes priority. All of the other processes that should be taking place (including absorbing nutrients and burning fat) are interrupted.

### **Alcohol and appetite**

Along with drinking alcohol comes the temptation to eat fattening snacks – crisps and salted nuts in the pub, and chip shop fare on the way home.

According to the Department of Health survey, almost one in three people order crisps, nuts or pork scratchings to accompany a drink, while nearly a fifth regularly opt for takeaway food.

More than one in three said they are likely to eat more than they usually would or ditch the healthy diet when they drink above their recommended daily limits. And more than six out of 10 drinkers have a less healthy breakfast if they have a hangover.

## Alcohol and your health

Up to one in three adults drinks enough alcohol to create a risk of developing alcohol-related liver disease.

### Facts and figures

A major risk factor for liver disease is alcohol consumption, but the evidence is unclear as to the precise relationship between the amount of alcohol you drink and the incidence of liver disease.

For example, an Italian study found that liver disease risk increased after consuming 30g (about 3.8 units) of alcohol per day and that after this risk increased with the amount of alcohol consumed. Whereas a Chinese study found that 20g of alcohol (about 2.5 units) per day doubled the risk of liver disease, but thereafter found the risk did not increase with each additional dose.

A number of studies suggest that consuming enough alcohol might trigger the disease process, but that higher levels of alcohol consumption do not have any additional impact (a relationship known as a threshold effect).

Other risk factors include:

- **Alcohol dependence:** However, around 8 in 10 people with alcohol dependence will not have liver damage.
- **Gender:** Women are more susceptible to alcohol-related liver damage than men, with one study suggesting the risk is almost 50% higher.
- **Body mass index:** Being overweight or obese increases the risk of alcohol-related liver disease.
- **Race:** Some data suggests people of African origin are more susceptible than Caucasians.
- **Genetic predisposition:** There's no clear data on this, but the fact that only a minority of heavy drinkers develop liver disease suggests a genetic predisposing factor.
- **Pattern of drinking:** Drinking alcohol only at meal times appears to carry a lower risk of alcohol-related liver disease than other patterns of alcohol consumption.

## Alcohol and cancer

### Facts and figures

It is clear from a number of large scale studies that there is a link between alcohol consumption and cancer. One in five (20%) of all alcohol-related deaths are due to cancer. This makes it the second largest cause of deaths due to alcohol, after intentional and unintentional injuries.

These studies clearly show that people with higher levels of alcohol consumption are more likely to develop certain kinds of cancer. The strongest associations with alcohol consumption are for liver cancer and bowel cancer. But alcohol is also definitely associated with an increased risk of developing breast cancer and mouth cancer.

### Breast cancer

Recent studies have found that even moderate alcohol consumption can increase the risk of developing breast cancer. The largest of these is the Million Women Study, run by Oxford University. This is an ongoing study involving 1.3 million women across the UK. Data has been gathered about the lifestyle, medical history, health and habits of the participants. Scientists have made a link between moderate drinking and developing breast cancer. Overall, women have a 9.5% chance of getting breast cancer before they are 75. One study found that drinking every day – even a small amount – raises that risk to 10.6%.

### Liver cancer

Liver cancer is the eighth most frequent cancer in the world, accounting for approximately 500,000 deaths per year, worldwide. Alcohol is a major risk factor for liver cancer. Heavy drinking can cause cirrhosis of the liver (a condition whereby damage to the liver causes scar tissue to build up) which is the most common precursor to liver cancer.

The link between alcohol and liver cancer is stronger if you are infected with the hepatitis B or C virus. One in five people with these viruses eventually develop cirrhosis and liver cancer.

### Mouth and oesophageal (gullet) cancer

Alcohol is a leading cause of cancer of the mouth, second only to tobacco. Smoking and drinking together is thought to increase the risk. The same is true of oesophageal cancer. One study found that even moderate smokers and drinkers could increase their risk of developing oesophageal cancer by between 12 and 19 times.

### Bowel cancer

Research has shown that alcohol can increase the risk of bowel cancer. Recent studies have shown that even small amounts can have an effect. An ongoing study, the European Prospective Investigation of Cancer (EPIC) is collating data based on 500,000 people in 10 European countries. They have found that for every two units drunk a day, your risk of bowel cancer goes up by 8%.

## Alcohol and your heart

### Facts and figures

Long-term drinking and heavy alcohol consumption is linked with weakness of the heart muscle, known as cardiomyopathy. That means the heart can't pump blood as efficiently.

Sporadic heavy drinking (binge drinking) increases the risk of developing coronary heart disease, the most common form of heart disease. Department of Health figures show that men nearly double their chances of developing coronary heart disease by drinking more than eight **alcohol units** a day. Women have a 1.3 times greater risk of developing coronary heart disease when they drink more than six units a day.

Women who persistently drink more than three units of alcohol a day and men, who drink more than four, are more likely to suffer from the risk factors associated with cardiovascular disorders such as high blood pressure. (Cardiovascular diseases affect the heart or blood vessels – arteries, capillaries and veins).

Drinking too much has the following effects on the heart:

- Holiday heart' syndrome. Binge drinking or a period of heavy alcohol consumption can cause a sudden, irregular rhythm of the heart in apparently healthy people. This results in shortness of breath, changes in blood pressure and an increase in the risk of a heart attack and even sudden death.
- An increased risk of thrombosis (blood clotting). Alcohol can affect levels of a substance in the blood called homocysteine. High homocysteine levels increase the risk of blood vessel blockages.
- Increased risk of high blood pressure (hypertension). According to the Department of Health, men who regularly consume more than eight **alcohol units** a day are four times more likely to develop high blood pressure. Women who regularly consume more than six alcohol units a day double their risk of developing high blood pressure. People who've had a heart attack may be at greater risk of developing high blood pressure or further damage to the heart muscle as a result of drinking alcohol.
- Regular heavy drinking may lead to enlargement of the heart. This is a sign that the heart is unable to pump effectively. This condition is known as heart failure, and requires treatment consisting of drugs, a pacemaker or even a heart transplant. The condition is not curable.

## Alcohol and diabetes

**Type 1 diabetes** develops if the body is unable to produce enough insulin. It occurs when the insulin-producing cells in the pancreas are destroyed.

**Type 2 diabetes** develops when the body can still make some insulin, but not enough, or when the body becomes resistant to insulin.

## Facts and figures

Drinking alcohol can contribute to the conditions that cause diabetes. There is evidence to suggest that heavy drinking can reduce the body's sensitivity to insulin, which can trigger type 2 diabetes. Diabetes is a common side effect of chronic pancreatitis, which is overwhelmingly caused by heavy drinking. One in three people who have chronic pancreatitis will develop diabetes.

Drinking can also increase your chance of becoming overweight and therefore your risk of developing type 2 diabetes. Alcohol contains a huge amount of calories – one pint of beer can be equivalent to a chocolate bar.

## Alcohol and pancreatitis

Acute pancreatitis is most commonly caused by a bout of heavy drinking or by gallstones.

The main symptom of acute pancreatitis is abdominal pain, felt just behind the ribs and spreading through to your back. The pain, which usually comes on over about an hour, can be severe. Other symptoms include nausea, vomiting and fever.

Chronic pancreatitis is when your pancreas is constantly inflamed. Heavy drinking, usually over a period of 10 years or more, is the cause of about eight out of 10 cases of chronic pancreatitis. However, the condition can also be hereditary. Men between the ages of 40 and 50 are most commonly affected.

Approximately three to nine in every 100,000 people in the UK develop chronic pancreatitis every year.

Adapted from <http://www.drinkaware.co.uk/facts/health-facts> accessed 10.09.10

## Alcohol quiz

How much do you know about alcohol? Try the following quiz and find out.

- 1) What are the Government's recommended daily alcohol limits for men and women in the UK?
- 1-2 units for women, 3-4 for men
  - 2-3 units for women, 3-4 for men
  - 4 units for men and women
- 2) On average, how quickly does the body process and break down one unit of alcohol?
- half an hour
  - one hour
  - two hours
  - three hours
- 3) According to recent research, which of the following nations has the highest rate of binge-drinking among men?
- UK
  - Finland
  - Italy
  - France
- 4) Which of the following can be factors in a hangover headache?
- dehydration
  - malnutrition
  - dilated blood vessels
  - all of the above
- 5) Is it true that drinking alcohol can be good for your heart?
- no - it doesn't benefit the heart at all
  - no - in fact, drinking any alcohol increases your risk of heart disease
  - yes - alcohol consumption helps to protect all of us from heart disease
  - yes - moderate alcohol consumption does protect people from heart disease, but only for men over 40, and women who have gone through the menopause

- 6) How many calories does alcohol provide per gram? (tip: carbohydrates give about 4kcal per gram, and fat gives 9kcal)
- a. it doesn't give any energy at all
  - b. about 3kcal
  - c. about 5kcal
  - d. about 7kcal
- 7) According to Government statistics, which age-group are most likely to drink heavily - more than eight units a day for men or six units for women?
- a. 11-15 year olds
  - b. 16-24 year olds
  - c. 36-44 year olds
  - d. 65 and over
- 8) How many units of alcohol are in two big pub glasses (250ml) of a typical chardonnay?
- a. 2
  - b. 3
  - c. 4
  - d. 6
- 9) How many units of alcohol are in three pints of strong lager?
- a. 3 units
  - b. 6 units
  - c. 9 units
  - d. 12 units
- 10) Drinking too much alcohol may increase the likelihood of which of these diseases?
- a. liver cirrhosis
  - b. cancer
  - c. fertility problems
  - d. all of the above

Alcohol quiz	Answers
<p><b>1) What are the Government's recommended daily alcohol limits for men and women in the UK?</b></p> <p>a) 1-2 units for women, 3-4 for men  b) 2-3 units for women, 3-4 for men  c) 4 units for men and women</p>	<p><b>The right answer is C.</b></p> <p>Even if you only drink alcohol once a week, it is best not to exceed these limits, as binge drinking increases the likelihood of you having an accident or acting in a way that you later regret - as well as having potential long term health consequences.</p>
<p><b>2) On average, how quickly does the body process and break down one unit of alcohol?</b></p> <p>a) half an hour  b) one hour  c) two hours  d) three hours</p>	<p><b>The right answer is B.</b></p> <p>Although your body's ability to process alcohol depends on various factors including your sex, size and age the body generally breaks down alcohol at a rate of about one unit per hour. What's more there's no way you can reduce this time.</p>
<p><b>3) According to recent research, which of the following nations has the highest rate of binge-drinking among men?</b></p> <p>a) UK  b) Finland  c) Italy  d) France</p>	<p><b>The right answer is A.</b></p> <p>As a proportion of occasions when people drink alcohol, UK drinkers binge drink on more than 25 per cent more occasions than drinkers in Finland, and on over three and four times as many occasions as drinkers in Italy and France respectively.</p>
<p><b>4) Which of the following can be factors in a hangover headache?</b></p> <p>a) Dehydration  b) malnutrition  c) dilated blood vessels  d) all of the above</p>	<p><b>The right answer is D.</b></p> <p>All the factors may be involved in a throbbing hangover headache. Alcohol's diuretic effect can leave you dehydrated and low in valuable vitamins and minerals. Alcohol may also cause the blood vessels in your head to dilate, which may also contribute to your headache.</p>
<p><b>5) Is it true that drinking alcohol can be good for your heart?</b></p> <p>a) no - it doesn't benefit the heart at all  b) no - in fact, drinking any alcohol increases your risk of heart disease  c) yes - alcohol consumption helps to protect all of us from heart disease  d) yes - moderate alcohol consumption does protect people from heart disease, but only for men over 40, and women who have gone through the menopause</p>	<p><b>The accurate answer is D.</b></p> <p>Medical studies show that moderate drinking of between 1 and 2 units of alcohol a day has a protective effect on the heart in men aged over 40 and in women who have gone through the menopause, but not for other groups of people. However, drinking more heavily can contribute to some heart disorders, such as stroke and high blood pressure.</p>

<p><b>6) How many calories does alcohol provide per gram? (tip: carbohydrates give about 4kcal per gram, and fat gives 9kcal)</b></p> <p>a) it doesn't give any energy at all  b) about 3kcal  c) about 5kcal  d) about 7kcal</p>	<p><b>The right answer is D.</b></p> <p>Alcohol is surprisingly high in calories - a unit of around 8 grams provides 56kcal - and a recent survey found that among men and women who drink alcohol in the UK, alcohol contributed on average 8.1% and 5.7% of their total energy intake.</p>
<p><b>7) According to Government statistics, which age-group are most likely to drink heavily - more than eight units a day for men or six units for women?</b></p> <p>a) 11-15 year olds  b) 16-24 year olds  c) 36-44 year olds  d) 65 and over</p>	<p><b>The right answer is B.</b></p> <p>Sixteen to 24 year olds are particularly prone to drinking too much alcohol (32% of men and 24% of women).</p>
<p><b>8) How many units of alcohol are in two big pub glasses (250ml) of a typical chardonnay?</b></p> <p>a) 2  b) 3  c) 4  d) 6</p>	<p><b>The right answer is D - 6 units.</b></p> <p>People often think of a glass of wine being only one unit, but that measurement was based on small, 125ml glasses of weaker (around 8-9 percent abv) wine. These days, glasses of wine are larger and the wine itself tends to be stronger (around 12-14 per cent abv).</p>
<p><b>9) How many units of alcohol are in three pints of strong lager?</b></p> <p>a) 3 units  b) 6 units  c) 9 units  d) 12 units</p>	<p><b>The right answer is C - 9 units.</b></p> <p>Beers tend to be stronger than in the past and an estimate of one unit of alcohol per half a pint is no longer a good guide. With recommended daily limits for men at 3-4 units a day, it is very easy to drink more than recommended.</p>
<p><b>10) Drinking too much alcohol may increase the likelihood of which of these diseases?</b></p> <p>a) liver cirrhosis  b) cancer  c) fertility problems  d) all of the above</p>	<p><b>The right answer is D.</b></p> <p>Long term heavy drinking can contribute to a very wide range of illnesses, which is why it is important for your health to stick within the government's safe daily drinking limits.</p>

### Newcastle-under-Lyme College

1. Alcohol harm reduction project: brief notes for teachers.
2. Tutorial lesson plan on alcohol awareness.
3. Alcohol awareness quiz.

**Alcohol Harm Reduction Project**  
**Teacher's pack**

<b>Resource / activity</b>	<b>Cost from supplier</b>
What's in a Unit? (WR100, pg7) Models display how many units are in popular drinks	£139.50 + VAT (£24.41) <b>£163.91</b>
Pickled Liver Model (WR101, pg7) Model of a liver showing visual effect of alcohol	£54.45 + VAT (£9.52) <b>£63.97</b>
(GASP Catalogue WR103, pg 7) Heavy Drinking: How Alcohol's Calories add up 6 glasses with popular drinks showing how calories come from fat, carbohydrates and alcohol	£144.50 + VAT (£25.28) <b>£169.78</b>
(GASP catalogue pg7, WM61) Drug and Alcohol Clever Catch Clever catch ball with more than 30 questions on how drugs and alcohol affect the body, relationships and lifestyle	£9.75 + VAT (£1.70) <b>£11.45</b>
(Comic Company pg 24, code 367) Alcohol resource pack Posters, leaflets, minibooks	<b>£55</b> (VAT exempt)
(Incentive Plus website) Actions and consequences card activity pack	£23.50 + VAT (£4.11) <b>£27.61</b>
(Incentive Plus website) Beer goggles pack of 4	£247 + VAT (£43.22) <b>£290.22</b>
<b>Total resource pack</b>	<b>£781.94</b>
Production of a 3 minute clip involving learners	<b>£808</b>
1 hour session with each key tutor (9 in total) to facilitate future delivery	£44.53 per hour inc. on costs <b>£400.77</b>
Getting Hammered Training session for 9 key tutors and 1 pastoral staff @ £40 per delegate	<b>£400</b>
<b>Total</b>	<b>£2390.71</b>

2 of the Learner Managers based in College are experienced in offering pastoral support in educating young people on the detrimental effects of alcohol, smoking and drug taking. These staff have been able to source and plan the most useful toolkit for staff to deliver alcohol awareness sessions, through tutorials, in a fun and creative way.

The DVD is an engaging tool for learners with a small number of key messages that are the initial messages delivered in the tutorial. It aims to show everything from a young person's perspective, often in a 'first person' style. The video was produced by the college's own learners as writers, directors, actors etc.

### **Facilitating tutorials**

The most effective strategy that we can adopt is to spend time with key members of tutorial staff in each department and ensure that they have the correct knowledge and skills to deliver this as a tutorial session. This will be a key member of staff with the knowledge of the resource pack and delivery that will enable them to support these staff. The staff receiving this training will disseminate to other tutorial staff for full delivery capturing all learners in college. The tutorial pack that will be purchased will compliment this process and will guarantee sustainability.

The training will ensure that the key staff will have the specialism to support their delivery.

### **Evaluation**

Learners and staff will be involved in an evaluation of the project immediately following the Christmas break. This will be in the form of group discussion, 1:1 discussions and questionnaires. A small amount of the funding is remaining and will be ring-fenced to spend following this evaluation. It will be much more efficient to spend this in light of the feedback; it may be decided that a further DVD is required with additional key messages or alternatively, additional resources. This further spend will be cleared with the group beforehand.

For further information please contact:

Jayne Green; Inclusive Learning Project Manager (01782) 254250  
[Jayne.green@nulc.ac.uk](mailto:Jayne.green@nulc.ac.uk)

## Lesson Plan



<b>Course:</b>	Tutorial	<b>Unit:</b>	
<b>Lecturer:</b>		<b>Level:</b>	

<b>Date/Week:</b>	Week 14	<b>Topic:</b>	Tutorial
<b>Time:</b>		<b>Room:</b>	

Resources for this lesson (including ILT):		Issues for Special Consideration																
Board marker Pen Laptop Smartboard Post it notes Flip chart paper & pens Alcohol Units calculators PowerPoint Quiz Lined paper for student evaluations		<table border="1"> <tr> <th colspan="2">Student Issues</th> </tr> <tr> <td colspan="2">?</td> </tr> </table>		Student Issues		?												
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Section	Learning Activity	Learning Support Guidance (if applicable)	Assessment Activity/ Checking of Learning
<p><b>Introduction</b></p> <p>Learning outcomes</p> <p>Recap previous work</p>	<p>Take Register</p> <p>Explain this is a pilot session which they will be evaluating for the rest of the college. A Media Foundation Degree student has produced this DVD to increase awareness of the risk taking behaviour that happens when drinking alcohol to excess. Filmed at Staffs Unit SU bar and surrounding area.</p> <p>Explain Learning outcomes</p> <p><b>5 mins</b></p>		<p>Explain the what, the why and the how of the session</p> <p>Q &amp; A session</p>
<p><b>Main Session</b></p> <p><b>Activity 1</b></p>	<p>Put students into groups of 3 or 4 - give them a sheet of flip chart paper and pens. Put their names on the paper.</p> <p>Start DVD</p> <p><a href="http://www.youtube.com/watch?v=x1YBPapBO2Y">http://www.youtube.com/watch?v=x1YBPapBO2Y</a></p> <p><b>Pause after: Units Add up</b></p> <p>Units of alcohol</p> <p>Look at alcohol units calculator (Jo Lawton &amp; Jan</p>		<p>Watch first section of DVD then when it is paused In groups using their flip chart paper</p> <p>Using the alcohol units calculator wheel or the online web link at:</p> <p><a href="http://www.drinkaware.co.uk/tips-and-tools/drink-diary/">http://www.drinkaware.co.uk/tips-and-tools/drink-diary/</a></p> <p>Work out what each of them drank in terms of alcohol units the last time they went out and over what period of time. Or what a friend</p>

	<p>Austin have these)</p> <p>Explain how to use the alcohol units calculator wheels</p> <p>Point out the daily recommended allowances for &gt; 18 men &amp; woman (on the back of the wheels)</p> <p>What's the health experts' recommended daily guidelines for:</p> <p>Female &gt; 18 2-3 Units a day Male &gt; 18 3 – 4 Units a day</p> <p>&lt;18 No safe level + everyone's alcohol tolerance is different.</p> <p><b>Statistics about units mounting up</b> <b>Binge drinking</b> is drinking twice recommended daily allowances ( marker used by NHS)</p> <p>which for men, therefore, is drinking more than eight units of alcohol – or about three pints of strong beer.</p> <p>For women, it's drinking more than six units of alcohol, equivalent to two large glasses of wine.</p> <p>Beer is no safer than spirits</p>		<p>drank. May drink before going out add this to give total units for one night for each of them.</p> <p>How much on average do they drink in one night?</p> <p>How much over this were they?</p> <p>Did they know?</p> <p>Have they ever thrown up/passed out after a night out?</p> <p>What could they drink to stay within the recommended daily limits?</p> <p>What tips could they give for drinking more sensibly on a night out?</p> <p>Ask for a spokesperson from each group to feedback their results to the rest of the class</p> <p>Ask a different group to start each time and then ask other groups to add anything which they have missed.</p>
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<p><b>Activity 2</b></p>	<p><a href="http://www.drinkaware.co.uk/tips-and-tools/drink-diary/">http://www.drinkaware.co.uk/tips-and-tools/drink-diary/</a></p> <p>The General Lifestyle <b>Survey</b> 2008 showed that 21% of men and 14% of women drank more than double their recommended units on at least one day in the previous week. However, in the last decade binge drinking among young British women has increased rapidly.</p> <p>Drinking at this level puts you in the highest risk of damaging your long term health. Regularly drinking more than double the recommended guidelines means you are putting yourself at risk of developing cancer, liver problems and heart disease. Drinking at this level could also have an effect on your mental health and wellbeing, and the relationships you have with family and friends.</p> <p><b>10 -15 mins</b></p> <p>Start DVD again</p> <p><b>Pause after:</b></p> <p><b>Too many people accept drinks from people they don't know</b></p> <p><b>Date rape</b> If we're drunk and can't look out for ourselves properly, we're at risk of being taken advantage of sexually. Our judge of character can also be affected.</p>		<p>Watch next section of DVD</p> <p>In their same groups write a list of reasons why it isn't a good idea to accept drinks from people they don't know. What could happen? Has anyone in their group had this happen to them? Has any of the group had sex after getting drunk? How could they avoid getting drinks spiked? What could they say to strangers wanting to buy them a drink? Again get a spokesperson to feedback their ideas to the rest of the group. Ask a different group to start each time and then ask other groups to add anything which they have missed.</p>
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**Activity 3**

There have been several waves of hype about people spiking drinks with drugs. While it is a problem and you should never let your drink out of your sight or accept drinks from strangers, the fact is that alcohol is the UK's no.1 date rape drug.

If you're out with mates, look after each other and stick together.

And yes – guys get raped too.

**5 - 10 mins**

Start DVD again

**Pause after:**

**Alcohol violent related crime**

- Sexual assault 30% alcohol related
- Street Crimes – eg mugged/stabbings/bag theft etc 50% alcohol related

**10 mins**

Watch next section of DVD about the girl emptying her bag and girls in the street.

In same groups write about what could happen to the bag girl?

What could happen to the girls in the street?

How do they get home after drinking?

Give top tips to bag girl and girls in street to avoid bad things happening to them. (1 of the alcohol related violent crimes that happen every day of the year)

Again get a spokesperson (try and change it each time so all members of group have had a go at this) to feedback ideas to rest of class. Ask a different group to start each time and then ask other groups to add anything which they have missed.

#### Activity 4

Start DVD again

- 6% of all Road accidents and 17 % of all deaths on the road happen because of drinking over the legal limit.

On average your body will break down one unit of alcohol per hour, and each unit will increase your BAC by 20mg (up to 30 for women). The UK BAC limit is 80 mg per 100ml.

35 micrograms of alcohol in 100 millilitres of breath;  
or  
80 milligrams of alcohol per 100 millilitres of blood;  
or  
107 milligrams of alcohol per 100 millilitres of urine.

- Males 4 times more likely to be accused of or suspected of violent crime
- Falling – breaking limbs, head, hand, facial injuries
- Alcohol poisoning – stop breathing/stop heart/die choking on own vomit

More than 30,000 people were admitted to hospital with alcohol poisoning in England in 2007-08 (13,400 men and 16,700 women) – that's more than 500 every week.

Watch the rest of the DVD – then in groups list what accidents could happen as a result of drinking too much?

Have any of their group been involved in drunken fights?

What is the legal limit for drink/driving?

Top tips for avoiding being a victim or perpetrator of any of these things

Ask a different Spokesperson to feedback ideas to rest of class. Ask a different group to start each time and then ask other groups to add anything which they have missed

157 people died from accidental alcohol poisoning in England in 2007.

- One third of all alcohol related deaths are from alcohol related accidents – more common among 16 – 34 year olds
- Burglaries – 30% alcohol related
- Around 40% of patients admitted to A&E are diagnosed with alcohol-related injuries or illnesses, many of which result from **binge drinking**.
- Alcohol is a factor in about 7% of drowning.

Others:  
House fires  
Freezing to death  
Getting home safely

**10 mins**

<p><b>Summary</b></p> <p>Recap</p> <p>Check learning outcomes achieved</p> <p>Student evaluation</p>	<p>Through the DVD we have looked at recommended daily guidelines for drinking alcohol. Looked at the units drinks carry and how many you could be drinking on a night out and the things that could happen as a result of drinking to excess.</p> <ul style="list-style-type: none"> <li>• Explain the units of alcohol for certain drinks and give examples – know the limit – know their limit</li> <li>• Explain the possible consequences of excessive drinking</li> <li>• Explain to people in their age range how to reduce risk taking behaviour when on a night out</li> </ul> <p><b>5 mins</b></p> <p>Complete their own review of DVD and lesson <b>5 mins</b></p>		<p>Quick Quiz on PowerPoint 10 questions – multiple choice Answers on last slide.</p>
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<b>Learner Evaluation</b>	<b>Student Responses</b>
What went well?	
What could be better?	
Student suggestions for next time	

<b>Lecturer Evaluation</b>	
Changes for next time (lecturer notes)	

When formulating the lesson plan, take time to consider the following issues.

Teaching Methods	Lesson Plan
<ul style="list-style-type: none"> <li>• Do they match the needs of the Learners?</li> <li>• Do we promote equality, cooperative working practices and respect for the differences amongst students?</li> <li>• Are there high expectations for all students?</li> <li>• Do the learning tasks provide a challenge for all students?</li> <li>• Is attainment appropriate to ability?</li> <li>• Are activities matched to student needs?</li> <li>• Are support staff guided and deployed effectively?</li> <li>• Are teaching materials differentiated to meet individual student needs and learning styles?</li> </ul> <p>Are the lessons designed to be:</p> <ul style="list-style-type: none"> <li>• Age/gender/race/disability appropriate?</li> <li>• Relevant to the life of the learner?</li> <li>• Fun, interesting, rewarding, challenging and achievable?</li> <li>• Accessible to all, e.g., are buildings and materials accessible to those with disabilities?</li> <li>• Based on strengths so that success is built in and built upon?</li> </ul>	<p>In your lesson plan, have you...</p> <ul style="list-style-type: none"> <li>• Planned differentiated learning outcomes to match the ability of groups of learners e.g. by the end of the lesson all, most, few learners will be able to....</li> <li>• Explained what you expect students to be able to do by the end of the lesson under "Learning Outcomes?"</li> <li>• Noted any specific students who require support or attention or any particular issues related to the group as a whole under "Student Issues?"</li> <li>• Put "Y" to confirm that activities in your lesson met the needs of each type of learner mentioned under "Learning Styles?"</li> <li>• Put "Y" to show where you deliver topics related to key skills and where you assess them under "Key Skills Coverage?"</li> <li>• Remembered to note whether or not the learning outcomes were achieved next to the "Learning Outcomes?"</li> <li>• Done a quick activity to gain students' views on the lesson and noted these under the three headings provided under "Learner Evaluation?"</li> <li>• Made notes of things you will change for this or future sessions under "Lecturer Evaluation?"</li> </ul>

Assessment	Teaching Materials
<ul style="list-style-type: none"> <li>• Initial assessment for individuals which takes into account individual differences</li> <li>• Clearly identified learning needs</li> <li>• Is the purpose, criteria and outcome of the lesson clearly stated and the students aware of this?</li> <li>• Are all tutors teaching on the programme informed of student needs?</li> <li>• Are the achievements of all students given equal value?</li> <li>• Are the students involved in deciding their learning outcomes?</li> <li>• Are the assessment procedures fair, impartial and objective?</li> <li>• Are the outcomes of assessment expressed so that they are understood by students, parents and advocates?</li> </ul>	<ul style="list-style-type: none"> <li>• Do they reflect positively the images of the learner's home backgrounds (identities, cultures, lifestyles etc)?</li> <li>• Do they take into account levels of numeracy and literacy?</li> <li>• Do they match the needs of the students?</li> <li>• Do they acknowledge different starting points for students?</li> <li>• Enable and equip students to challenge stereotypes, bias and many other discriminatory behaviours/practice?</li> </ul>

## Choosing all option A answers

### Staying in but irresponsible

You are invited on a night out in town with your friends what do you do?

A) Say no, you're going to stay in tonight.

B) Say "definitely! What time?"

You're sitting at home, starting to wish you'd gone out with your friends after all. To overcome those feelings, do you:

A) Start drinking at home on the sofa?

B) Text your friends and ask to meet up with them?

So you've started drinking at home, your relatives ask if you can babysit their child. You agree. Do you:

A) Continue drinking in front of the child?

B) Stop drinking until the child goes to bed, then continue drinking once they are asleep

C) Offer the child a drink too?

D) Stop drinking completely and concentrate on looking after the child

So you're still drinking, the child is getting restless and wants some attention. What do you do?

A) Put the child to bed early, to stop them annoying you and ruining your evening.

B) Stop drinking and pay attention to the child

C) Phone up your relatives and tell them to come home early

You've put the child to bed early; you can hear them crying upstairs. What do you do?

A) Ignore them. That's the best way to stop them isn't it?

B) Go upstairs and calm the child

C) Phone parents and get them to come home as you think you've drunk too much to look after the child

You decided to ignore the child, carry on drinking and now you've passed out on the sofa.

What you didn't think about...

The danger that child could be in, why they were crying. The reaction of the relatives when they return home. Your health – you drank enough to make you pass out. Your responsibilities and priorities and how the choices you made may damage your reputation

## Choosing all option B answers

### Going out, sleeping with strangers, spiked drink

You are invited on a night out in town with your friends what do you do?

- A) Say no, you're going to stay in tonight.
- B) Say "definitely! What time?"

So you're getting ready to go out for the night, you suddenly realise you are due in to college the following morning. What do you think?

- A) Maybe I should stay in, I have work that needs to be handed in to do too
- B) It doesn't matter, I've been out all night before
- C) I'll go out for a bit but be home earlier than I normally would

You carry on getting ready to go out. You're hungry and thinking about whether you should just eat when you're out later. You think about it, your options are:

- A) Eat now, line your stomach with food before you start drinking
- B) Drink now, eat later. Kebab shop on the way home
- C) Have something to eat now and wash it down with an alcoholic drink to get your body "in the mood" for the rest of the night.

You skipped eating any food and you've just met your friends in town. They are deciding whether to book a taxi ready for later. You say:

- A) That's a good plan, I need to be home early so that'll stop me forgetting
- B) No, don't bother – we don't live near each other so I'll make my own way home
- C) Don't book a taxi, I'll ask my family for a lift later for us all. We can spend the taxi money on drinking then!

You go to the first club, order some drinks and need to go to the toilet. Your drinks are on a table and a couple of your friends are chatting to other people.

You think:

- A) I'll ask my friends if they can watch my drink whilst I'm gone
- B) It doesn't matter, no one will go near my drink when my friends are nearby
- C) I'll wait until I've finished my drink so I don't have to worry about anyone watching it.

You leave your drink unattended and come back. Someone who you don't know is standing at the table where you left your drinks. What do you do?

- A) Take the drinks to the bar and tell the bar staff that you think someone may have put something in them?
- B) Drink your drink – it tastes fine so no one put anything in it, surely?
- C) Ask your friends if they saw anything and confront the person at the table

You have had a few drinks now and start dancing with people you don't know. Your friends come up to you to tell you they are leaving. What do you say?

- A) Ok, no problem, I'll call my family now and get them to pick us up
- B) Already? It's too early. I'm staying with my new friends

You decided to stay with the new people you met in the club. You buy each other more drinks and one of them asks you back to their house. What do you do?

- A) No way. I don't know these people
- B) Go with the person, back to their place. What's the worst that could happen?
- C) Go back to their house but insist that "nothing's going to happen"

You get back to this person's house. You are very drunk and not sure where you are. Your new "friend" is trying to encourage you to have sex with them. You have no protection with you, but they tell you they have some upstairs. What do you do?

- A) Refuse. Ask to phone a taxi home. You don't know the person and you have no protection with you
- B) Agree to it. It's only a bit of fun, you think. And they say they've got protection so it's safe.

You wake up, with a bad headache. You look around and don't recognise where you are. You realise you have hardly any clothes on. What do you do?

- A) Get up, find clothes and get out of there.
- B) Stay in the stranger's bed. You don't feel well.
- C) Get dressed, find the person who lives there and ask them questions about last night because you don't remember anything.

Consequences you didn't think about:

The assignment you were supposed to hand in today and didn't can result in you losing your place on the course at college.

The person who said they had contraception on them, lied. You had unprotected sex with the stranger, who could end up pregnant and/or they had an STI, which you now have too.

Your unattended drink was spiked with drugs – one of the reasons you can't remember anything about the night before.

## Safe staying in answers

### No alcohol consumption, no fighting

You are invited on a night out in town with your friends what do you do?

- c) Say no, you're going to stay in tonight.
- d) Say "definitely! What time?"

You're sitting at home, starting to wish you'd gone out with your friends after all. To overcome those feelings, do you:

- c) Start drinking at home on the sofa?
- d) Text your friends and ask to meet up with them?

You've text your friends but you get no reply. What do you do?

- a) Get ready and go to town – thinking you are bound to catch up with them at some point?
- b) Think "never mind", stay in and watch TV

You stayed at home and have been watching TV for a few hours. You get a text message from one of your friends asking if they can come round to see you – they offer to bring alcohol with them. What do you say?

- a) Come on over! Bring plenty to drink!
- b) I'm not sure that's a good idea, I have to be up early tomorrow morning.
- c) I don't think my parents would be happy with us drinking whilst they are out.
- d) Come over, that's fine, but I'd rather you didn't bring alcohol with you.

Your friend decides not to come over because you didn't agree to them bringing alcohol. You are receiving texts from them that would suggest they are drinking – they are being abusive towards you for not approving of their plans. What do you reply?

- a) You don't reply. They are drunk and don't mean what they are saying. You don't want to ruin a friendship because of alcohol.
- b) You send abusive texts back, justifying your decision.

Your choices mean that you avoided getting drunk and you refrained from fighting with your friend.

You avoided the risk of being alone in town and possibly upsetting your parents for drinking in the house.

