

## LESSON PLAN INDICATORS FOR BBC 'JUST A FEW DRINKS'

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Before you begin, we suggest you download our [Alcohol and you](#) leaflet for teenagers or order hard copies via [kate@alcoholeducationtrust.org](mailto:kate@alcoholeducationtrust.org)

#### Alan



At 14, Alan's drinking boosted his self-confidence, giving him the 'dutch' courage to challenge a group of lads who were insulting his friend. They threw Alan into a bus shelter, shattering his collar-bone, and putting an abrupt end to all his hopes of making it as a goalkeeper. Two years after the incident, Alan's sleep is still disrupted by the pain.

Divide the film into two segments and freeze before any negative consequences have happened. Set the scene, the lads were skateboarding and having a good time. Then what happens?.. you decide:

Divide the class into + and - groups. The + group develop positive outcomes to the scenario, the - group imagines what happens next that is negative.

Decide when you want to pause the film and give the pupils the opportunity to present their ongoing outcomes at this point. Alternatively, you can watch the films the whole way through and then the pupils develop their own positive or negative outcomes.

**For example:** If you've got an engaged group of students, we suggest you let them come up with their own outcomes, if you need prompts, then you can consider the below:

#### Negative group scenarios:

- o Alan or one of his friends passed out, was sick or got alcohol poisoning (trigger to discuss alcohol and its effects [alcoholeducationtrust.org/teacher-area/effects-physical-and-social/](http://alcoholeducationtrust.org/teacher-area/effects-physical-and-social/) and alcohol and staying safe [alcoholeducationtrust.org/teacher-area/staying-safe-avoiding-risk-taking/](http://alcoholeducationtrust.org/teacher-area/staying-safe-avoiding-risk-taking/)) see page 11 of our [Alcohol and you](#) leaflet for what to do if you suspect someone has alcohol poisoning and how to spot the signs.
- o Alan's friends piled in and there was a big fight
- o The police were called and Alan ended up with a caution or criminal record (discuss long term effects of this – can't go to US, getting car insurance, applying for jobs etc. [alcoholeducationtrust.org/teacher-area/the-law/](http://alcoholeducationtrust.org/teacher-area/the-law/))
- o Alan's parents were called and school informed (social embarrassment, how the school would handle this incident, being grounded by parents etc.).
- o Alan's injuries were much worse (facial scarring from glass, a common drink related injury).

#### Positive scenarios:

- o After getting bored skateboarding the lads had a game of football, got a take away and went back to Alan's house to play on the PlayStation/ Xbox.
- o After obtaining alcohol and drinking some, Alan was feeling rough and fell off his skateboard, his best mate took him home, gave him some water and made some toast and stayed with him until he felt better (trigger to talk about how long alcohol stays in your blood stream. It takes one hour for your liver to break down a unit. Food and water will help you feel better, but only time will eliminate the alcohol in your blood stream [alcoholeducationtrust.org/teacher-area/effects-physical-and-social/](http://alcoholeducationtrust.org/teacher-area/effects-physical-and-social/)).
- o Once he is at the bus shelter and the other lads are approaching: Alan just ignores their comments and keeps his cool. His mates come out with some food and they go home and sleep off the alcohol's effects.

Once the clip has been viewed, questions to raise:

Were any laws broken?

Drinking in a public place

Buying alcohol when underage

Buying by proxy

(have a copy of the alcohol and the law worksheet [alcoholeducationtrust.org/teacher-area/the-law/](http://alcoholeducationtrust.org/teacher-area/the-law/))

What would you have done differently?