

## HAVE THEY UNDERSTOOD? - THE ALCOHOL CLOCK GAME

1. Lay cards with numbers (1 - 12) out on the floor to make a large clock.
2. Explain to the group
  - o When you drink you put units of alcohol into your body, different drinks give you different units of alcohol.
  - o For the first hour you do not lose any units of alcohol. Every hour after this you lose one unit per hour.
3. Choose someone in the class to pretend to be a young person (John or Jane) out on a night's drinking – get them to stand at 7 o'clock on the clock.
4. Start to make up a story about someone out on a night of drinking. Make up the drinks they are having – every time they have a drink, get another pupil in the class to go and stand behind the drinker.  
e.g. John is getting ready to go out with his mates, as he is getting ready he has a beer to get him in the mood (one unit = one person gets up and stands behind John). He decides to have a stiff whisky before he leaves the house (2 units = 2 more people get up and stand behind John).  
John gets to the pub and he has a pint of beer (2 units – 2 more people get up and stand behind John). He downs that quickly and has another (2 units = 2 more people get up and stand behind John). As the story goes on, move John around the clock.
5. Stop the action and ask the pupils
  - o Could John legally drive a car at this point?
  - o How do you think John's behaviour may be affected?
6. When John gets to 9 o'clock, John loses one unit of alcohol from his body (one person behind John sits down).
7. John goes on drinking (repeat the process every time he has a drink and for every hour now he loses one unit).
8. If you make your 'drinker' have a really heavy night drinking, he will still be over the limit to drive the next morning.
9. Various ideas to introduce into the 'story'
  - o John is playing on a pinball machine – would his judgement be affected?
  - o John meets a girl he wants to impress. If John had eaten before he went out or was eating while he was drinking, would this affect how he was feeling?
  - o How would mixing his drinks make John feel?
  - o What if someone slipped him some extra alcohol in a drink and he didn't realise?
  - o What if someone tried to steal his wallet/money while he was heavily under the influence of alcohol?
  - o In certain situations you could introduce the idea of
    - o unprotected sex
    - o getting into an argument/fight with other people.
    - o Trying to get a taxi home – some taxi drivers may refuse the fare. (If you are sick in a taxi, taxi drivers could charge £90).
  - o If someone passed out under the influence of alcohol, what would the dangers be?
  - o If drugs were also taken, what problems could they introduce?
  - o How will John be feeling the next morning?

