

LESSON PLAN INDICATORS FOR BBC 'JUST A FEW DRINKS'

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



Anna

Anna, now 17, fell out with her friends after drunkenly kissing her best friend's ex-boyfriend at a party, and they haven't spoken since.

Divide the film into segments and freeze before any negative consequences have happened. Set the scene, Anna is quite shy and felt alcohol made her more confident, her Mum provided her with the large bottle of cider...

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 After the first kiss Anna drank more and continued kissing him, agreed to go outside? (regret, would you have done this if you were sober? facing him and friends back at school).
- o Anna then felt ill and was sick (see Alcohol and its effects via alcoholeducationtrust.org/teacher-area/effects-physical-and-social/).
- o After going upstairs when her friends left, things went much further with her friend's ex (protection, STD's, friends knowing).
- o Her friend confronted her and they had a big row at the party spoiling it for everyone (long term effects on friendships, acting out of character).

- o Really embarrassing photos of her kissing her friends ex are uploaded on facebook and everyone starts on twitter about what a bad friend she is, some really nasty stuff (conversation trigger about social media, tagging photos, everyone knowing when you embarrass yourself, cyber bullying etc.)

Positive group scenarios:

- o On arriving at the party Anna had something to eat and made sure she drank plenty of water (trigger to discuss pacing yourself, lining your stomach before drinking slowing down alcohol getting into your blood stream. (See our [Top tips for staying safe if you plan to drink](#)).
- o After her kiss with the first boy, Anna feels really embarrassed, realises she needs to stop drinking and hangs out with her girl friends for the rest of the evening having fun.
- o After going upstairs with her friends, she goes out of the room when the others do and resists the temptation to kiss her friend's ex.
- o Her friends tell her to come downstairs and they look after her (looking out for your mates etc).

Once the clip has been viewed:

Were any laws broken?

Those under 18 can drink legally on private premises but you may want to use this as a prompt to discuss the issues surrounding parents buying alcohol for their underage children – still a legal issue (buying by proxy) / also not all parents are doing this / challenging parent condoned drinking.

What would you have done differently?