

UNITS AND GUIDELINES – RESPONSIBLE DRINKING

TEACHERS NOTES

How much alcohol is in a drink? (Science/environmental studies worksheet 7 or How many units? pictorial worksheet)

Target age group: 12 - 16 year-olds

Structure: 1 written lesson

Preparation:

EITHER Download/photocopy the blank pictorial worksheet **How many units?** and a completed answer sheet - You can choose between the **simple** or more **complex** sheets.

The worksheet prompts students to work out how many units are in different types of drink. Ensure that you also make copies of the answer sheet, at least one between 2, so that they have the right information at the end of the lesson.

OR Download/photocopy **How much alcohol is in a drink** sheet (at least 1 between 2).

Objectives

- o To show that alcoholic drinks may contain different amounts of alcohol.

Notes

The calculations and graph could be finished for homework.

Why are young people advised not to drink? PSHE/PSD 14 - 16 worksheet 2

Target age group: 14 - 16 year-olds

Structure: 1 lesson

Preparation: Download/photocopy **Why are young people advised not to drink?** sheet.

Access to the Internet for research if possible.

Objectives

- o To establish why alcohol is more dangerous for young people than for adults.
- o To encourage students to explore a range of reasons.
- o To encourage them to consider the merits of each reason.

Notes

This is a simple activity that could be done individually, in small groups or as a class. If it is done in groups or individually, the results could be collated for the class. This is best done by students awarding their top reason 8 points, second top 7 points, etc., then adding up all the points for each reason from among the groups. The reason with the largest number of points overall is, on average, the most important reason. This process is very likely to encourage debate and disagreement which will help the students consider the issues.

Responsible drinking (Science/environmental studies worksheet 10)

Target age group: 11 - 16 year-olds

Structure: 1 written lesson

Preparation: Download/photocopy **Responsible drinking** sheet (at least 1 between 2).

Objectives

- o To understand why adults should not drink in certain situations (risk groups).
- o To understand the effect of alcohol on young people.
- o To understand why there are no safe limits for alcohol consumption for young people.

Notes

The calculations and graph could be finished at home.

What is BAC? (Blood Alcohol Concentration) (Science/environmental studies worksheet 8)

Target age group: 14 - 16 year-olds

Structure: 1 written lesson

ICT opportunity: Internet research

Preparation: Download/photocopy [What is Blood Alcohol Content \(BAC\)](#) sheet (at least 1 between 2).

Optional: Internet access to talkaboutalcohol.com

Objectives

- o To explain what is meant by BAC.
- o To introduce factors which can affect the BAC.

Notes

Internet research could be done at home. The calculations and graph could be finished for homework.

Have they understood? - The Alcohol clock game

A great way to reinforce how long it takes for alcohol to be broken down by the body and how units accumulate is to play the [Alcohol clock game](#), or the interactive version in our Online Learning Zone talkaboutalcohol.com.

Target age group: 14 - 16 year-olds

Structure: 1 lesson to follow units and drinks demonstration and explanations.

Preparation: write the numbers of the clock one to 12, each on a separate A4 piece of paper.

Objectives

- o To demonstrate through a fun activity how units accumulate in the body and how the liver breaks down units over time.
- o To demonstrate how quickly you can drink a lot of alcohol and how this can have implications for safety in getting home and driving the next day.

