

# ALCOHOL EDUCATION - WHAT DO YOU WANT?

## PSHE 11 - 16 WORKSHEET 5

If you have seen the *Talk About Alcohol* website and have completed some of the worksheets, you should feel you know more about:

- alcohol and its effects on the human body
- different ways in which alcohol can affect people
- how alcohol can affect friends and families
- alcohol and the law.

Everyone needs to know the facts about alcohol, so they can make sensible decisions for themselves now and in the future. But what is the best way to communicate those facts? You know best how you like to learn things and you can use your knowledge in the activity.

### ACTIVITY ONE

Imagine you have been asked to write the curriculum for a new subject at school. It is called 'Alcohol Education', and will be taught to 11-16 year-olds.

1. List all the topics you would include in the syllabus. Start by thinking about all the different ways in which alcohol can affect people. Some may be good. Some may be bad. Some will be about your body and some may be about friends and relationships. What are the things people your age should know about alcohol?
2. Then decide in what order the content would be delivered. Which topics should be introduced first? Which should be covered later on?
3. Now decide the following:
  - Who should teach the Alcohol Education syllabus?
  - Which outside speakers could you invite in?
  - Could you involve other people in developing the syllabus? E.g. parents, religious leaders, doctors or alcohol-related organisations?
  - What resources could you use to teach the syllabus? E.g. websites, posters, pictures, film clips?
4. If you do this activity in groups, each group can suggest a spokesperson to tell the rest of the class what their group has decided. See if people think the same things. What are the best ideas that the groups have thought of?

### ACTIVITY TWO

Having decided what you want to communicate about alcohol to people of your age, divide the class into groups and design a poster. This should show the messages you think are most important to highlight the danger of alcohol for young people.