

'How we are influenced by alcohol' game

This activity can be done through a rapid fire 'hot seat format'. You can adjust the statements according to the age group.

Get students to stand in a large circle around the room

1. Read out the statements listed below, one at a time.
2. If students feel that the statement applies to them, they should cross the circle to the other side.
3. By the end of the statements most students will probably have moved at least once – most more than that.
4. Ask them what they think this game demonstrates.

Almost all of us, even if we don't drink are affected by alcohol at some point, what matters is how we use it.

Statements

For younger students:

You've seen adverts for alcohol
You can name five brands of alcohol (Bacardi, Smirnoff, Carlsberg, Stella, Blossom Hill, etc.)
You can name five different kinds of alcohol (beer, wine, spirits, cider, alcopops, port, sherry, gin, vodka etc.)
You've tried alcohol (may want to say – this was at home, at a party, with friends or adults, etc.)
You've seen someone in your age group who's been drunk
You have friends of your age who drink quite a lot
You've seen alcohol featured in soaps and films
You've read/seen documentaries about drink drive/binge drinking risks
You know who to ask to buy alcohol for you
You've been in a pub
You know someone who's had a hangover in the last month
You know about the health harms of drinking too much alcohol
You've heard about alcohol, but have never tasted it
You know someone of your age who has had a whole alcoholic drink in the last week
You've seen adverts about the dangers of drinking too much

For older students you may wish to add in some of the following statements to assess experience:

You've had or been to a house party
You have been to, or are planning to go to a festival
Your liver is affected by heavy drinking long term
You think it's ok for someone of your age to drink alcohol with their friends
You think drinking too much can affect your school work and chances of getting good grades
There are about 2 units in a pint of beer, a double shot of vodka and a medium glass of wine
You feel confident in resisting peer pressure around drinking
You have friends your age who've been drunk in the last month
It's against the law to ask someone to buy alcohol on your behalf
You have helped a friend get home safely when they have had too much to drink.