



# News Update

*Lesson plans, interactive games, quizzes, work sheets and an interactive website to allow 11-16 year olds to make informed choices as they encounter alcohol socially. Based on a social norms approach, the scheme concentrates on units and guidelines, how much is too much, how to stay safe, the law and how to resist peer pressure.*

**Created by teachers and parents for teachers and parents**  
[www.alcholeducationtrust.org](http://www.alcholeducationtrust.org)

Since June 2010 The Alcohol Education Trust has contacted over 1,000 schools across England about the FREE, peer reviewed and tested resources we offer.

Our resources have been used by over 17,000 pupils this year, and over 10,000 parents from Falmouth, in Cornwall to Rotherham in Yorkshire.

*"These were brilliant. We used the website and booklets in conjunction with Solomon Theatre performance and workshop and the kids loved it as well as learning!"* **Head of PSHE, Hounsdown School, Hants**

[www.talkaboutalcohol.com](http://www.talkaboutalcohol.com)

Our interactive website has over 500 interactive pages of activities and resources for pupils, parents and teachers. Try the interactive body, or are you a good friend?

[www.alcholeducationtrust.org](http://www.alcholeducationtrust.org)  
TEACHER DEDICATED WEBSITE

All our teacher specific resources are laid out by subject under the 'RESOURCES' tab – this includes film clips, quizzes, fast facts and more.

**SEN and Visual Rich Resources**

By September we will have a range of picture based work sheets for schools. Please check on [www.alcholeducationtrust.org](http://www.alcholeducationtrust.org)



**FACTZONE**

**BODY WATCH GUT**

Alcohol is absorbed from the stomach into the bloodstream. Alcohol irritates the stomach, so it can lead to nausea, cramps, abdominal pain and diarrhoea.

It's often a good idea for someone to eat something before they drink - it slows down the absorption of alcohol into the blood.

**How too much alcohol affects the body**

**Brain**  
Alcohol acts a depressant on the brain, the control centre of the body. It can make the drinker feel happy for a little while, but that's followed by depressing feelings. Long term drinking can kill off brain cells and lead to memory loss and mental problems.

**Head**  
After a few drinks, it can be easy for someone to lose their head. They may feel more relaxed, emotional and uninhibited but they also lose control. Their judgement is affected too. They might make a fool of themselves, get into trouble, cause an accident or do something they regret later. Every year, 2% of accidental deaths are alcohol related. Alcohol slows water out of the brain, so, as the body starts to metabolise the alcohol, the drinker may feel dizzy and feel in a troubling headache if they drink too much.

**Heart**  
Drinking large quantities of alcohol over a short period can cause irregular heart beats and shortness of breath. The government guidelines also suggest that for post-menopausal women and men over 65, the risk of heart disease is higher, a daily drink can help prevent against cardiovascular disease as alcohol thins the blood.

**Reproductive organs**  
Drinking alcohol can affect performance in the bedroom because the drinker's not fully in control of their body. Alcohol affects judgement too, so people may have unsafe sex or use their safer sex. In women, excessive drinking may delay menstruation and affect fertility. Alcohol crosses the placenta to a fetus, you should never drink if you are pregnant.

**Waist**  
Although alcohol is fat free, it's very calorie; only fat contains more calories per gram and increases your appetite, so it can lead to weight gain.

**Skin**  
Too much alcohol dehydrates the body, which is bad news for the skin and complexion. It also dilates the blood vessels under the surface of the skin, leading to red veins on the nose and cheeks.

**Eye**  
Alcohol dilates blood vessels in the eyes, so they can look red and 'bloodshot'. It also affects the signals sent from the eyes to the brain - vision becomes blurred, and distance and speed get harder to judge. Many road accidents involve drivers or pedestrians who are alcohol at their wheel. Too much alcohol also suppresses REM (Rapid Eye Movement) sleep. It's the most important phase of sleep so drinking can harm the chance of a good night's rest.

**Gut**  
Alcohol is absorbed from the stomach into the bloodstream. Your body's ability to process alcohol depends on various things, like your age, weight and sex. Your body breaks down alcohol at a rate of roughly one standard drink per hour. Because it takes time for your body to break down alcohol, drinking more than one drink an hour will keep your blood alcohol concentration (BAC) and it may be many hours before you are safe to drive. After a night of heavy drinking you risk being over the drink drive limit the next morning.

**Liver**  
The liver breaks down most of the alcohol a person drinks. The more alcohol the body is broken, water and alcohol. But it can only break down about 1 unit (10g) of alcohol an hour in an average adult. More than that, and it stops working properly. If the body can't cope with all the alcohol in its system, the person falls into an alcoholic coma which can be fatal. Long term heavy drinking kills off liver cells, leading to cirrhosis which turns the liver into a scarred disease - symptoms may not be noticeable until the disease is advanced. Long term excessive drinking can also lead to liver cancer.

**Armpits**  
Alcohol is also excreted as smelly body odour and bad breath - not great for attracting the opposite sex.

**Booklets**

Place your order for September!  
 Max 400 per school.  
 'Alcohol and You' for teenagers,  
 'Talking to Kids about alcohol' for parents.  
 Email [jane.hutchings@aim-digest.com](mailto:jane.hutchings@aim-digest.com)

**Alcohol and You**  
 Facts about alcohol, staying safe and what to do if things go wrong

[www.aim-digest.com](http://www.aim-digest.com) [www.alcoholactiontrust.org.uk](http://www.alcoholactiontrust.org.uk) [www.thepinkcross.org.uk](http://www.thepinkcross.org.uk)

**Talking to Kids About Alcohol**  
 A guide for parents and carers

[www.aim-digest.com](http://www.aim-digest.com) [www.alcoholactiontrust.org.uk](http://www.alcoholactiontrust.org.uk) [www.thepinkcross.org.uk](http://www.thepinkcross.org.uk)

**AVAILABLE SEPTEMBER 2011**

**Teacher Workbook**

A manual with guidelines and advice on teaching alcohol education in PSHE and Science lessons - containing lots of pages with worksheets, quizzes, word searches, etc – all to hand, that just need to be photocopied or are available as downloads from [www.alcoholeducationtrust.org](http://www.alcoholeducationtrust.org).

**To order your free copy, email [jane.hutchings@aim-digest.com](mailto:jane.hutchings@aim-digest.com)**

## 2011-2012?

Our plans for the future include continuing to distribute our resources free of charge; to expand our database of schools; developing SEN adapted worksheets and literature to be included on the DVD and in our new Teacher Workbook.

## TAKE PART IN OUR EVALUATION

If you plan to use our resources, or have found them useful this year, please consider taking part in our evaluation with the National Foundation for Education Research. It involves using a questionnaire before and after you've used our materials. This will help us ensure our resources are good and we can measure if we can change behaviours in our teenagers across the UK. Please contact [helena.Conibear@aim-digest.com](mailto:helena.Conibear@aim-digest.com) if you'd like to be involved please!

## NEW FUNDING

We have successfully obtained a Big Impact Grant from **The Drinkaware Trust**, which is enabling us to create and distribute our DVD and Teacher Workbook free of charge to all schools that request copies.

## NEWS ALERT - The importance of involving parents in discussions about alcohol

A survey undertaken by the Joseph Rowntree Foundation (June 2011) reinforces the importance of involving parents in discussions about alcohol. The Study examines the levels and patterns of drinking among 5,700 students in Years 9 and 11 in England and explores a wide range of influences on their drinking and assesses the relative importance of the factors that influence young people's alcohol use.

The BBC reported the release of the study and include a report on their website at [http://www.bbc.co.uk/news/health-13779834#story\\_continues\\_1](http://www.bbc.co.uk/news/health-13779834#story_continues_1)

In summary:

- children who see their parents drunk are likely to get drunk themselves
- poor parental supervision raises the likelihood of teenage drinking
- the behaviour of friends is a powerful factor in predicting drinking habits

Don Shenker, Chief Executive of Alcohol Concern, commented "Parents have to realise and accept that whether intended or not, their own attitudes towards drinking, their own rate of drinking and any drunkenness are clear signals to children that this is acceptable and standard behaviour. In addition, parents must accept that allowing children to drink unsupervised can increase the risk of their children being drunk and this can have harmful consequences."

Under its conclusion for 'Implications for Policy and Practice' the study comments:

- that to improve drinking behaviour among young people at a national policy level efforts are best directed at supporting and educating parents
- schools could help with the influence of peer group pressure on the regularity and scale of heavy drinking by challenging incorrect

## Hold an AET Seminar for Parents

By working with AET you can further help your pupils by using our resources to involve parents – distribute the booklet 'Talking to Kids about Alcohol' when you cover alcohol education in class and then coordinate this with further parental involvement by holding a FREE Seminar for parents run by AET.

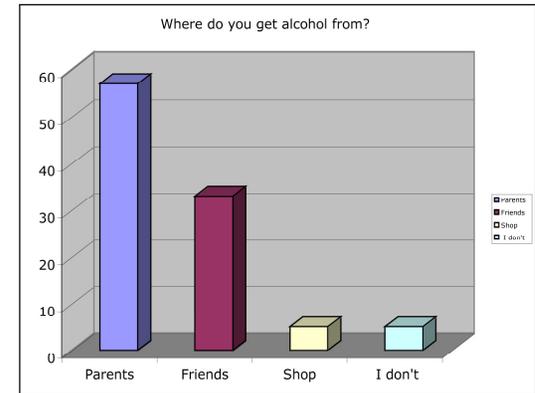
The seminars are very informal and include a presentation, fun quiz and question and answer time – they can be tailored to your requirements and we are happy to be included with other external professionals eg police, medical and health experts. To-date these have been well received and enlightening.

- the more time they spend with friends the more they are likely to drink alcohol

Claire Turner, Programme Manager for the Joseph Rowntree Foundation stated that “This research shows that parents can have more influence on their teenagers' behaviour than perhaps many assumed.”

- perceptions.
- schools could also be a channel for information – getting targeted messages to parents encouraging actions at specific time in their child's development.

Access the full report at <http://www.jrf.org.uk/publications/young-people-alcohol-and-influences>



**For further information on the AET and our resources or to order the dvd/workbook and booklets in time for the new academic year contact: [jane.hutchings@aim-digest.com](mailto:jane.hutchings@aim-digest.com)**