

Lesson 2

Alcohol and Risk

Learning Intention

To understand the risks related to drinking alcohol

Learning Outcome

To know there are risks to drinking alcohol

Resources

Flipchart

[People Drinking pictures](#)

[Drinking question sheet](#)

[Effects of Alcohol cards](#)

[Keeping Safe story](#)

Activities

1. Ground Rules

In a circle, remind the group of the ground rules from the previous lesson.

2. Introduction

Remind the children that so far they have looked at how alcohol affects our health and behaviour. The focus of today's lesson is on how alcohol can affect the drinker's life and the people and community around them.

3. Why People Drink Alcohol

Write 'Why do People Choose to Drink Alcohol' on flipchart paper or whiteboard. Ask pupils to share in pairs, then feedback their ideas. Write their comments on the board. Responses may include: availability; it's legal; it makes them feel good; their friends are doing it; it tastes nice; etc.

Display the [People Drinking pictures](#) on the whiteboard one at a time and ask the group why they think the people are drinking and how they think the alcohol is affecting them. In groups or pairs, give each group one picture and a copy of the [Drinking question sheet](#). Ask the children to look at the picture and answer the questions on the sheet. They can use the ideas from board to help them. Share ideas as a whole group. Remind the class that there are lots of different drinks that people can enjoy when they get together, they don't need alcohol to have a good time. In fact there are lots of families in Britain and other countries who don't drink alcohol at all.

4. Card Sorting

N.B. Be aware that any child in the class may have a parent or family member who is alcoholic or misusing alcohol. Ensure any disclosures made are shared with the designated child protection lead in your school.

Explain that having looked at the physical effects of alcohol on a person in the previous lesson, they are now going to think about other consequences of drinking alcohol for the individual, family and friends and also the community. In small groups, give each group a pack of the [Effects of Alcohol cards](#). Ask the groups to sort the cards into 3 piles according to the effect of drinking too much alcohol can have on:

1. An individual person
2. Family & friends
3. The community.

Ask the class if there are any additional effects they can think of.

When the exercise is completed, ask each group to select what they consider to be the three biggest consequences of drinking alcohol. Ask the groups to feed back to the rest of the class explaining their reasons. Bring the activity to an end by explaining that the choices a person makes regarding alcohol can have a major impact on their life and the lives of others around them - sometimes people they do not even know. Explain that people have to think carefully about their choices and how they affect others.

5. Keeping Safe story

Read the [Keeping Safe story](#) to the class. Ask the children to consider the following questions:

1. Why do you think the adults were drinking?
2. What effect did you notice the drinks having on the adults?
3. What risks did the children in the story take?

Remind the class that alcohol affects everyone differently and is particularly risky for children as their bodies cannot cope with alcohol and they may end up in hospital if they drink too much.

6. Review

As a group, ask the children to think about a label for an alcoholic drink. What warnings would they place on the labels about misusing alcohol?