Alcohol and you
Alcohol and Risk

Age group:	11-16
Duration:	20 minutes
Learning Objectives:	To raise awareness about the short term and long term effects of alcohol. Engage pupils in debate about alcohol and the way it affects them. Consider the consequences of drinking alcohol on the individual and society. Alert students to the risks of alcohol consumption.
N.C. links:	KS3 CIT 2a, b, c PSHE 2b, d, f SC1, SC2.2 – Health KS4 CIT 2a, b, c PSHE2e SC1, SC2.2 – Health
Resources:	Alcohol and you risk poster Photocopied alcoholic drinks from poster Pictures of alcoholic drinks cut out from magazines Paper Scissors Unit calculator from www.alcoholandyou.org Internet access www.alcoholandyou.org
Set-up:	
Introduction:	Different alcoholic drinks have different strengths. All alcoholic drinks contain ethanol or pure alcohol. The strength of an alcoholic drink depends on the amount of ethanol it contains. Bottles and cans containing alcoholic drinks have to show how much alcohol they contain by law. This is known as the percentage alcohol by volume (% ABV). The higher the number the stronger the drink. The lesson raises awareness that alcoholic drinks have different alcoholic strengths and teaches students how to recognise the different strengths and how to calculate them.

Alcohol is a sensitive issue and teachers should be aware of the possibility that pupils may be from homes where there are alcohol related problems.

Session:	The 'Alcohol and you risk poster' should be displayed where the whole class can have access it to it. Students are each given a piece of A4 paper and asked to draw a simple line labelled Weakest → Strongest. Students are given the photocopies of the alcoholic drinks from the posters and asked to cut them out. 1. First students must order the icons in order of strength. Place the weakest drink on the far left and the strongest on the far right.

2. Next students order the drinks in terms of the number of units in each drink. Place the drink with the least number of units on the far left and the one with the most on the far right.

To help you calculate the units check out www.alcoholandyou.org or use the downloadable unit calculator.

Plenary: Quick fire questions can be used to finalise the session. How many units should a man have a day? A week? How many units in a pint of beer? What is the % ABV of a bottle of wine? Of vodka?

Other opportunities: You can also introduce the topic by asking students to play 'Do you measure up'. Or download and photocopy the unit calculator template from www.alcoholandyou.org. Have every student make one.

Your ideas: