

## **Alcohol and you** **Alcohol and the body**

Age group:	11-16
Duration:	20 minutes – 1 hour
Learning Objectives:	Engage pupils in debate about alcohol and the way it affects them. Raise awareness about the short term and long term effects of alcohol on the body and the consequences of doing so. Understand how the body gets rid of toxins such as alcohol.
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:	Internet access <a href="http://www.alcoholandyou.org">www.alcoholandyou.org</a> Body outline pdf Large sheets of paper (big enough to draw round a person)
Set-up:	Have the class visit the <a href="http://www.alcoholandyou.org">www.alcoholandyou.org</a> website individually or in pairs. Allow time for exploration but make sure they visit the 'What does alcohol do?' section. The students will draw outline body shapes and add organs and body parts with notes about how alcohol affects that particular part of the body. The pictures can be to scale if resources allow, or smaller if not. If doing large body pictures, make sure the groups have large floor space for the second half of the lesson.
Introduction:	The lesson uses facts and animation to raise awareness of the short and long-term effects of alcohol on the body. How alcohol affects the brain is often most immediately important to young people. The lesson allows for creative thinking on topical issues for young people.

*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 lesson can last 20 minutes or can be extended to a full lesson. During the first half students should have access to the website <a href="http://www.alcoholandyou.org">www.alcoholandyou.org</a> . The website is designed for 11-16 year olds to provide information in an engaging yet educational manner. The students should be encouraged to explore the website at will, but they should all visit the 'Alcohol – the effects' section. Within this they should visit 'alcohol and the body' and 'alcohol and the brain', 'alcohol and mood', and 'Freyja's story'.  The students should be provided with the blank body outline that is included with this lesson plan. They can use it to add details to their body outlines from the <a href="http://www.alcoholandyou.org">www.alcoholandyou.org</a> website.
----------	--

The lesson can be extended at this point. After completing their research the students can be divided into large groups of four to six. A large sheet of paper should be placed on the floor. One student volunteers to be drawn around for an outline of the body. The students should then work together to add the organs and the effects of alcohol to these body parts.

The posters can then be displayed in the classroom.

Plenary: End the lesson by asking students for a summary of which body parts are affected by alcohol. Ask for comments on whether the damage is short or long term.

Other opportunities: You could produce one large class poster, colour it in, and display it outside the classroom for other students to see.

Your ideas:

