

Talk About Alcohol games and activities set – Risk Sentences instructions

This activity uses the Risk Sentences, and these can be used with the risk continuum cards (healthy/ unhealthy, safe/ unsafe etc.).

Photocopy the Risk Sentences and cut them into separate strips.

Place the risk continuum cards on the floor at opposite ends of a clear room.

Ask students to read out a statement each and to decide where on the risk continuum they would stand (e.g. Is it very unhealthy or half way between healthy and unhealthy?). Do the others agree? After some discussion, would they like to change where they are standing? The student can choose which set of opposites their statement applies to.

You can make up your own statements, these are just suggestions.

As the facilitator you can feed in relevant facts and figures.

Risk Sentences

Drink an alcoholic drink at a family party when aged 15

Down drinks in a dare competition with some mates

Throw up from drinking too much alcohol

Drink in a public place such as a park when aged 16

Buy ID from an older mate as you look quite similar

Drink alcohol at a friend's house without their parents knowing

Accept an alcoholic drink bought for you by an older person when you are 15

Ask someone over 18 to buy alcohol for you to drink at a party

Put alcohol into someone's soft drink as a joke

To have sex with someone when they are drunk (and you are not) when aged 18

To hit a boyfriend or girlfriend when drunk

To go out drinking without eating first

To alternate soft drinks with alcoholic drinks when going out clubbing (when aged 18)

To drive the morning after a big night out