

2. ALCOHOL - BITE SIZE ACTIVITIES

Match numbers

This short activity gives students the opportunity think about what could be an appropriate amount to drink to have an enjoyable time socialising for adults and how much would lead to problems, increased vulnerability and risk.

AGE RANGE: 13-15

ACTIVITY LENGTH: 20 minutes



talkabouttrust.org/resources/schools/bite-size-match-numbers/

PREPARATION:

- Decide whether to use either option i or option ii.
- If choosing option ii) print off the Number of drinks sheet and the Consequences grid. (It is also great to have actual empty cans/ drinks to represent drinks – from attractive looking soft drinks to a messy group of empties representing 6+ drinks).
- Delete the slides relevant to the options not selected.

LEARNING OBJECTIVES:

- Learn about how alcohol affects the body, situations where someone should not drink alcohol, and how drinking to excess can raise the risk of accidents, injury, anti-social behaviour, vulnerability to others and unprotected, later regretted or non-consensual sex.

RESOURCES:

Number of drinks sheet

talkabouttrust.org/resources/schools/0-2-4-6-number-of-drinks-sheet/

Consequences grid

talkabouttrust.org/resources/schools/consequences-grid/

Activity (10 minutes)

Choose either option i) Interactive Learning Zone version 'Match Numbers' or option ii) the class-based activity.

i) Interactive Learning Zone version 'Match Numbers'

This short activity involves just 5 questions but makes students think about what is an appropriate amount to drink to have an enjoyable time socialising and how much would lead to problems.

ii) Class based activity

As a class, match each consequence to the number of drinks. Follow the questions on the slide and the detailed explanation in the presenter notes. There are no right or wrong answers, but students should think about how more alcohol would affect outcomes more profoundly. As an alternative to the grid, you can use empty bottles and cans to represent the number of units - you can make non alcoholic alternatives look inviting and 6+ drinks look crushed and messy.

2. ALCOHOL - BITE SIZE ACTIVITIES

Alcohol quiz

This quiz allows pupils to check their knowledge on cannabis.

AGE RANGE: 13-15

ACTIVITY LENGTH: 25 minutes



talkabouttrust.org/resources/schools/alcohol-emoji-quiz-questions-and-answers-powerpoint/

Work through the questions, discussing with the class. The answers are on the powerpoint notes.



1. Alcohol affects people in different ways depending on their age, height and size



6. People who drink lots of alcohol regularly may become addicted to it



2. People are more likely to take risks after drinking alcohol



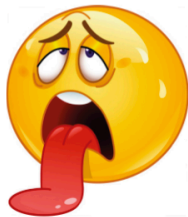
7. Drinking alcohol reduces stress



3. It is illegal to buy alcohol under 18



8. The label on a bottle or can of drink tells you how much alcohol it contains



4. Drinking too much alcohol can affect health badly



9. Eating before drinking alcohol stops a person from getting drunk



5. Drinking water and alternating with soft drinks may reduce the risk of a hangover



10. It is possible to sleep off a hangover and feel all right the next day

2. ALCOHOL - BITE SIZE ACTIVITIES

True or false? Alcohol emoji quiz answers

1. Alcohol affects people in different ways depending on their age, height and size.....

True or False?

True. Alcohol affects people in different ways. Small amounts of alcohol have more effect on a young person's brain and body. Blood alcohol rises more slowly in a larger adult, but it will also depend on whether they've eaten (food slows down the absorption of alcohol), stay hydrated or if they are on medication, for example.

2. Young people are more likely to take risks after drinking alcohol.....True or False?

True. Alcohol affects judgement so after drinking alcohol, people tend to have fewer inhibitions, and this can lead to risky behaviour. This can result in: An accident or injury, risky or unprotected sex, vulnerability to others or criminal damage or violence.

3. It is illegal to buy or be served alcohol if under 18.....True or False?

True. It is illegal for licensed premises to sell alcohol to anyone under 18 years old and the Police have powers to confiscate alcohol from under 18s in public spaces (e.g. on the street or in parks).

It is against the law for those under 18 to consume alcohol in a licensed premise, with the exception of 16 and 17 year-olds who are allowed to drink beer, wine or cider during a meal with adults (but they may not buy the alcohol themselves).

It is also illegal for an adult (aged 18 or over) to knowingly buy alcohol for someone under age - So if someone under 18 asked an older friend to buy alcohol for them, they'd be asking them to break the law.

4. Drinking too much alcohol can affect health badlyTrue or False?

True. Drinking a lot of alcohol in a short space of time can increase someone's risk of accidents and injury. High doses can cause alcohol poisoning, leading to coma or even death.

In Great Britain, most young people drink responsibly, but for those aged 16-24, 15% of men consume more than 8 units on one occasion and 9% of women consume more than 6 units. This can lead to short term personal risks such as accidents and alcohol poisoning. 22% of accidental deaths are alcohol-related and in 2021, 568 people died from alcohol poisoning in the UK.

Just 6% of all men over 16 drink more than 50 units a week and 4% of women drink more than 35 units a week in England. Drinking at this level increases the risk of addiction and health issues such as cancers (colon, breast, upper digestive tract), of heart attack and irregular heart beat (atrial fibrillation) and alcoholic liver diseases long-term. In Scotland prevalence of hazardous or harmful weekly alcohol consumption was around twice as high for men (31%) as for women (16%) in 2021 and 13% of women and 17% of men reported binge drinking (6/8 units of alcohol in a day). That's why in the UK in 2022, there were 10,048 deaths from alcohol-specific causes registered in the UK, mainly from alcoholic liver disease. The rate of alcohol-specific deaths for males in 2022 was around double the rate for females (22.3 and 11.1 deaths per 100,000 people, respectively)

Source: Alcohol-specific deaths in the UK: registered in 2022, Scottish Health Survey, Health Survey for England

2. ALCOHOL - BITE SIZE ACTIVITIES

5. Drinking water and alternating with soft drinks will reduce the risk of a hangover..... True or False?

True. As well as inflammation, many of the effects of a hangover come about because alcohol dehydrates the body.

Drinking plenty of water and pacing – that is, alternating alcoholic drinks with non-alcoholic alternatives – slows down a person's intake of alcohol as well as keeping the body hydrated. This in turn reduces the risk of drinking too much and getting a hangover the next day.

Alternating with soft drinks will help save money and bars and clubs have to offer free tap water too!

6. People who drink lots of alcohol regularly may become addicted to it..... True or False?

True. Someone who regularly drinks an excessive amount of alcohol may have to drink more to get the same effect, and this can lead to addiction.

Being addicted to alcohol means someone has a compulsive need to drink and finds it hard to stop drinking.

They may need a drink as soon as they wake up or feel the need to have a drink in the morning. If they don't have access to alcohol they suffer from withdrawal symptoms, such as sweating, shaking and nausea, which stops if they drink alcohol again. Many organisations can help someone struggling with addiction (see talkabouttrust.org/resources/schools/where-to-go-for-help-and-advice/).

7. Drinking alcohol reduces stress.....True or False?

False. Alcohol acts as a depressant on the brain, the control centre of the body. After a few drinks someone may feel more relaxed, emotional and uninhibited for a while. They may also lose control as their judgement is affected. This is then followed by a depressing low as more of the brain starts to be affected. It doesn't matter what mood someone is in to start with, when high levels of alcohol are involved, it's possible that instead of pleasurable effects increasing, a negative emotional response will take over. They could become angry, anxious or depressed.

8. The label on a bottle or can of drink tells you how much alcohol it contains.....True or False?

True. The amount of alcohol is usually shown on the drink container, but you can calculate it yourself.



9. Eating before drinking alcohol stops a person from getting drunk.....True or False?

False. Eating before drinking slows down the absorption of alcohol into the bloodstream and will stop someone from getting drunk as quickly - It also gives the liver more of a chance to break down the alcohol in their body, as alcohol is held in the stomach for longer. It's therefore a good idea to eat before drinking, but this doesn't reduce the amount of alcohol or units that are consumed– so if someone drinks a lot, they'll still get drunk. Remember, the liver can only break down 1 unit an hour and nothing can speed this up. If someone consumes 10 units (i.e., 5 pints/ 4 glasses of wine/ 5 double measures of spirits) it will take 10 hours to break down the alcohol. This is important to know re. the risk of drink driving the day after consuming alcohol.

10. It is possible to sleep off a hangover and feel all right the next dayTrue or False?

False. Hangovers can last for a lot longer than just the morning after. Advice for adults is that after a lot of alcohol has been consumed, they shouldn't drink alcohol for another 48 hours. Hangovers are best avoided in the first place by limiting drinking to be within the responsible guidelines, pacing drinks with non-alcoholic ones, eating before or when drinking, or not drinking at all.

2. ALCOHOL - WORKSHEETS AND FACTSHEETS

How too much alcohol affects the body

Brain

Head

Heart

Liver

Armpits

Skin

Eyes

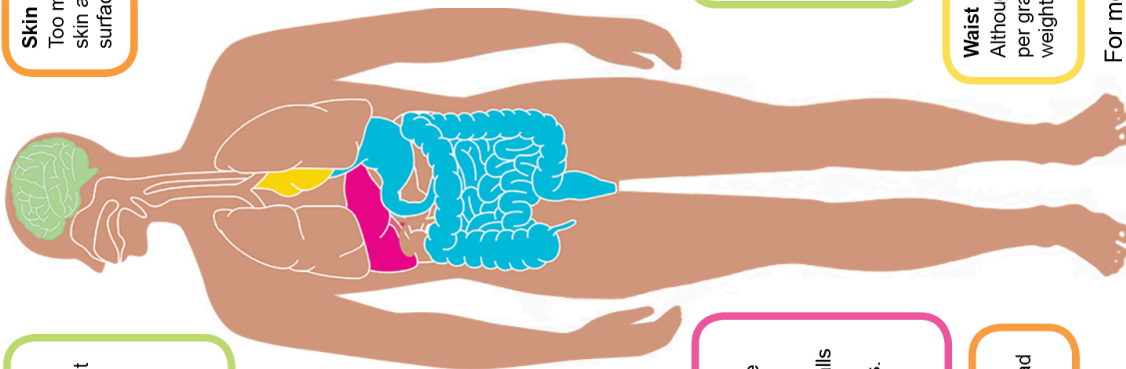
Gut

Alcohol and sex

Waist

For more information, please visit talkaboutalcohol.com/interactive-body/

How too much alcohol affects the body



Brain

Too much alcohol acts as a depressant on the brain, the control centre of the body. It can make the drinker feel happy for a little while, but any improvement in mood is temporary and people usually feel worse after drinking too much. Alcohol can depress the central nervous system leading to slurred speech, unsteady movement, disturbed perceptions, and an inability to react quickly. Long-term drinking can kill off brain cells and lead to memory loss and mental problems as well as alcohol dependency.

Head

After a few drinks, behaviour changes. The person drinking 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, 18-22% of accidental deaths are alcohol-related. Alcohol draws water out of the brain. So, as the body starts to break down alcohol, the drinker may feel dizzy and be in for a throbbing 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, leading to panic attacks and illness.

Liver

The liver breaks down most of the alcohol a person drinks (the rest leaves the body in breath, urine and sweat). But it can only break down about 1 unit (8g) 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 a disease called cirrhosis. It's a 'silent' disease – symptoms may not be noticeable until the disease is advanced. Long-term excessive drinking can also lead to liver cancer.

Armpits

Excess alcohol is also excreted as smelly body odour and bad breath - not great for attracting partners.

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 ugly veins on the nose and cheeks.

Eyes

Too much 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 distances and speeds get harder to judge. Many road accidents involve drivers or pedestrians who have alcohol in their blood.

Too much alcohol also suppresses REM (Rapid Eye Movement) sleep. It's the most important phase of sleep so drinking heavily can ruin the chance of a good night's rest.

Gut

Alcohol is absorbed from the stomach into the bloodstream. The body's ability to process alcohol depends on various things, like age, weight and sex. Alcohol breaks down in the body at a rate of roughly one unit per hour and therefore drinking more than one unit of alcohol an hour will build up the blood alcohol concentration (BAC) and it may be many hours before it is safe to drive. After a night of heavy drinking a person risks being over the drink drive limit the next morning. Learn more at morning-after.org.uk

Alcohol and sex

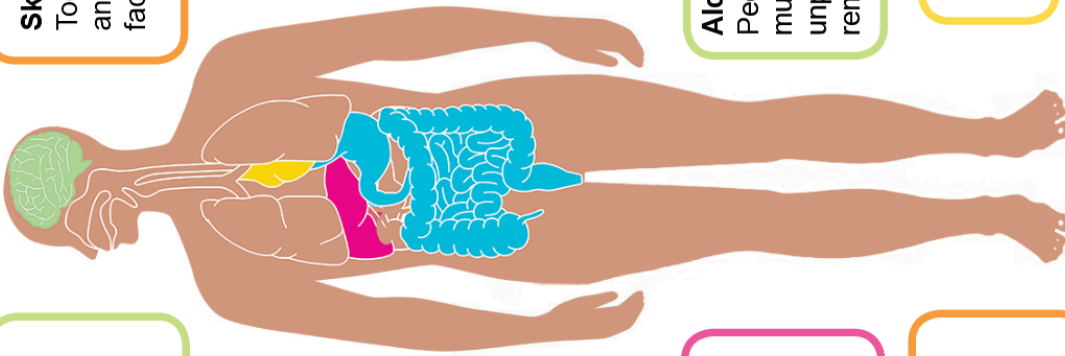
Drinking too much alcohol can affect performance in the bedroom because the drinker is not fully in control of their body. Alcohol affects judgement too, leading to unsafe sex. 40% of 16-24 year-old girls and 31% of boys of the same age group reported having had unprotected sex after binge drinking. If someone is pregnant, they shouldn't drink because alcohol crosses the placenta directly to the baby and can cause Foetal Alcohol Spectrum Disorder.

Waist

Although alcohol is fat free, it is very calorific (only fat contains more calories per gram) and increases your appetite, so excess drinking can lead to weight gain.

For more information, please visit talkaboutalcohol.com/interactive-body/

How too much alcohol affects the body



Brain
Too much alcohol can make people upset, anxious or angry.

Head
Too much alcohol can lead to a headache/hangover, so it's important to drink plenty of water/ soft drinks. It can affect people's memory too.

Heart
Too much alcohol makes the heart beat faster and can cause panic attacks.

Liver
Alcohol is broken down in the liver, but it can only cope with 1 drink an hour. Drinking heavily for a long time increases the risk of liver disease.

Waist
Alcohol is calorific. Too much can lead to weight gain.

Skin
Too much alcohol makes the skin hot and sweaty and can make people red-faced.

Eyes
Too much alcohol leads to bloodshot eyes. Alcohol also slows reactions - that's why people have more accidents after drinking.

Tummy and gut
Too much alcohol and drinking on an empty tummy can cause sickness. Some people may even pass out and risk choking on their own vomit.

Alcohol and sex
People take risks when they've drunk too much - with someone they don't know or have unprotected sex. They might worry if they can't remember what they have done after drinking.

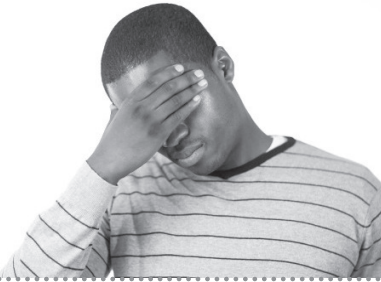
Armpits
Too much alcohol can make the body sweat.

For more information, please visit talkaboutalcohol.com/interactive-body/

2. ALCOHOL - WORKSHEETS AND FACTSHEETS

Consequences grid - How much is too much? Getting the balance right

Make an idiot of yourself



If driving



Meal, food and socialising



Laugh



Get robbed



Party/ good time



If taking medicines



Get beaten up



Have an accident



Have slurred speech



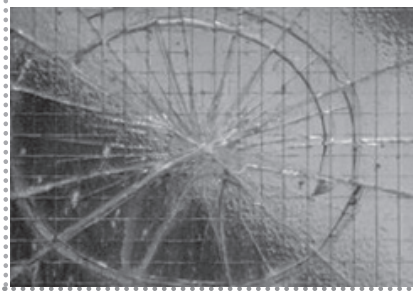
Get involved in a fight/ become aggressive



Pass out/ have alcohol poisoning



Damage property



Take risks



Injure yourself or someone else







2. ALCOHOL - WORKSHEETS AND FACTSHEETS

How much is too much? getting the balance right

Place each statement/ picture next to the number of drinks that you think would lead to the consequence. When should you not drink at all? Some pictures belong here.

Consuming:

0 drinks	1-2 drinks	4+ drinks	6+ drinks
			

2. ALCOHOL - WORKSHEETS AND FACTSHEETS

YOU, FRIENDS AND STRANGERS

PSHE 11-14 WORKSHEET 3

ACTIVITY ONE

Cause and effect

Here are some common effects of drinking too much alcohol, especially for young people. In the grid, tick the boxes to say to who each one may affect.

	Does this affect the drinker?	Does this affect the drinker's friends?	Does this affect other people as well?
vomiting			
blurred vision			
can't stand or walk straight			
being louder than normal			
saying things you wouldn't normally say			
causing an accident			
arguing and fighting			
making a fool of yourself			
ending up in hospital			
having a hangover			
unable to go to school the next day, or poor school performance			

In small groups, compare your answers. Do you agree with each other? If not, discuss your reasons for the choices you've made.

In general, does getting drunk affect just the drinker or other people?

Alcohol and the Law

Consuming alcohol in licensed premises

It is against the law for someone who is under 18 to consume alcohol in a licensed premise, with the exception of 16 and 17 year-olds, who are allowed to drink beer, wine or cider during a meal with adults (but they may not buy the alcohol themselves).

Alcohol restriction zones

It is an arrestable offence to fail to comply with a police officer's request not to drink alcohol in a designated Alcohol Restricted Area.

The police also have the power to take away and dispose of any alcohol and containers in the person's possession.

No ID no sale

Even if someone is over 18, shopkeepers and licensed premises can refuse to serve them if they don't have ID and look younger.

Buying alcohol for yourself

It is illegal for licensed premises to sell alcohol to someone under 18.

It is illegal to sell alcohol to a person who is drunk.

Buying alcohol for someone else

Police have the power to charge anyone over 18 who knowingly buys alcohol for someone under 18 (buying by proxy).

Underage drinking in public places

Police have powers to confiscate alcohol from under 18s drinking in public spaces (e.g. on the street or in parks).



Drinking and driving

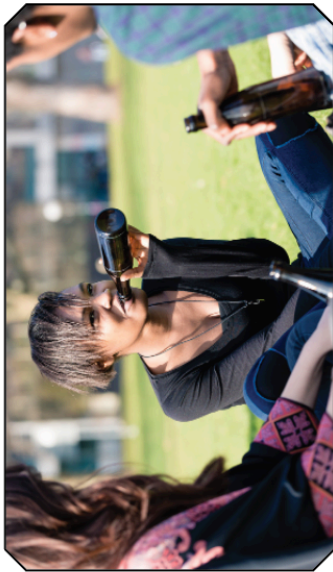
It's against the law for an adult to drive with more than 80mg of alcohol per 100ml of their blood (or more than 50mg of alcohol per 100ml in Scotland).

Those who break the law can face a minimum 12-month driving ban, be sent to prison for up to 6 months or get an unlimited fine - or both. An offence stays on the driving licence for 11 years.

Causing death through drink-driving can result in a maximum prison sentence of 14 years and a two-year driving ban. For more information, visit think.direct.gov.uk

2. ALCOHOL - WORKSHEETS AND FACTSHEETS

Alcohol and the Law



The police can take away alcohol from under 18s in a public place.



If someone is over 18, they will need to prove it!



No one can buy or be served alcohol if they are under 18 in a licensed premises.



Driving when above the drink-drive limit risks lives. Penalties include fines, loss of driving licence and prison.



It's against the law for anyone aged 18 or over to buy alcohol for under 18s (buying by proxy).



It's against the law to sell alcohol to someone who is drunk or to buy alcohol for someone who is drunk.

This factsheet is also available at talkabouttrust.org/resources/schools/alcohol-and-the-law-simple/

2. ALCOHOL - WORKSHEETS AND FACTSHEETS

How many units in a drink?

1



A small bottle (275ml) of lower strength (4%) RTD



A half pint of lower strength (4%) lager, beer or cider



A single measure of spirit (40%)

Check the label

Most drinks tell you how many units are in them

Know your limits

Units of alcohol per 125ml glass



2



A pint of lower strength (4%) lager, beer or cider



A 440ml can of medium strength (4.5%) lager, beer or cider



A standard glass (175ml) of lower strength (12%) wine or champagne



A double measure of spirit (40%)

3



A pint of medium strength (5%) lager, beer or cider



A large bottle (700ml) of lower strength (4%) RTD



A large glass (250ml) of lower strength (12%) wine

4



A large bottle (700ml) of higher strength (5.5%) RTD



A 500ml can of higher strength (7.5%) lager, beer or cider

The UK Chief Medical Officers recommend

- Adults (both men & women) should not regularly exceed 14 units a week, spread over the week with alcohol free days
- Alcohol should be avoided when someone is planning to drive, when on certain medications (always check with a GP) and if pregnant.
- The CMO advises that there is no safe level of drinking for under 18's as the brain and organs of young people are still developing and that an alcohol free childhood until at least age 15 is best.

This factsheet is also available at talkabouttrust.org/resources/schools/how-many-units-simple/

1 to 2 units

After drinking 1 to 2 units of alcohol, the heart rate speeds up and blood vessels expand, giving people the warm, sociable and talkative feeling associated with moderate drinking.

4 to 6 units

After drinking 4 to 6 units of alcohol, the brain and nervous system starts to be affected. Alcohol begins to affect the part of the brain associated with judgement and decision making, which makes people less inhibited.

The alcohol begins to interrupt brain signalling, making people feel light-headed and slowing down reaction times and co-ordination.

8 to 9 units

After drinking 8 to 9 units of alcohol, reaction times will be much slower, speech will begin to slur and vision can begin to lose focus. It will depend on how fast someone is drinking and whether they have eaten or paced their drinking with water or soft drinks.

The liver, which filters alcohol out of the body, will be unable to remove all of the alcohol overnight (9 hours to break down 9 units), so it's likely that if drinking this much, a person will wake with a hangover.

10 to 12 units

After drinking 10 to 12 units of alcohol, coordination will be highly impaired, placing the person at serious risk of having an accident. The high level of alcohol has a depressant effect (slowing things down) on both the mind and body, which makes people feel drowsy.

The body attempts to quickly pass out the alcohol in urine. This will leave the person feeling badly dehydrated in the morning, which may cause a severe headache.

The excess amount of alcohol in the system can also upset digestion, leading to nausea, vomiting, diarrhoea and indigestion.

More than 12 units

If someone drinks more than 12 units of alcohol, they're at considerable risk of developing alcohol poisoning, particularly if drinking many units over a short period of time.

It usually takes the liver about an hour to remove one unit of alcohol from the body.

Alcohol poisoning occurs when excessive amounts of alcohol start to interfere with the body's automatic functions, such as:

- breathing
- heart rate
- gag reflex, which prevents you choking

Alcohol poisoning can cause a person to fall into a coma and could lead to their death.

Other risks

Some of the other risks associated with alcohol misuse include:

- accidents and injury – More than 1 in 10 visits to accident and emergency (A&E) departments are because of alcohol-related illnesses.
- violence and antisocial behaviour – Each year in England about half a million violent incidents are linked to alcohol misuse.
- unsafe sex – This can lead to unplanned pregnancies and sexually transmitted infections (STIs).
- loss of personal possessions – Many people lose personal possessions, such as their wallet or mobile phone, when they're drunk.
- unplanned time off work or college – This could put your job or education at risk.