

# UNITS AND GUIDELINES – RESPONSIBLE DRINKING

## TEACHERS NOTES

### How much alcohol is in a drink? (Science/environmental studies worksheet 7 or How many units? pictorial work sheet)

Target age group: 11 - 16 year-olds

Structure: 1 written lesson

#### Preparation:

EITHER Download/photocopy the blank pictorial worksheet **How many units in a drink?** and an answer sheet - You can choose between the simple or more complex sheets.

The worksheet prompts students to work out how many units are in different types of drink. Ensure that you also make copies of the answer sheet, at least one between 2, so that they have the right information at the end of the lesson.

Students may like to use the Drinkaware unit calculator if you have online access to help them find the answers via [drinkaware.co.uk/tips-and-tools/drink-diary/](http://drinkaware.co.uk/tips-and-tools/drink-diary/)

OR Download/photocopy **How much alcohol is in a drink** sheet (at least 1 between 2).

#### Objectives

- o To show that alcoholic drinks may contain different amounts of alcohol.

#### Notes

The calculations and graph could be finished for homework.

### Why are young people advised not to drink? PSHE/PSD 14 - 16 worksheet 2

Target age group: 14 - 16 year-olds

Structure: 1 lesson

Preparation: Download/photocopy **Why are young people advised not to drink?** sheet.

Access to the Internet for research if possible.

#### Objectives

- o To establish why alcohol is more dangerous for young people than for adults.
- o To encourage students to explore a range of reasons.
- o To encourage them to consider the merits of each reason.

#### Notes

This is a simple activity that could be done individually, in small groups or as a class. If it is done in groups or individually, the results could be collated for the class. This is best done by students awarding their top reason 8 points, second top 7 points, etc., then adding up all the points for each reason from among the groups. The reason with the largest number of points overall is, on average, the most important reason. This process is very likely to encourage debate and disagreement which will help the students consider the issues.

### Responsible drinking (Science/environmental studies work sheet 10)

Target age group: 11 - 16 year-olds

Structure: 1 written lesson

Preparation: Download/photocopy **Responsible drinking** sheet (at least 1 between 2).

#### Objectives

- o To understand why adults should not drink in certain situations (risk groups).
- o To understand the effect of alcohol on young people.
- o To understand why there are no safe limits for alcohol consumption for young people.

#### Notes

The calculations and graph could be finished at home.

### What is BAC? (Blood Alcohol Concentration) (Science/environmental studies work sheet 8)

Target age group: 14 - 16 year-olds

Structure: 1 written lesson

ICT opportunity: Internet research

Preparation: Download/photocopy **Calculating Blood Alcohol Content (BAC)** sheet (at least 1 between 2).

Optional: Internet access to [talkaboutalcohol.com](http://talkaboutalcohol.com)

#### Objectives

- o To explain what is meant by BAC.
- o To introduce factors which can affect the BAC.

#### Notes

Internet research could be done at home. The calculations and graph could be finished for homework.