



TALK ABOUT ALCOHOL

EMOTIONS AND FEELINGS



Learning objectives

We will

- Consider how alcohol affects a person's feelings, behaviour and decision making.
- Explore factors that might make drinking alcohol more risky.
- Discover how much and how often other people drink alcohol.
- Learn how the amount a person drinks will affect their risk of harm.

Intended learning outcomes

I will be able to

- Identify situations where alcohol consumption is likely to lead to harm.
- Explain which outcomes are more likely depending on how much alcohol someone has consumed (versus heavy alcohol consumption).
- Outline ways that someone can reduce the risk of alcohol-related harms.

How alcohol can change how someone feels

Emma is feeling upset and angry

Emma has had an argument with her mum.

What happens to her body when she feels like this?



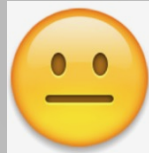
How alcohol can change how someone feels



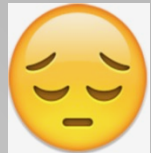
SUPER EXCITED/ BUZZING



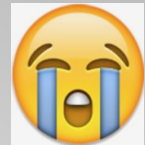
HAPPY



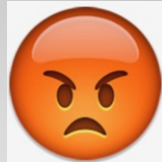
OK



SAD



UPSET



ANGRY

How alcohol can change how someone feels

*Alcohol can make you
feel like this too!*

How alcohol can change how someone feels

These faces can help you show how someone may react around alcohol



Feeling OK



Joking around



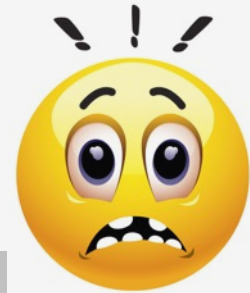
Feeling relaxed



Nervous or
pressured

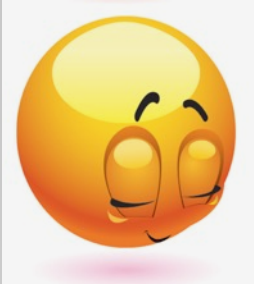


Feeling content

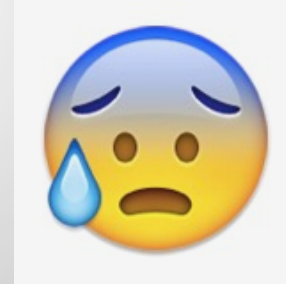


Worried

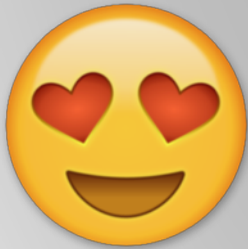
How alcohol can change how someone feels



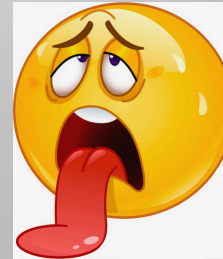
Shy



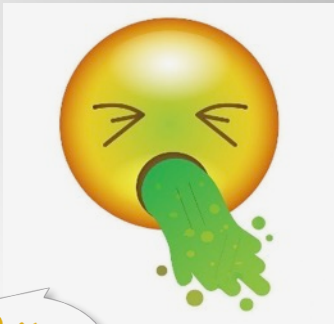
Panicky or scared



Feeling sexy

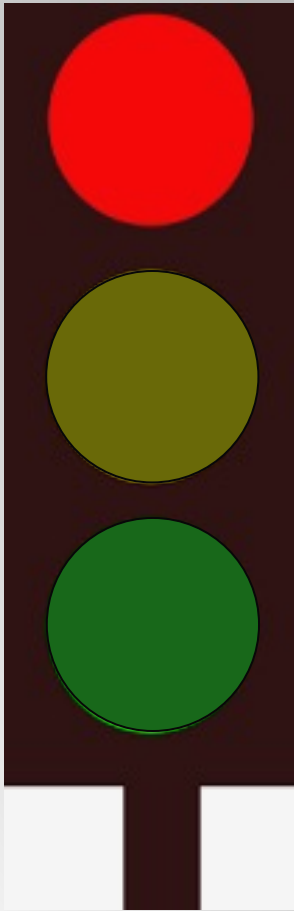


Feeling ill



Feeling sick

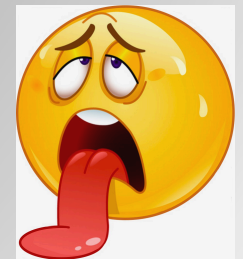
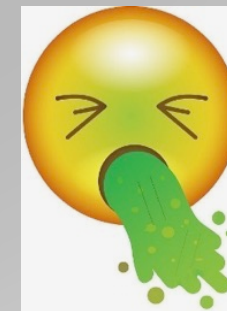
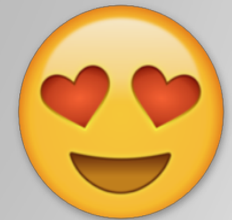
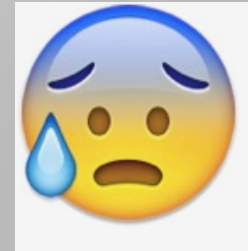
The traffic light can help us stop and think before we act!



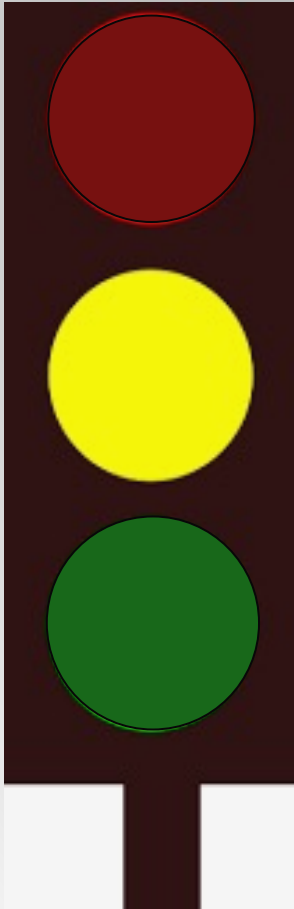
Stop!
NO

Don't rush.
Say 'No' if you're
not happy

**When we make the
wrong decisions**



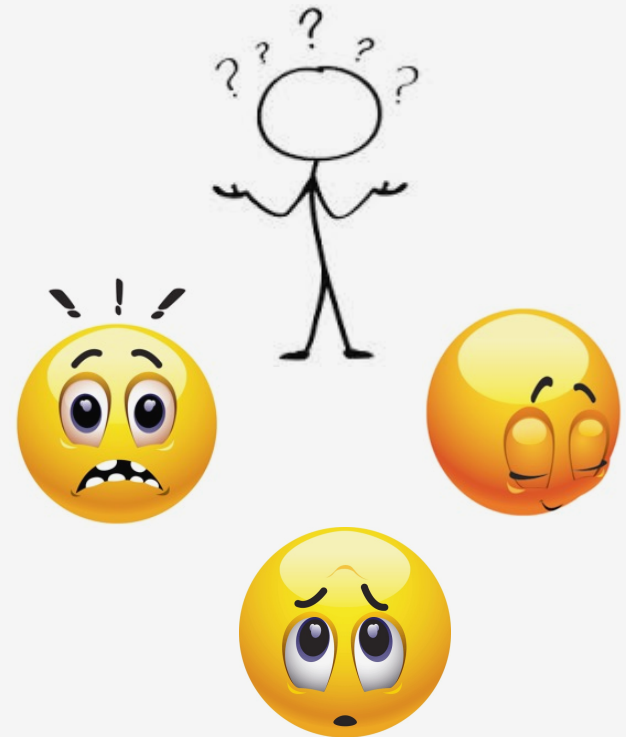
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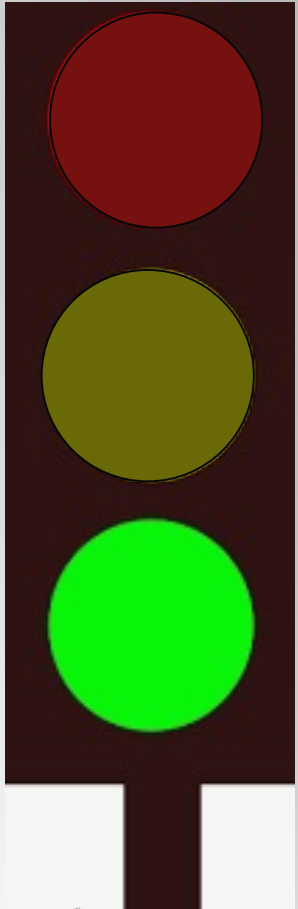
**Think and
decide**

Is it safe?
Yes or No?

**When we are
unsure**



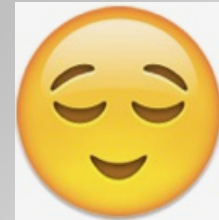
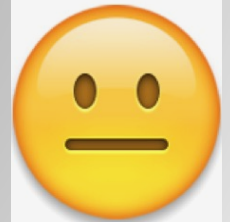
The traffic light can help us stop and think before we act!



OK, YES!

If you're happy and
sure you've thought
the decision through

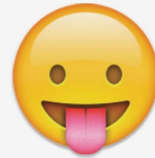
**When we make
safe decisions**



Risk Scale



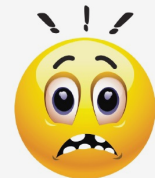
Feeling safe



**Fun to be scared
risking on purpose**



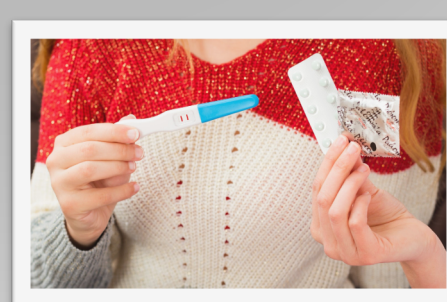
Feeling unsure



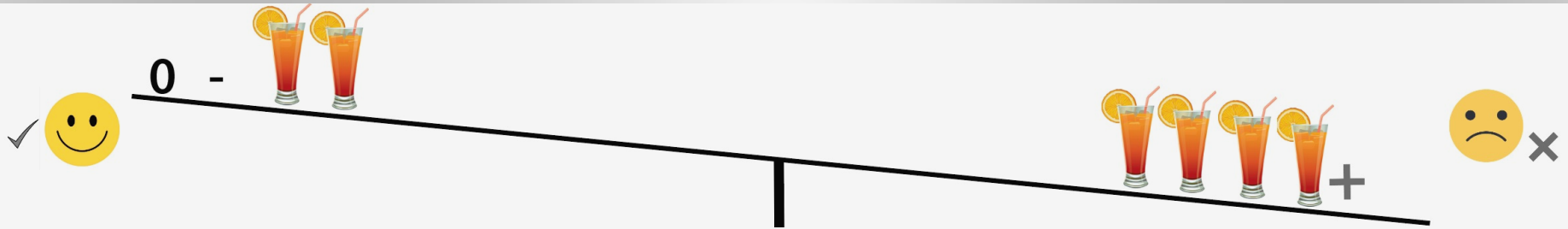
Feeling unsafe

Drinking too much increases risks

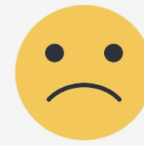
Some adults may choose to drink alcohol. It is important to understand that **if someone drinks too much it increases risks.**



Getting the balance right – How much is too much?



Join up the pictures to the smiley face or sad



How many young people drink alcohol?

Remember

For young people under 16

- Most have not had a whole alcoholic drink.
- Very few drink weekly less than
- Very few get drunk .

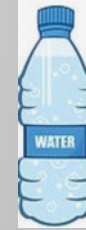
Young people under 18 should **not** drink alcohol as their bodies and brains are not fully developed - so alcohol tends to affect young people more than adults.



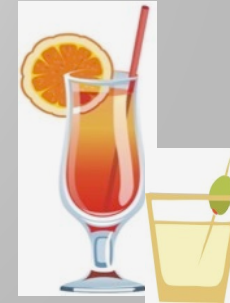
How much alcohol do you think would lead to these things happening



No alcohol



2 drinks



4 drinks



6+ drinks



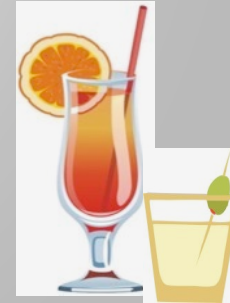
How much alcohol do you think would lead to these things happening



No alcohol



2 drinks



4 drinks



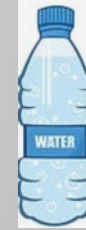
6+ drinks



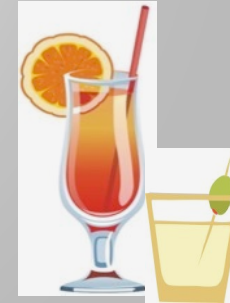
How much alcohol do you think would lead to these things happening



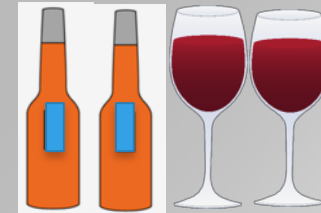
No alcohol



2 drinks



4 drinks



6+ drinks



How much alcohol do you think would lead to these things happening

Place each statement card next to the number of drinks that you think would lead to the consequence.

When should someone not drink at all? Some pictures belong here.

Consuming:

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

 <p>Be vulnerable to others</p> <p>Alcohol Education Trust talkaboutalcohol.com Consequences cards</p>	 <p>Pass out/ have alcohol poisoning</p> <p>Alcohol Education Trust talkaboutalcohol.com Consequences cards</p>	 <p>Say something you regret</p> <p>Alcohol Education Trust talkaboutalcohol.com Consequences cards</p>
 <p>Have an accident</p> <p>Alcohol Education Trust talkaboutalcohol.com Consequences cards</p>	 <p>If working</p> <p>Alcohol Education Trust talkaboutalcohol.com Consequences cards</p>	 <p>Smoking</p> <p>Alcohol Education Trust talkaboutalcohol.com Consequences cards</p>
 <p>Meal, food and socialising</p> <p>Alcohol Education Trust talkaboutalcohol.com Consequences cards</p>	 <p>Get involved in a fight/become aggressive</p> <p>Alcohol Education Trust talkaboutalcohol.com Consequences cards</p>	 <p>Make an idiot of yourself</p> <p>Alcohol Education Trust talkaboutalcohol.com Consequences cards</p>

To reduce alcohol related harm.....

Remember to....

eat



pace



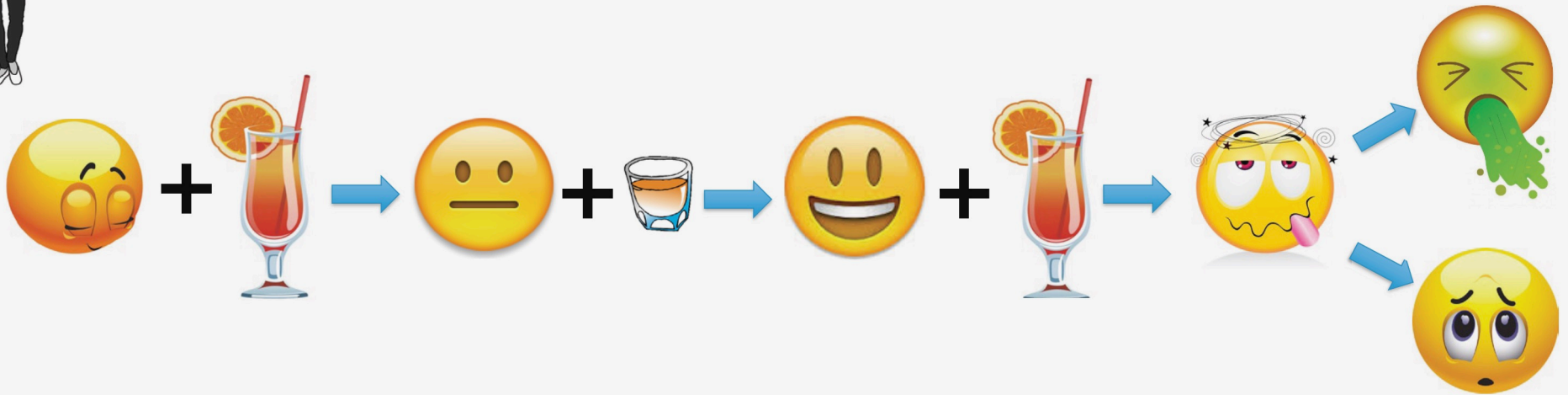
hydrate



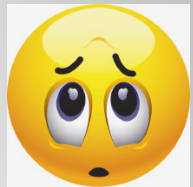
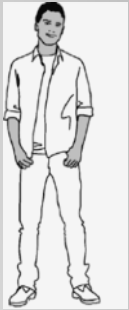
Alternatives to drinking alcohol

- 3 in 10 young adults aged 16 – 24 don't drink alcohol
- There are many alcohol-free drinks available
- Bars and clubs must offer free tap water
- Alternatives to drinking
 - Hobbies
 - Sport/ exercising
 - Group activity – watching a film, cards, games, bowling, gaming, eating together etc.

Harm reduction equations



Harm reduction equations



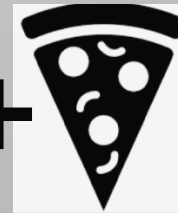
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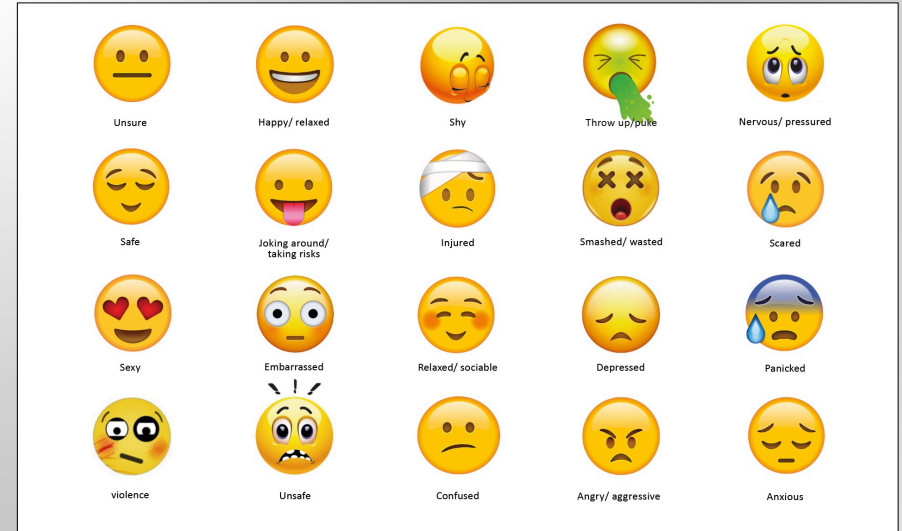
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+



Create your own harm reduction equations



What have we covered today?

- We have seen how alcohol might affect someone's feelings, behaviour and how they make decisions.
- We learnt that most young people under the age of 16 haven't even tried alcohol and that they don't drink regularly or heavily.
- We discovered how drinking in some situations increases the risk of harm.
- We explored the idea that the amount a person consumes is tied to their risk of harm.

What can you remember?

CAN YOU.....

- Give an example of a situation where alcohol consumption is likely to lead to harm.
- Give two outcomes that are likely to happen after drinking one or two drinks.
- Give two outcomes that are likely to happen after drinking a lot of alcohol.
- What should someone remember to do when drinking alcohol to reduce the risk of alcohol-related harm.



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