



TALK ABOUT ALCOHOL

Foundation learning



Learning objectives

We will

- Learn about units of alcohol and how alcohol is processed by the body.
- Explore some laws for buying and drinking alcohol.
- Learn about the health and safety risks around alcohol.

Intended learning outcomes

I will be able to

- Explain what a unit of alcohol is and say how many units are in different drinks.
- Explain how alcohol can affect the body.
- Say when it is against the law to buy and drink alcohol.
- Give examples of when drinking alcohol is risky or dangerous.

What is alcohol?

- Alcohol is a legal drug.
- Alcohol is made from fermented fruit like grapes and apples, or cereals.
- Alcohol drinks can have different flavours and strengths.
- Alcohol affects how you feel, act, react and behave.
- Alcohol slows down your thoughts and movement.



Icebreaker

- Can you name some different types of alcoholic drink?
- Have you seen adverts about alcohol?
- Have you seen campaigns about alcohol and driving?
- Have you seen anyone who is drunk?
- Have you seen tv dramas or films where the story was about alcohol?
- Have you been at a wedding or celebration where there was alcohol?



What is a unit of alcohol?

water or a soft drink



or



= 0 units

a small alcopop or
a small glass of beer



or



= 1 unit

a pint of beer or a small
glass of wine (175ml)



or



= 2 units

a large glass of wine (250ml)
or a can of strong beer



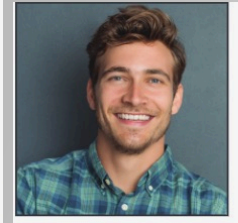
or



= 3 units

How much is too much for adults?

- Most drinks tell you how many units are in them - check the label
- Adults should not regularly exceed 14 units a week for both men and women.
- Drinks should be spread over a number of days in the week.
- There are no safe limits for under 18s.
- Most adults in the UK drink within these limits.
- Many adults choose not to drink alcohol for health, religious or cultural reasons.



How much is too much for adults?

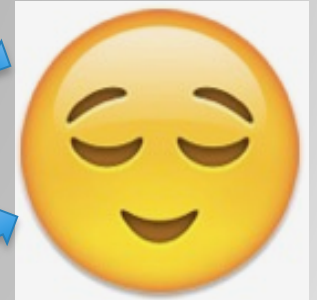
For healthy adults, both men and women, one or two drinks per day is ok.



1 small alcopop **or**



2 small beers



How much is too much for adults?

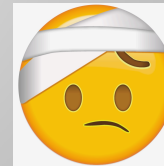
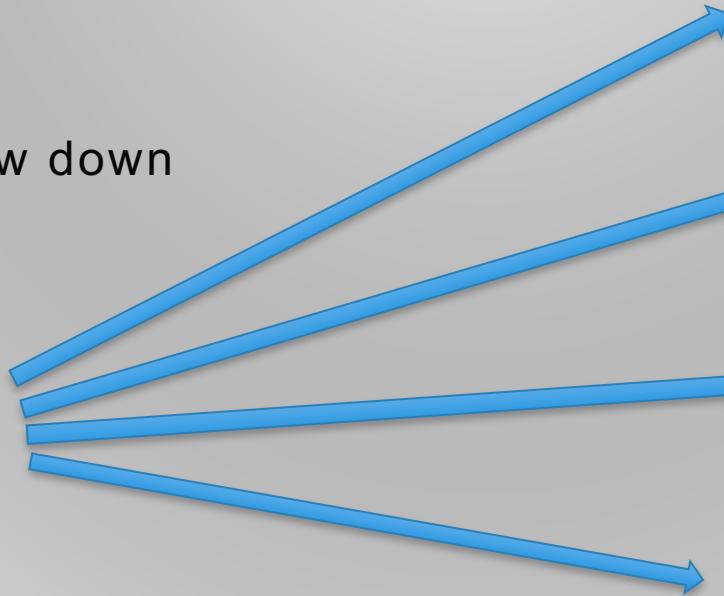
If someone
drinks a lot



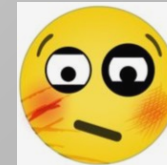
Their reactions slow down



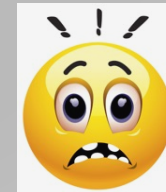
They might
also



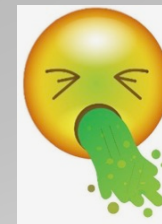
have an
accident



get involved
in a fight



get involved in
other danger



be sick or pass out

Alcohol and the Law



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



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



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 costs lives and leads to prison, fines and losing your licence



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

Using characters

Mike



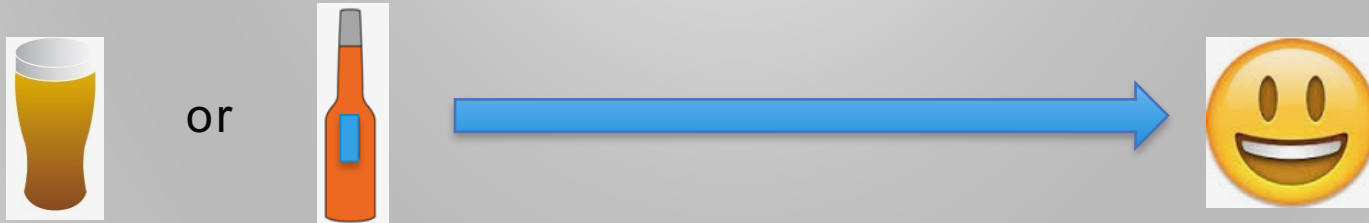
Emma



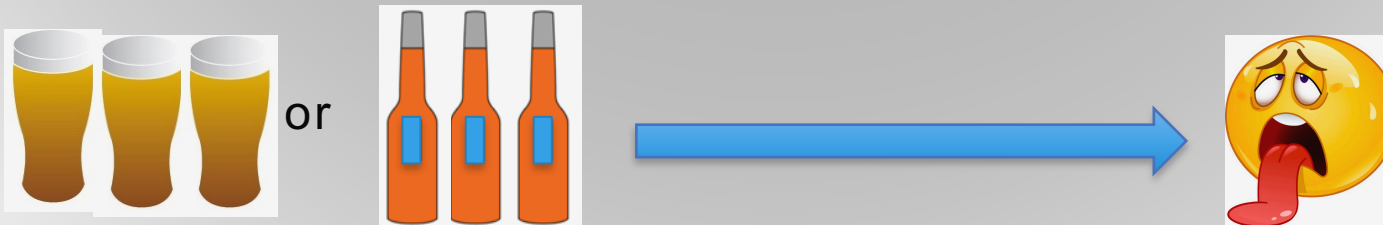
Alcohol and the body

When people drink alcohol, it affects how they feel, act and behave.

- After a little alcohol and someone may feel relaxed and happy.



- After one or two drinks it can affect a person's health and different parts of their body too.

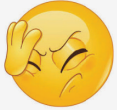


Alcohol and the body



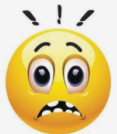
Brain

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.



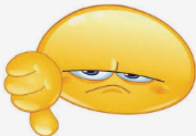
Heart

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



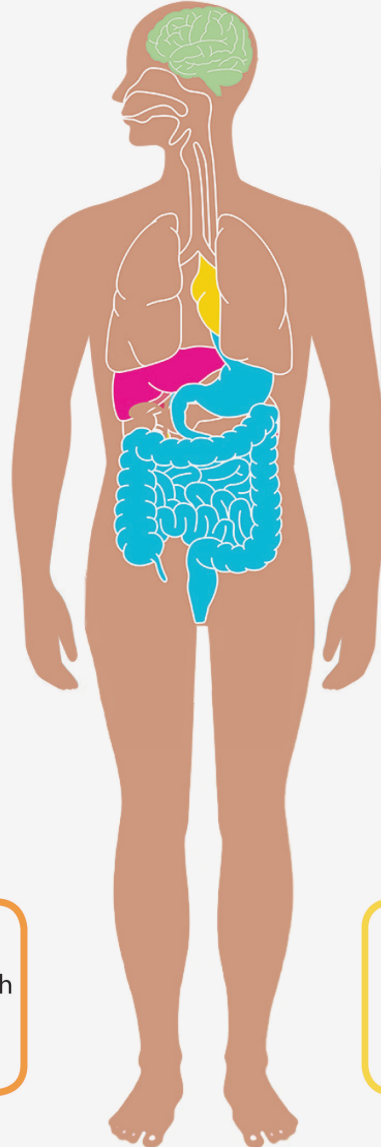
Liver

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 gives you bloodshot eyes and you can't see properly - 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.



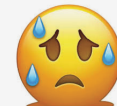
Alcohol and sex

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.



Alcohol and addiction



3% of adults are classed as dependent drinkers or alcoholics.

Signs of addiction:

- Frequently drinking to stage of passing out
- Drinking on own or secretly
- Feeling unable to get through a day without alcohol
- Feeling unable to stop drinking once started
- having tremors and shakes without alcohol

Drinking water and eating with alcohol

It is better to eat before or while drinking.

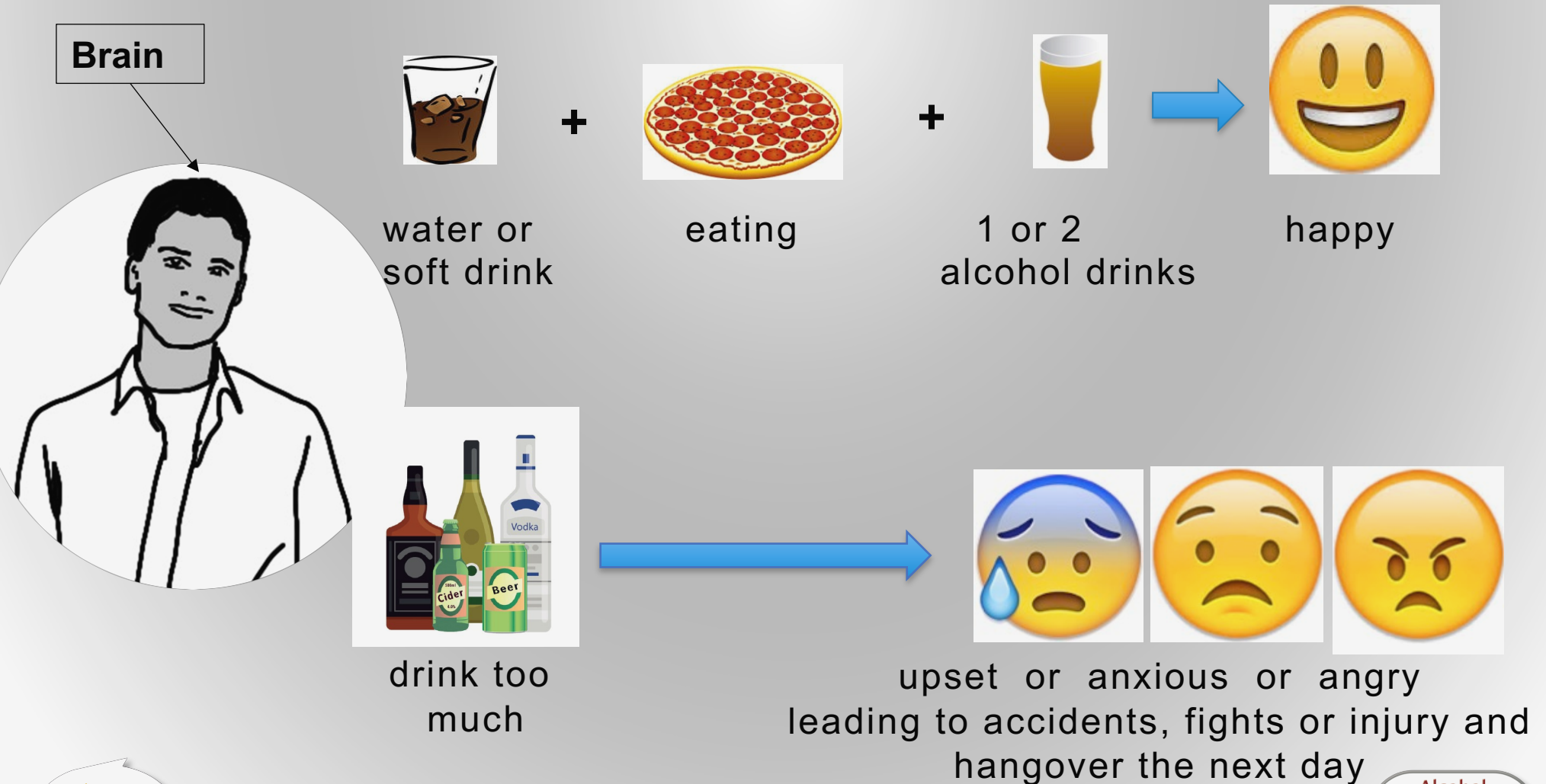


Drinking plenty of water or soft drinks keeps people hydrated and in control.

It saves money too!



Alcohol and the brain

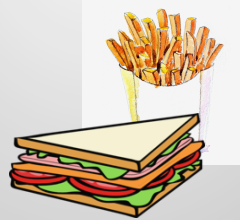


Alcohol and the heart

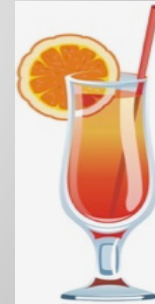
Heart



+



+

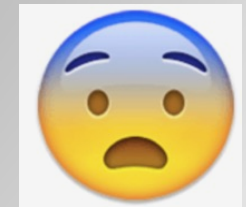
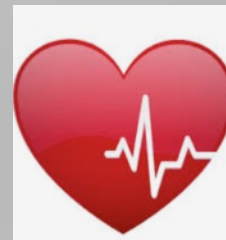


water or
soft drink

food

one alcoholic
drink

content
and relaxed

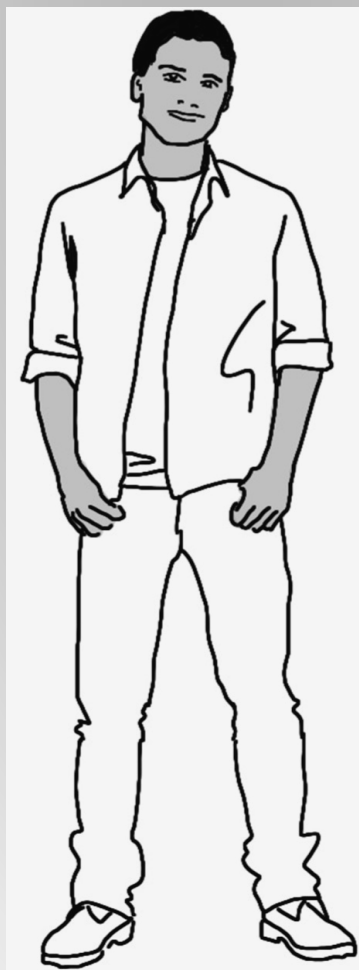


Drink too much
alcohol or
drink too fast

heart beats
fast

panic attacks
and sweating

Alcohol and sex



eating

+

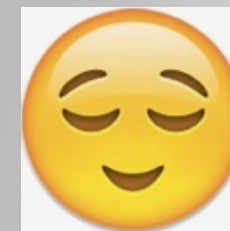


water or
soft drink

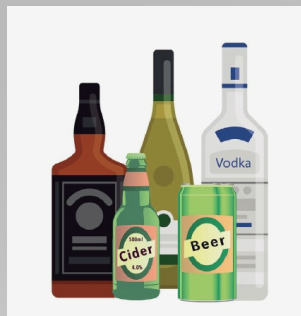
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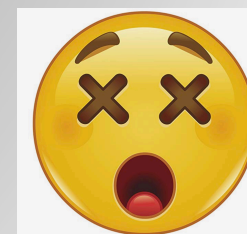
1 or 2 alcohol
drinks



content



drink too much



risky sex and not
able to give consent

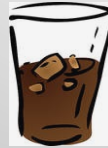
Alcohol and the liver

Liver



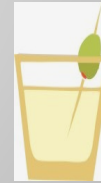
eating

+



water or
soft drink

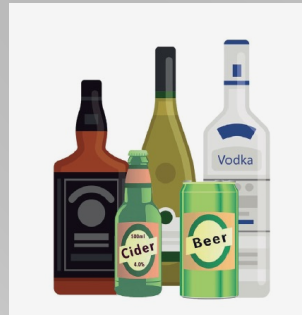
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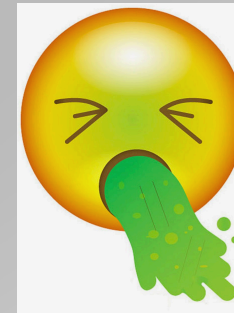
1 or 2
alcohol drinks



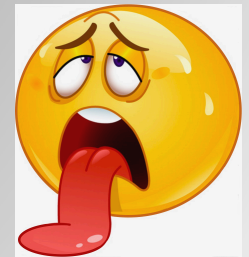
happy



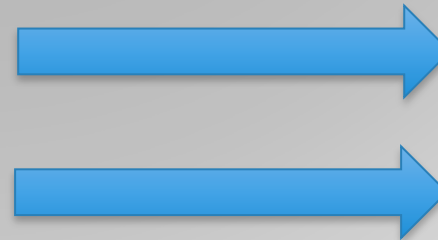
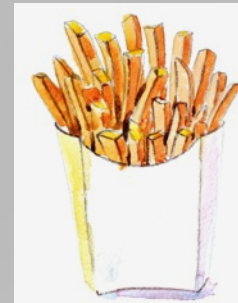
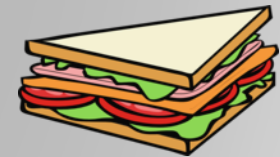
drinking too
much



sick and unwell
liver damage



Have a go at making your own emoji equations



+

=

=

+

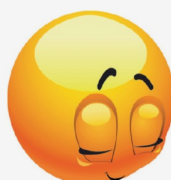
Have a go at making your own emoji equations



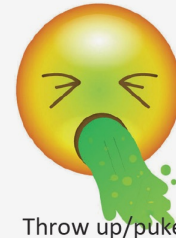
Unsure



Happy/ relaxed



Shy



Throw up/puke



Nervous/ pressured



Safe



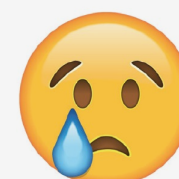
Joking around/
taking risks



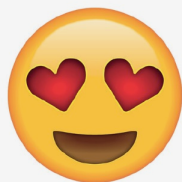
Injured



Smashed/ wasted



Scared



Sexy



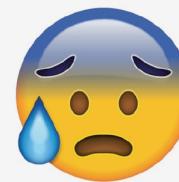
Embarrassed



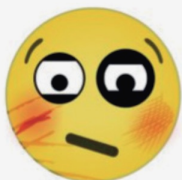
Relaxed/ sociable



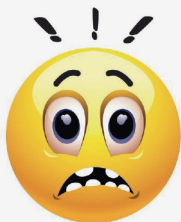
Depressed



Panicked



Injured



Unsafe



Confused



Angry/ aggressive



Anxious

Safe and unsafe ways to try alcohol

In pairs think of examples of safe and unsafe ways to try alcohol

Where?

What age?

How strong?

Who with?

Other food
and drink?

How much?

SAFE

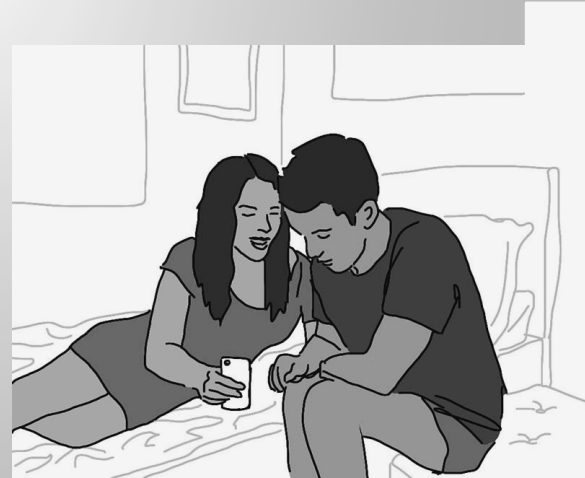
- *At home with family as part of a celebration*

UNSAFE

- *In a park with a new friend*

Safe and unsafe ways to try alcohol

Use the pictures to think about safe and unsafe ways to try alcohol.



Safe and unsafe ways to try alcohol

Use the pictures to think about safe and unsafe ways to try alcohol



Safe and unsafe ways to try alcohol

Use the pictures to think about safe and unsafe ways to try alcohol.



What have we covered today?

- We have discovered what a unit of alcohol is.
- We have learnt how different strength and size drinks may contain different amounts of alcohol.
- We have looked at laws for buying and drinking alcohol.
- We have explored how drinking alcohol may affect someone's health and their safety.

What can you remember?

CAN YOU.....

- Give examples of 2 different drinks and the number of units in them?
- Give two examples of when adults shouldn't drink?
- How old must someone be to buy alcohol in a shop, pub or restaurant?
- Is it legal for an adult to buy alcohol for someone who is underage?
- Give two examples of situations where it would be unsafe to try alcohol.



Talk about alcohol

Foundation learning

