



TALK ABOUT ALCOHOL

GETTING STARTED



Learning objectives

- To introduce characters and make them our own so we can imagine alcohol in the lives of older young adults
- To answer some questions about alcohol and its effects so we can understand how much we know or don't know about it.



Ground rules

- We won't discuss anyone here.
- We study alcohol through stories and pictures not personal experience.
- We will respect others' opinions.
- We will ask questions if we need to.
- We will listen to others and speak one at a time.
- We'll turn mobile phones to silent and leave them in our bags.

Mike

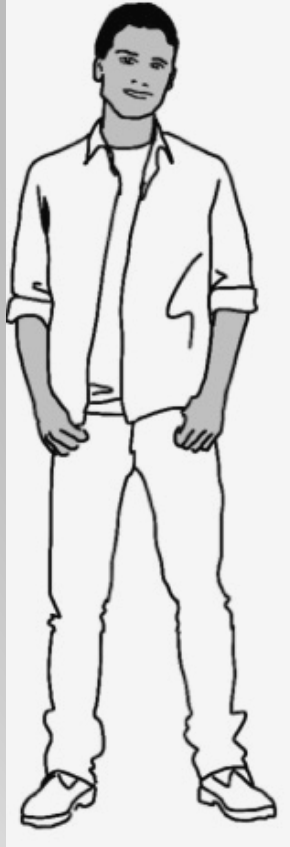


Emma



Creating characters

What hobbies do Mike and Emma enjoy?



Friends and influences (optional)

Knowing the score on DRINKING will help you to make your own decisions in the future...keep it real, and let's

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WHO DO YOU THINK YOU ARE?

When it comes to knowing ourselves, we all reckon we know who we are. But do we?

Being self aware and thinking about whether you are likely to influence friends or be influenced by them could help you, and those around you, to avoid coming to harm.

These simple quizzes are just for fun and are designed to provoke reflection rather than to tell participants 'who they are.' See if you agree with the results!

Go to Advanced level if you think have good self-awareness, if not then begin at Starter level and move up.

WHO DO YOU THINK YOU ARE?
STARTER

WHO DO YOU THINK YOU ARE?
ADVANCED

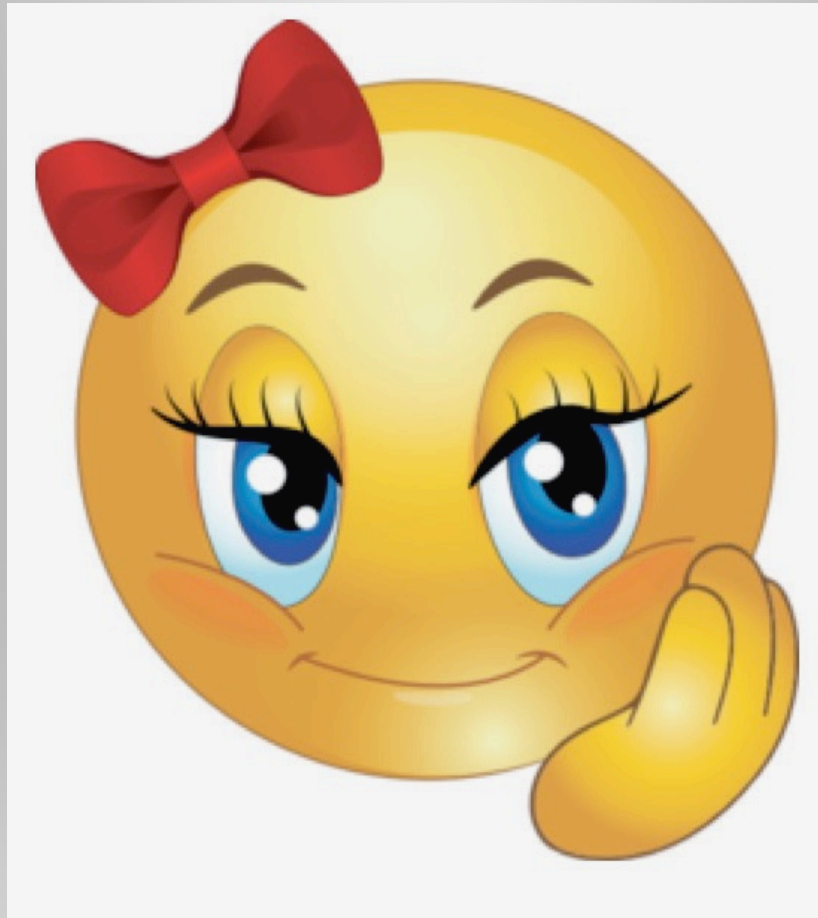
ARE YOU A GOOD FRIEND?
STARTER

ARE YOU A GOOD FRIEND?
ADVANCED

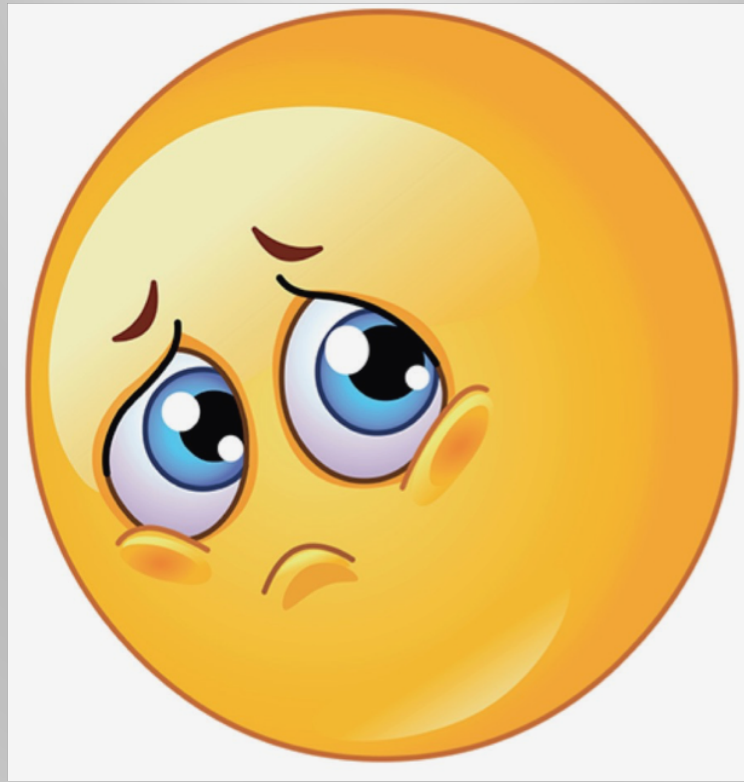
Who do you think you are? Starter Level



Women tend to be more affected by alcohol than men



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



Drinking alcohol reduces stress



People are more likely to take risks after drinking



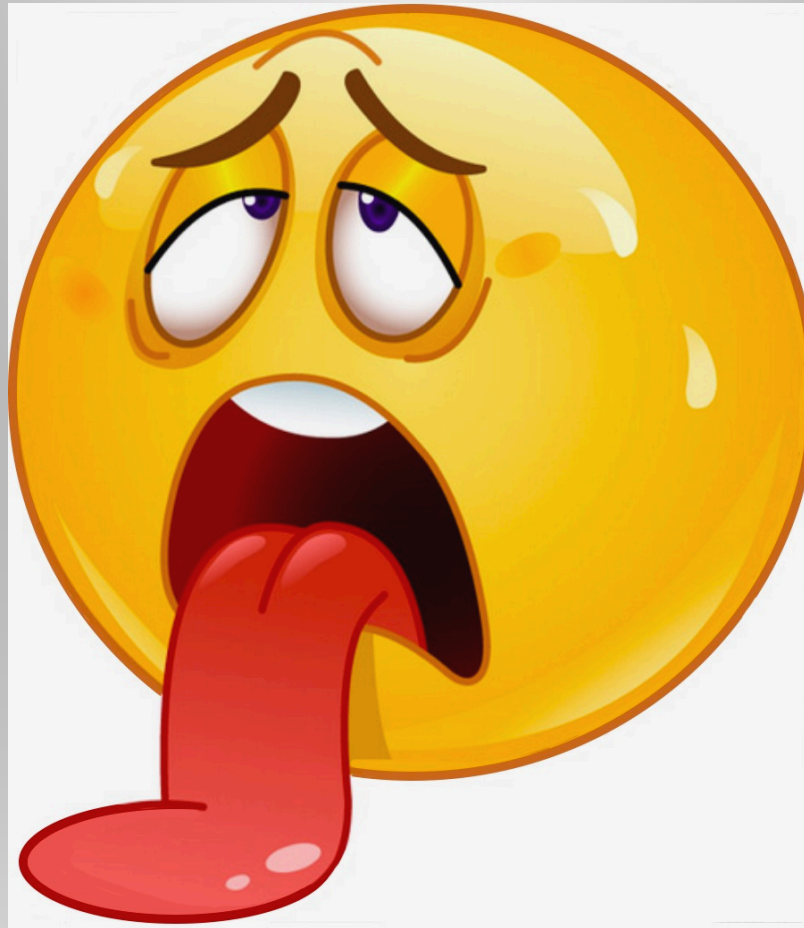
It is illegal to buy alcohol under 18



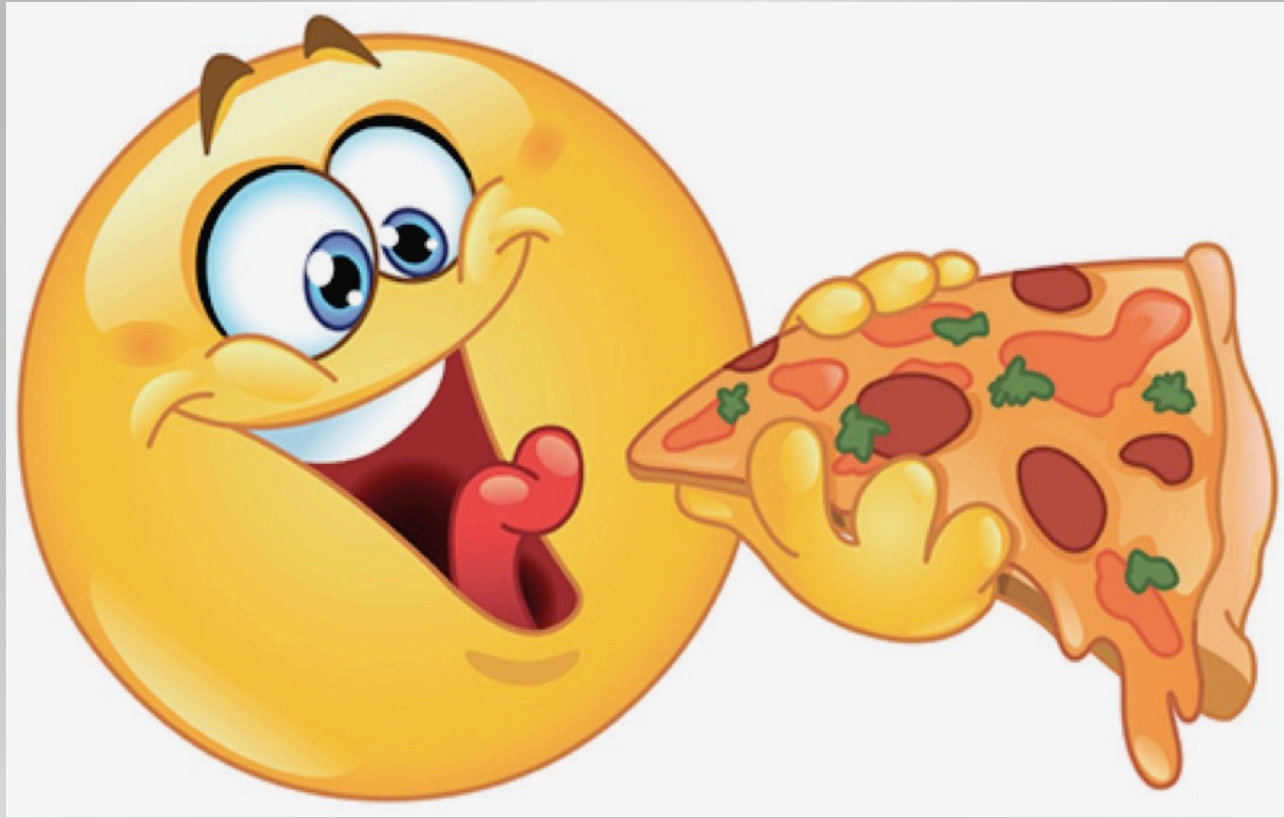
It's impossible to know how much
alcohol is in a bottle



Drinking too much alcohol can affect someone's health



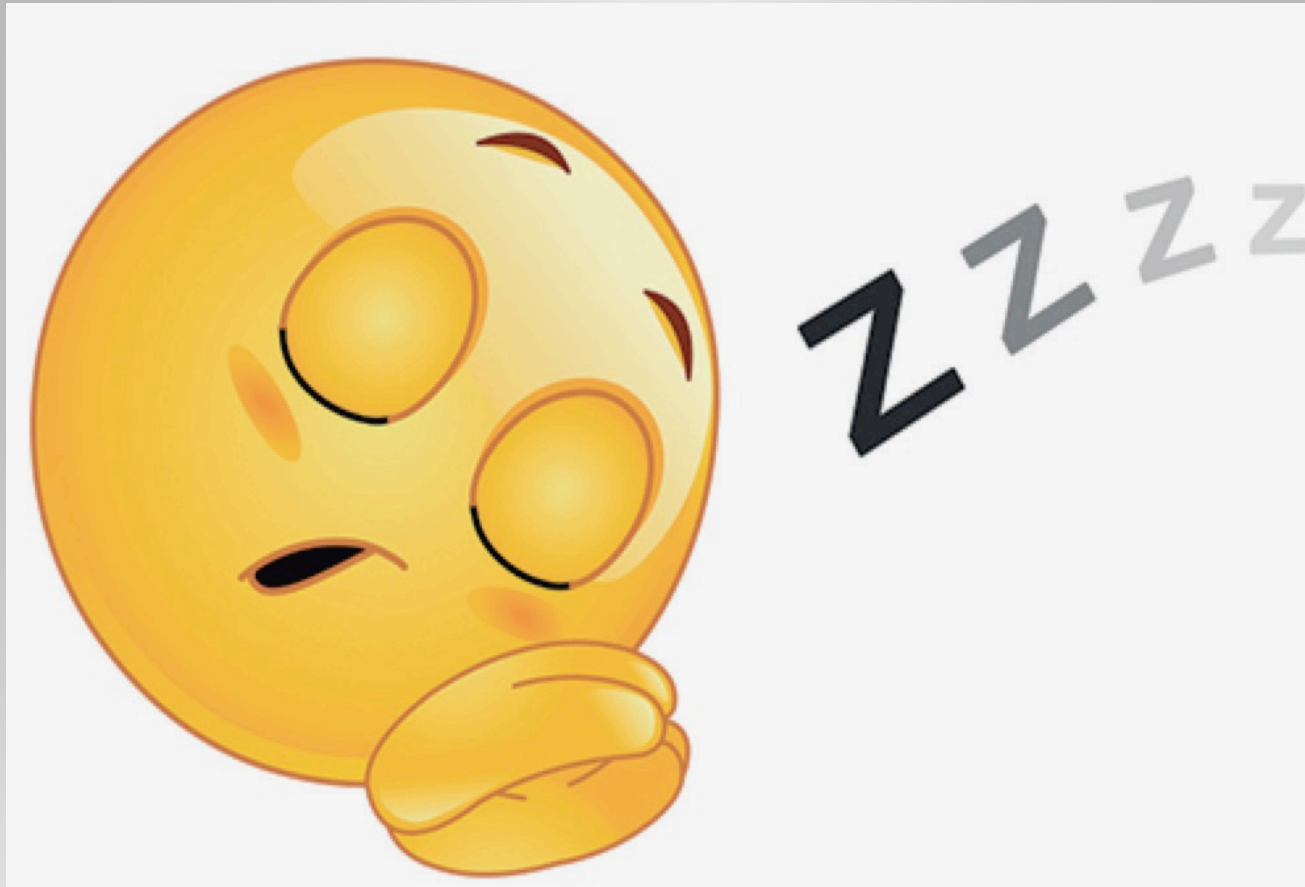
**Eating before drinking alcohol
stops a person from getting drunk**



Drinking water and alternating with soft drinks will reduce the risk of a hangover



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



What have we covered today?

- We have created two characters, decided what they like to do and what they are like as personalities.
- We have tested how much we know about alcohol.





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