**ALCOHOL WORK BOOK**

**Taken from: www.talkaboutalcohol.com**

**What do young people know and think about alcohol?**

All your students will have some knowledge or experience of drinking alcohol already.

A survey of 11-16 year olds was conducted as part of the pilot research for this website\*. Almost two thirds (65%) of respondents said they had ‘ever’ had an alcoholic drink.

The 35% who report never having tried alcohol themselves will all have seen familiy members, friends, members of the public or people on TV and in films drinking it.

This section shows you what many young people think, know and have concerns about. Understanding this may help you focus your teaching to reinforce the important messages and correct misconceptions.

**What don’t they know about?**

The survey revealed that there are some common misconceptions among young people about drinking alcohol. For example:

* Only 68% of the young people in the UK knew that 18 is the legal age to buy alcoholic drinks from a pub, bar or café, and 2% less knew that 18 is also the legal age to buy them from a shop or supermarket.
* The top top three dangers those surveyed associated with drinking alcohol regularly were:
  + Getting addicted to alcohol
  + Getting liver damage
  + Going into a coma
* These are all very serious risks, but they are much less common in their age group than having accidents resulting in facial injuries, broken limbs having unsafe sex or sex they later regret, etc.
* 12% thought that ‘only people who are about 30 or older can get addicted to alcohol’.

**Summary of Talk About Alcohol**

This table summarises the content of each worksheet and online activity and shows how each covers Talk About Alcohol's four key learning objectives.

* Factual information
* Resistance skills
* Behaviour with peers
* Social norms

[**You can read more about these objectives here.**](http://www.talkaboutalcohol.com/AtSchool/location-135.aspx)

You can also see tables showing ways of combining the worksheets into [**teaching programmes which cover all four key learning objectives**](http://www.talkaboutalcohol.com/AtSchool/location-138.aspx).

**[PSHE worksheets 11-14s](http://www.talkaboutalcohol.com/AtSchool/location-136.aspx" \l "jump2" \o "Expand worksheet)**

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| **Resource** | **Description** | **Learning** |
| **Worksheet 1:** You and the law | Explains the law and prompts discussion about why the laws exist | Factual information |
| **Worksheet 2:** Good friends? | Lets students explore the consequences of alcohol for the drinker and their friends | Behaviour with peers Resistance skills |
| **Worksheet 3:** You, friends and strangers | Lets students explore the consequences of alcohol for the drinker, their friends and possibly strangers | Behaviour with peers Resistance skills |
| **Worksheet 4:** Fact or fiction | Lets students test their knowledge about alcohol and its effects | Factual information Social norms |
| **Worksheet 5:** Alcohol education - what do you want? | Asks students to devise their own Alcohol Education programme aimed at their age group | Factual information |

**[PSHE worksheets 14s-16s](http://www.talkaboutalcohol.com/AtSchool/location-136.aspx" \l "jump3" \o "Expand worksheet)**

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| **Resource** | **Description** | **Learning** |
| **Worksheet 1:** You and the law | Explains the law and prompts discussion about why the laws exist | Factual information |
| **Worksheet 2:** Why are young people advised not to drink? | Asks students to rank a list of facts and opinions on why young people should think before they drink | Resistance skills |
| **Worksheet 3:** What would you say? | Poses difficult situations for students involving alcohol and asks students in groups how they would respond | Resistance skills Behaviour with peers |
| **Worksheet 4:** Drinking and driving | Asks students to think about the skills needed to drive a car and how alcohol impairs these skills | Factual information |
| **Worksheet 5:** How well do you know your age group? | Most young people think their peers drink more than they actually do. This allows students to test their preconceptions | Social norms |
| **Worksheet 6:** Alcohol education - what do you want? | Asks students to devise a curriculum for a new subject called "Alcohol Education" | Factual information |
| **Worksheet 7:** Alcohol and the community | Lets students explore the consequences of alcohol for the drinker, their friends and possibly strangers | Behaviour with peers |

**[Online activity - Personality Zone](http://www.talkaboutalcohol.com/AtSchool/location-136.aspx" \l "jump4" \o "Expand worksheet)**

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| **Resource** | **Description** | **Learning** |
| **Quiz 1:** Who do you think you are? | Students can complete this quiz to assess what type of person they are | Behaviour with peers Social norms Resistance skills |
| **Quiz 2:** Are you a good friend? | Students can complete this quiz to see how they interact with their friends | Behaviour with peers Social norms Resistance skills |

**[Online activity - Fact Zone](http://www.talkaboutalcohol.com/AtSchool/location-136.aspx" \l "jump5" \o "Expand worksheet)**

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| **Resource** | **Description** | **Learning** |
| Fast facts | Some facts about alcohol and drinking alcohol | Factual information Social norms |
| Myth busters | Students have to decide whether statements are true or false | Factual information |
| Body watch | Students can click on a map of the body to see how alcohol can affect different areas | Factual information |
| If you want to know more... | Useful links to related sites | Factual information |

**[Online activity - Challenge Zone](http://www.talkaboutalcohol.com/AtSchool/location-136.aspx" \l "jump6" \o "Expand worksheet)**

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| **Resource** | **Description** | **Learning** |
| Think for yourself | Students are celebrating a birthday in a park with friends and have to choose to respond to a variety of situations | Behaviour with peers Factual information Social norms Resistance skills |
| Can you get home? | Students choose how much to drink at a virtual party - the more they drink the harder it is for them to overcome obstacles to find their way home | Behaviour with peers Factual information |

**[Online activity - FIVE Zone](http://www.talkaboutalcohol.com/AtSchool/location-136.aspx" \l "jump7" \o "Expand worksheet)**

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| **Resource** | **Description** | **Learning** |
| FIVE Zone | Students are tested on five of the most important things they should know about alcohol in a quick quiz | Behaviour with peers Factual information Social norms Resistance skills |

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**Tips on using the worksheets**

The PSHE Classroom sections contain a number of worksheets targeted at either the 11-14, the 14-16, or the whole 11-16 age range.

Each worksheet has teacher's notes, and includes the following:

* target age group
* structure
* preparation required
* any additional notes required
* curriculum links

As teachers may not always have access to the Internet, the worksheets can be downloaded and most can be completed offline. If online access is required for a specific task a note has been added in the preparation section.

No preparation is required apart from downloading the worksheets prior to the lesson. If additional resources are suggested then this is stated in the preparation section.