



Alcohol Awareness

Year 8 PSHE



In this lesson.....

- You will find out about the effects of alcohol on the body and mind
- You will know the law and alcohol for under 18s
- You will find out about units of alcohol
- You will talk about the effects of alcohol on a teenager on a night out

In a group.....

Nutrition: Typical values per 100ml: Energy 358kJ/85kcal.

Per 125ml glass:
Energy 447kJ/107kcal

12% vol 75cl e

Know your limits

This bottle contains
6 glasses

Units of alcohol
per 125ml glass
and 75cl bottle



www.drinkaware.co.uk

UK Government

Do not regularly exceed

Women	2-3 units daily
Men	3-4 units daily

Avoid alcohol if pregnant or
trying to conceive

BOTTLE -
GLASS
widely
recycled



Allergy advice: Contains **Sulphites**.

Storage: It is recommended that this wine be consumed
within 1 year of purchase.

Careline 0800
Your statutory
affected.
Wine delivered
www.sainsbury.com

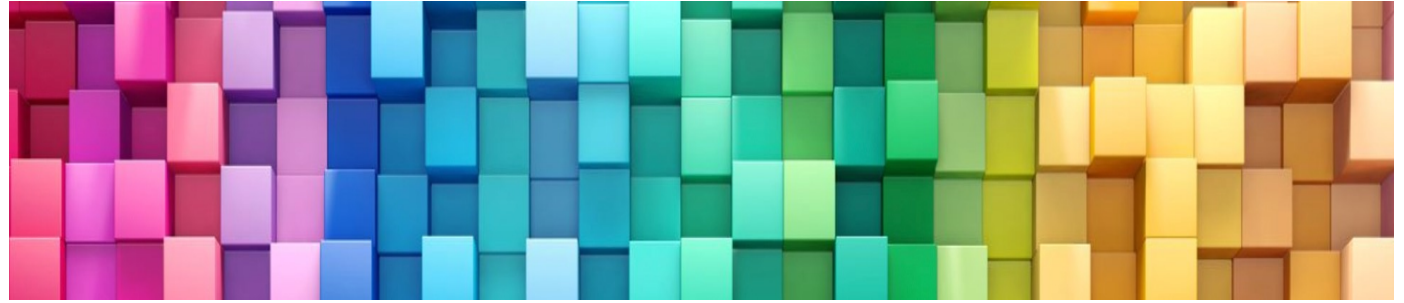
- How many types of alcohol can you name?
- How is alcohol strength measured?
- What are the effects of alcohol on those who drink it?

Alcohol Facts




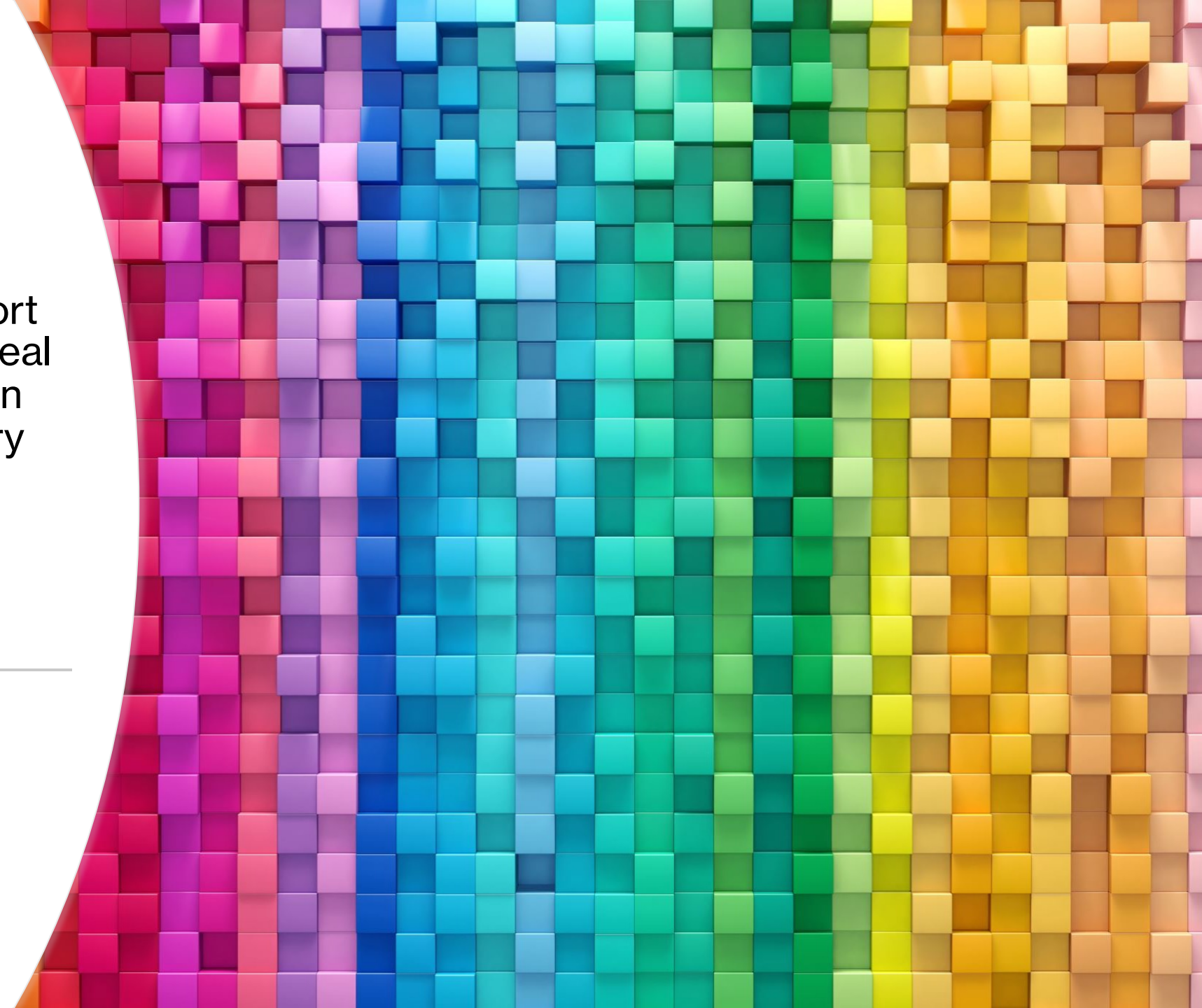
- It is against the law for someone under 18 to buy alcohol, attempt to buy alcohol or to be sold alcohol.
- It is not illegal for someone over 18 to buy a child over 16 beer, wine or cider if they are eating a table meal together in licensed premises. It is also not illegal for a child aged five to 16 to drink alcohol at home or on other private premises. It is illegal to give a child under 5 years old alcohol.
- Alcohol can be harmful to children and young people, with health risks including acute alcohol poisoning, an increased risk of becoming involved in violence, and damage to still developing organs like the brain and liver.
- The best advice for young people's health and wellbeing is an alcohol-free childhood. If children do drink alcohol (even though it's not recommended), it shouldn't be until at least 15 years of age.
- Someone aged 16 or 17 and accompanied by an adult, can drink (but not buy) beer, wine or cider with a meal at a licensed premises (except in Northern Ireland). But it's illegal for people this age to drink spirits in a pub anywhere in the UK, even with a meal.

Alcohol Facts



On your device:-

- use this website to find out the effects of alcohol on the body [Drinkaware effects of alcohol on the body](#)
- Use this webpage [Alcohol and units](#) to find out about units of alcohol in different drinks
- Test your knowledge in the 'Challenge Zone'- Do the 'Test your Knowledge' quiz and the 'Match the Numbers' quiz.



We are going to watch a short film about Anna. Anna is a real person and was very brave in agreeing to tell her own story to try to help others.

[Anna's Story](#)



Discussion.....

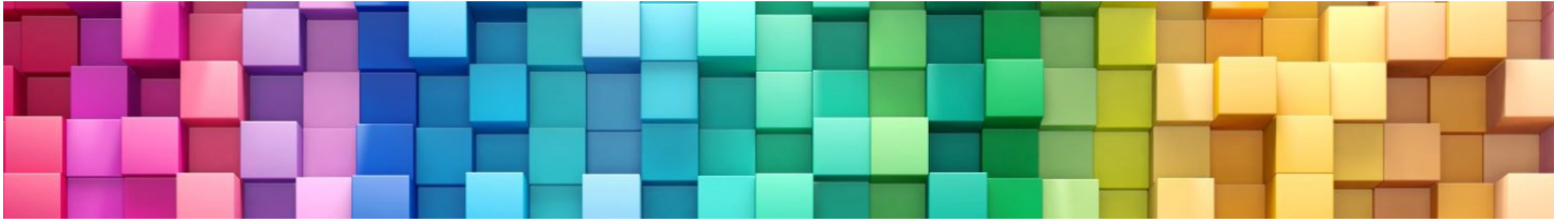
How can you reduce or slow down the effects of alcohol?

What effects did alcohol have on Anna?

What do you think the phrase 'beer goggles' means?

How could Anna's situation have been a lot worse?

Think..... can people 'forget' what they did on a night out under the influence of alcohol nowadays?



Important.....

- Most 11- to 15-year-olds **do not** drink alcohol (56% of 11- to 15-year-olds have not consumed a whole drink).
- Regular underage drinking has decreased (from 26% of 11- to 15-year-olds drinking weekly in 2001 to 6% in 2018).

If you need support.....

If you, or anyone you know needs support in this area, speak to a trusted adult, a teacher, tutor or head of year. You can also get support from the NHS or Talk to Frank at:

<http://www.talktofrank.com/drug/alcohol>

Cause and Effect....some common effects of drinking

	Does this affect the drinker?	Does this affect the drinker's friends?	Does this affect other people as well?
vomiting			
Blurred vision			
Can't stand or walk straight			
Being louder than normal			
Saying things you wouldn't normally say			
Causing an accident			
Arguing and fighting			
Making a fool of yourself			
Ending up in hospital			
Having a hangover			
Unable to go to school the next day			