

## **Alcohol paragraphs to explain experimental, recreational/social, bingeing and problematic alcohol use.**

- ❖ Joe, Sam and Katie are all 14. They go out on a Friday night.
- ❖ Joe has a couple of swigs of beer but doesn't really like it so sticks to Coca Cola. (experimental)
- ❖ Sam likes to drink a couple of cans of cider but doesn't like to get too "out of it" as he plays football on Saturdays and wants to be fit and clear-headed. (recreational/social)
- ❖ Katie always drinks a lot on Friday nights. She usually has about half a bottle of vodka and either gets aggressive or emotional. Her parents are splitting up. Joe and Sam are worried about her (bingeing/problematic?)

**Having 4 or 5 drinks  
every Friday or  
Saturday night**

**Stealing money  
from mum's purse  
to buy alcohol**

**Drinking a glass of  
wine every night  
with a meal**

**Getting drunk once  
every weekend**

**Drinking as soon as  
you get up in  
the morning**

**Having a pint  
down the pub  
with friends**

**Knowing when  
you have had  
enough to drink**

**Drinking to escape  
from your worries**

**Drinking beer, then  
wine, then spirits  
at a party**

**Drinking so much  
you pass out**

**Experimental**

**Recreational**

**Bingeing**

**Problematic**

# Alcohol units guide

The method of assessing alcohol consumption has recently been updated to take account of larger measures and stronger alcoholic drinks.

1 unit	1.5 units	2 units	3 units	9 units	30 units
<p>Normal beer half pint (284ml) 4%</p>	<p>Small glass of wine (125ml) 12.5%</p>	<p>Strong beer half pint (284ml) 6.5%</p>	<p>Strong beer large bottle/can (440ml) 6.5%</p>	<p>Bottle of wine (750ml) 12.5%</p>	<p>Bottle of spirits (750ml) 40%</p>
<p>Single spirit shot (25ml) 40%</p>	<p>Alcopops bottle (275ml) 5%</p>	<p>Normal beer large bottle/can (440ml) 4.5%</p>	<p>Large glass of wine (250ml) 12.5%</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Government advises alcohol consumption should not regularly exceed:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p><b>Men:</b> 3-4 units daily</p> </div> <div style="text-align: center;"> <p><b>Women:</b> 2-3 units daily</p> </div> </div> </div>	

# THE ALCOHOL CLOCK

1. Lay cards with numbers (1-12) out on the floor to make a large clock.
2. Explain to the group:
  - ⇒ When you drink you put units of alcohol into your body, different drinks give you different units of alcohol.
  - ⇒ For the first hour you do not lose any units of alcohol. Every hour after this you lose one unit per hour.
3. Choose someone in the class to pretend to be an a young person (John or Jane) out on a night's drinking – get them to stand at 7 o'clock on the clock.
4. Start to make up a story about someone out on a night of drinking. Make up the drinks they are having – every time they have a drink, get another pupil in the class to go and stand behind the drinker.
  - ⇒ e.g. John is getting ready to go out with his mates, as he is getting ready he has a beer to get him in the mood (one unit = one person gets up and stands behind John). He decides to have a stiff whisky before he leaves the house (2 units = 2 more people get up and stand behind John).
  - ⇒ John gets to the pub and he has a pint of beer (2 units – 2 more people get up and stand behind John). He downs that quickly and has another (2 units = 2 more people get up and stand behind John). As the story goes on, move John around the clock.
5. Stop the action and ask the pupils:
  - ⇒ Could John legally drive a car at this point?
  - ⇒ How do you think John's behaviour may be affected?
6. When John gets to 9 o'clock, John loses one unit of alcohol from his body (one person behind John sits down).
7. John goes on drinking (repeat the process every time he has a drink and for every hour now he loses one unit).
8. If you make your 'drinker' have a really heavy night drinking – he will still be over the limit to drive the next morning.
9. Various ideas to introduce into the 'story':
  - ⇒ John is playing on a pinball machine – would his judgement be affected?
  - ⇒ John meets a girl he wants to impress. If John had eaten before he went out or was eating while he was drinking, would this affect how he was feeling?
  - ⇒ What would mixing his drinks make John feel?
  - ⇒ What if someone slipped him some extra alcohol in a drink and he didn't realise?
  - ⇒ What if someone tried to steal his wallet/money while he was heavily under the influence of alcohol?
  - ⇒ In certain situations you could introduce the idea of unprotected sex.

- ⇒ Getting into an argument/fight with other people.
- ⇒ Trying to get a taxi home – some taxi drivers may refuse the fare.
- ⇒ If you are sick in a taxi, taxi drivers charge £50.
- ⇒ If someone passed out under the influence of alcohol, what would be dangers be?
- ⇒ If drugs were also taken, what problems could they introduce?
- ⇒ How will John be feeling the next morning?







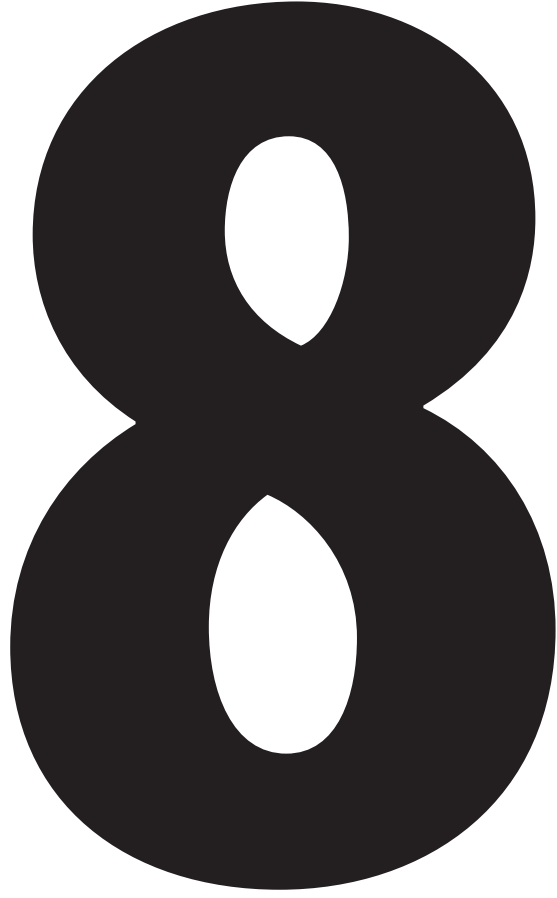












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10



12