



...alcohol materials for young people at risk

**DIAGEO**  
GREAT BRITAIN



**DH** Department  
of Health

# On the booze again

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NB One copy of the Drinkaware Unit Calculator Wheel is included in On the booze again. Further FREE copies of the Unit Calculator may be obtained from [www.drinkawaretrust.org.uk](http://www.drinkawaretrust.org.uk) by registering and clicking on to the 'Order publications' section.



ISBN Number 1-902469-17-8  
Revised 2008  
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# 1: Alcohol – do you know the facts?

## Purpose:

To increase the young people's knowledge and understanding about alcohol and to clarify any misinformation that they may have about alcohol

## Learning outcome(s):

The young people will have -

- discussed a range of alcohol related issues
- increased their knowledge and understanding about the effects of alcohol

## Resource(s):

- One copy of PH 1: Alcohol mind map for each young person
- One copy of PH 2: Alcohol – do you know the facts? for each young person
- One copy of PH 3: Alcohol – these are the facts! for each young person
- Relevant alcohol related literature

## Process:

- Give each young person a copy of PH 1: Alcohol mind map. Ask them to write down, or draw, anything that comes into their head when they think about the word 'alcohol', then share these with a partner
- Ask for any feedback, or display the mind maps, and clarify any thoughts or misinformation (the misinformation may, alternatively, be checked out via Session 2: Alcohol – checkout the facts)
- Give each young person a copy of PH 2: Alcohol – do you know the facts?
- Read out each statement and ask them to circle whether they think that the question is true (T) or false (F)
- Ask them to work in pairs and share their answers
- Give out any leaflets/information sheets that you may have on alcohol (to checkout their answers/extend knowledge and understanding)
- Give each young person a copy of PH 3: Alcohol – these are the facts! Read out each statement and the correct answer, developing discussion around issues of interest/concern

- Ask the young people if there is anything else that they wish to know about alcohol?
- Discuss how they might find out

## Extension activity:

- Ask the young people to move into/place them into pairs/small groups
- Ask them what they understand by the term 'myth' [Definition: 'a commonly held belief that is untrue and without any foundation']
- Ask each pair/small group to identify some common myths about alcohol, such as 'I can drive better after a few drinks'. Encourage them to include myths they know are untrue as well as myths they are not sure about
- In turn, ask each pair/small group to share a 'myth'. As a whole group, discuss the 'myth'. Clarify the facts relating to the issue, or note down the myth in order to discuss in a later session if you are not sure of the facts

## Reflection/review:

Ask the young people how the learning from this session will affect their use of alcohol in the future? Ask them if there are any particular issues or topics relating to alcohol that they would like to learn about so that these issues can be addressed in future sessions. Make a note of these