

Understanding Alcohol

An interactive and age-appropriate programme that aims to heighten young people's awareness of alcohol as a substance that can cause problems at a young age and concentrates particularly on the unique effects alcohol has on young people.



UNIVERSAL

Target Group	Age 12-14, mixed or single gender, can be adapted to meet all needs
Group Size	12 - 30
Outcomes	<ul style="list-style-type: none"> • Increased awareness of alcohol use and its effects • Understanding of the pressures on young people to participate in drinking excessive amounts of alcohol. • Identify ways to reduce the potential harm that any amount of alcohol can have on a young person. • Increased awareness of the risks involved in being vulnerable/out of control through alcohol misuse. • Increased understanding of how to know if themselves, or someone else, is in trouble with alcohol • Knowledge of what to do in an emergency • Increased knowledge of support services and how to access them
Format	Small group work Scenario/dilemma work Facilitated discussion Flipchart exercises
Key Skills	Communication Working with others Reasoning skills Creative thinking skills Evaluation skills Enquiry skills
Duration/time	50mins to 1hr
Required environment	Session can be adapted to run in most environments. Flexible seating, whiteboard or flip chart
Evaluation Method	Young people's flip chart work. Young person's evaluation form. Teacher evaluation form.