**SESSION PLAN**

**SESSION ONE: INTRODUCTION TO A CAN FULL OF NOTHING**

Key Stages 3 and 4

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| Aim of Session: | Explore and challenge young people attitudes about their lifestyle choice with particular focus on alcohol and the perception that it is the 'norm to drink'. |
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| You will need:  Time: 50 minutes | * 'To Drink or not to Drink' PowerPoint file * Worksheet One - Celebrity quiz sheets * Worksheet Two - Character descriptions * Flipchart paper * Feedback questionnaire |
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| Introduction Activity | Divide into groups and hand out celebrity quiz sheets to young people to discuss and complete the sheets. |
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| Main Activity: | Facilitator to go through the powerpoint with the answers to the first two sheets reflecting on the positive choices made by some celebrities.  Explain that over the next few sessions the group are going to be watching some film clips about a group of young people. It follows their online and phone conversations over a few days including a party weekend.  Amongst other things it covers alcohol and drug use, sexual health, healthy and unhealthy relationships and friendships.  Put young people into small groups. Hand out worksheet two character descriptions and let the young people briefly discuss the characters. Ask them to think about why certain characters drink alcohol and some do not.  Take feedback from groups. Develop a list of reasons why people choose to drink and choose not to drink. |
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| Plenary | Distribute questionnaire.  Explain to the group that the film brings up a range of issues and you want to know what issues are the most relevant to the group. This will help to decide what you discuss in future sessions.  Ask them to complete it honestly.  Young people to complete short feedback questionnaire. |