**SESSION PLAN**

**SESSION TWO: TO DRINK OR NOT TO DRINK**

Key Stages 3 and 4

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| Aim of Session: | To explore that the option of not drinking is a valid choice that can be accepted by peers. |
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| You will need:  Time: 50 minutes | * Can Full of Nothing Video clips (1-4) * Worksheet 1 – To Drink or not to Drink * Worksheet 2 – Prompt Questions (Extension activity only) * Worksheet 3 – Character Descriptions * Flipchart paper/white board |
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| Introduction Activity | Recap from Session 1 – Why do people choose to drink or choose not to drink? |
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| Main Activity | Introduce the first 4 video clips and encourage the participants to think about the two main characters Elisha and Nick and how they respond to the pressure from their mates about drinking alcohol at Friday night's party.  Put the participants into groups and get them to work through Worksheet 1 using Worksheet 3 for reference and feedback to the group.  Discuss how young people can respond to pressure to drink alcohol in their everyday lives. |
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| Plenary | Sum up the strategies identified by young people to respond to peers.  Ask for a show of hands from the group to vote on which strategies they think would work. |
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| Extension Activity: | Use the prompts on Worksheet 2 and the character descriptions on Worksheet 3 to get the groups to develop a short scenario and feedback to the group. |