**SESSION PLAN**

**SESSION 8: YOUNG PEOPLE’S DRINKING AND THE LANCASHIRE PICTURE**

Key Stages 3 and 4

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| Aim of Session: | Consider local data relating to the supply of alcohol to young people alongside the UN Rights of the Child. |
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| You will need:  Time: 50 minutes | * PowerPoint – How much is too much? * Flipchart paper * Information sheets 1, 2, 3 & 4 for groups |
| Introduction Activity  (10 minutes) | View PowerPoint 'How much is too much?'  Does the class feel that the results accurately reflect their local area? |
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| Main Activity:  filmreel2 (35 minutes) | Divide into groups. Allocate each group one of the three tasks and distribute the relevant information sheets 1, 2 or 3 plus 'Information sheet 4' about the UN Convention of the Rights of a Child to all groups.  Ask the participants to prepare a presentation on their allocated topic to present to the group.  At the end of their presentation each group must make a proposal about either:   * a change to the law **OR** * guidance needed for young people, families, police or other community members in relation to their topic.   **Group One:** 57% of young people in Lancashire say that they get their alcohol from their parents. Do you think this is a good way to introduce young people to alcohol or are their parents their 'suppliers'?  **Group Two**: In some areas of Lancashire activity called the Community Alcohol Network is carried out. ASB police patrols on Friday and Saturday nights finding young people who are drinking on the streets. Do you think this is something that young people should support ?  **Group Three:** 30% of young people in Lancashire said they were aware of 'drinking dens / party houses' in their area. Can you identify some positive and negative aspects of young people drinking in these areas? |
| Plenary  people (5 minutes) | The main group to vote on the proposals made by individual groups |

Further information for the facilitator to support the PowerPoint:

* UK daily guidelines for sensible levels of drinking for adults are defined as a ‘unit’ it is recommended that men should not exceed 3-4 units a day and women 2-3 units a day.
* Guidelines vary for men and women as women are generally smaller than men and have less body water; also they have less of the enzyme which breaks down alcohol.
* How alcohol affects you will depend on; your age, size, sex and health, how quickly you drink and whether you’re eating.
* Guidelines are daily rather than weekly, you should not ‘save up’ units and drink heavily at the weekends.
* Binge drinking over one or two nights a week can lead to health problems and anti-social behaviour.
* If you exceed the guidelines, it is recommended that you have 48 hours without alcohol to give your liver a chance to recover.
* Labels on bottles of alcoholic beverages usually contain information to help you. Icons on the label give the total number of units contained in a bottle or the number of units in a specific standard measure as well as alcoholic strength.