



RE-THINK YOUR DRINK!

You don't need to get your kicks from an **energy drink** fix



The Am I Bovered to OMG Continuum





SESSION AIMS

TIME: 20 minutes

For young people to;

- Actively encourage discussion on opinions, facts and statements relevant to energy drinks.
- Provide a fully inclusive and physical way of participating.

RESOURCES:

- Flipchart paper or smartboard.
 - Three cards with "Am I Bovered", "Whatever" and "OMG" printed on them. (Provided)
 - A list of prepared statements and facts relevant to energy drinks. (Provided)
 - An open space with capacity for all participants to move about.
 - Optional - examples of energy drinks (actual cans, or photos, images).
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ACTIVITIES:

1. ICE BREAKER / INTRODUCTION

To determine baseline knowledge of the group the facilitator will create a 'Thought Map' on the flipchart/smartboards by writing down statements they make to the question "What do you know about energy drinks?"

2. MAIN ACTIVITY:

Facilitator to create the continuum by placing the 3 continuum cards on the wall /floor.

Facilitator to read out a statement relating to energy drinks then ask young people to stand at a point on the continuum that reflects their opinion. The facilitator will then ask the young people to talk through their thinking and listen to each other's points of view.

Repeat with remaining statements.



EVALUATION AND SUPPORTING LEARNING:

Key learning points from the session should be identified and a discussion should be facilitated to enable them to be summarised by the group.