

YEAR 10

Lesson Plan



Learning Outcomes:

- ★ Greater awareness of the effects that alcohol has on the human body and the social risks associated.
- ★ Better understanding of the mixed messages society gives about alcohol.
- ★ Increased knowledge and understanding of the impact that media and marketing can have on alcohol consumption.

| | LEARNING OUTCOMES | SUBJECT AREAS | MESSAGES | RESOURCES |
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| SECTION 1 | Learning outcomes 1 & 2 | <ul style="list-style-type: none"> ★ Introduction ★ Class group agreement ★ What we will cover | The purpose of the session is to talk about alcohol, and how we view it within British society; not everyone understands the harm that it can sometimes cause - especially to young people. The class group agreement creates a safe and supportive environment for everyone. | <p>Slide Just a laugh? Let's talk about Alcohol</p> <p>Slide Classroom group agreement</p> |
| SECTION 2 | Learning outcome 2 | <ul style="list-style-type: none"> ★ Debate (individual views on what is OK, not OK, or unsure regarding alcohol) ★ What is alcohol and why is it important to learn about it? | Alcohol often plays a significant role in British society. There are many opinions on how and when alcohol is acceptable. Having individual opinion is healthy, but choices should be informed by facts. | <p>Slide Where do you stand?</p> <p>or</p> <p>Year 10 Exploration Activities Where do you stand?</p> <p>Slide Know the facts</p> |

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| SECTION 3 | Learning outcome 1 | ★ Alcohol and your body | <p>There are many physical and emotional impacts that alcohol has upon the human body – many of which people are not made aware of.</p> <p>There are no safe limits for young people under the age of 18.</p> | Slide How can alcohol affect our bodies? (This is a recap on session material delivered in Year 8 & 9.) |
| SECTION 4 | Learning outcomes 1 & 2 | ★ Top five reasons why people drink | <p>If alcohol is so bad, why do people drink? Examine how it alters mood, is linked to socialisation, and peer pressure.</p> | Slide Top five reasons |
| SECTION 5 | Learning outcomes 1 & 2 | ★ Just a Few Drinks: Anna's Story | <p>Anna documents the effect that alcohol has on her when she got drunk at a party, as well as the consequences it has had on her friendship.</p> | Slide Just A Few Drinks: Anna's Story or Year 10 Media Clip Just A Few Drinks: Anna's Story |
| SECTION 6 | Learning outcomes 1, 2 & 3 | ★ Section 30: alcohol, young people and the law | <p>Drinking alcohol under the age of 18 in a public place could result in a criminal record. This could limit your future options eg prevent you working in certain countries abroad (such as Camp America or Australia).</p> | Slide Section 30 |
| SECTION 7 | Learning outcome 1 | ★ Let's get ready for the weekend (Tania & Philippa, Gregza) | <p>Young people can be at increased risk of harm when under the influence of alcohol. Sometimes there might be others who will take advantage of their intoxication. Drinking alcohol also might result in both short term and long term negative consequences.</p> | Slide Let's get ready for the weekend (Tania & Philippa, Gregza) and Year 10 Exploration Activities x 2 Meet Tania & Philippa Meet Gregza |

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| SECTION 8 | Learning outcomes 1, 2 & 3 | ★ You Wouldn't Start Your Night Out Like This | <p>The alcohol industry spends 800 million pounds each year on advertising their products but does not reflect the true price that is paid by becoming heavily intoxicated.</p> <p>Young people are more likely to take risks when under the influence of alcohol which could lead to embarrassment, humiliation or even danger.</p> | Slide You Wouldn't Start Your Night Out Like This or Year 10 Media Clip You Wouldn't Start Your Night Out Like This |
| SECTION 9 | Learning outcome 1 | ★ Likelihood of trouble? ★ How can we limit risk? | <p>If young people drink alcohol they are more likely to be a victim of a violent crime, be admitted to hospital, and try illegal drugs.</p> <p>Strategies on how to avoid this, keep safe and plan ahead for a night out.</p> | Slide If you drink alcohol... Slide How can we make it less risky? |
| SECTION 10 | Learning outcomes 1, 2 & 3 | ★ Your rights | <p>This session was designed to give information so young people can make an informed choice. The choice is still theirs but hopefully with this new information, they can see that drinking alcohol under the age of 18 can have harmful effects. Do they feel media is influential?</p> | Slide Your rights |
| SECTION 11 | Learning outcomes 1, 2 & 3 | ★ Open discussion ★ Evaluation form | <p>What have people learned from the session? What do they think about drinking alcohol as a young person?</p> | Evaluation Form |