

YEAR 8

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
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 outcomes 2 & 3	★ Alcohol exposure in our society	Young people are exposed to alcohol from multiple sources; this occurs in our society from a young age.	<p>Slide Stand up if...</p> <p>or</p> <p>Year 8 Exploration Activities Stand up if...</p>

SECTION 3	Learning outcome 1	★ What is alcohol and why is it important to learn about it?	<p>If under the age of 18, the brain is still developing and alcohol can have harmful effects on it.</p> <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>The damage done by alcohol costs our region more than £1bn a year – that’s the equivalent of £887 per taxpayer. (Balance, Oct 2012)</p>	Slide 4 Know the facts
SECTION 4	Learning outcome 1	★ Alcohol and your body	<p>Alcohol has many negative impacts on the body, both short term and long term.</p>	Slide 5 How can alcohol affect our bodies and Year 8 Exploration Activities Body boards
SECTION 5	Learning outcome 1	★ Alcohol and the teenage brain	<p>Drinking is more harmful to teens than adults because their brains are still developing throughout adolescence and well into young adulthood. Drinking during this critical growth period can lead to lifelong damage (drugfreeworld.org).</p>	Slide 6 Alcohol and the teenage brain or Year 8 Media Clip Alcohol and the teenage brain
SECTION 6	Learning outcome 1	★ Risk taking	<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 7 Just a laugh? Alcohol can influence... and Year 8 Exploration Activities Risk cards

SECTION 7	Learning outcome 2 & 3	★ The media and its influence	Alcohol media strategists are very clever in how they entice people to buy their product. Alcohol companies like to make money and therefore are unlikely to tell you the full story about how alcohol can affect you.	Slide What do these sources tell us about alcohol? Slide The truth about alcohol advertising
SECTION 8	Learning outcomes 2 & 3	★ See what Sam sees	Young people are more likely to try alcohol from a younger age when exposed to alcohol advertising. By the age of 12, the average child has been exposed to thousands of images and advertisements for alcohol (Alcohol Awareness Week 2014).	Slide See what Sam sees or Year 8 Media Clip See what Sam sees
SECTION 9	Learning outcomes 1, 2 & 3	★ Your rights	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.	Slide Your rights
SECTION 10	Learning outcomes 1, 2 & 3	★ Open discussion ★ Evaluation form	What have people learned from the session? What do they think about drinking alcohol as a young person?	Evaluation Form