

Substance Use Education

Stage: Third to Fourth	Lesson: Alcohol and Units																				
Expected national standards for each level: Gives examples of current laws and advice in relation to substance use, for example, units of alcohol, tobacco sales.																					
Substance Misuse Experiences and Outcomes: HWB 3-38a Understand the positive effects that some substances can have on the mind and body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances.																					
Resources Required for Lesson: 10 x Empty alcohol bottles / cans, post it notes, calculators																					
Main Activities: Whole class and pairs work <ul style="list-style-type: none"> Set out 10 different empty alcohol bottles/cans with % ABV (Alcohol By Volume) or unit information covered with post-its. Invite one student to put them in order – weakest to strongest alcohol content. Other students to discuss in pairs whether the line-up is correct. Ask, how do you know? What helped you make your decision? <p>Put bottles/cans in correct sequence, take off post-its and introduce concept of % ABV.</p> <ul style="list-style-type: none"> Definition of % ABV = the percentage of the contents of any size bottle that is the chemical ethanol or ethyl alcohol (pure alcohol - a poison). By law, packaging for alcoholic drinks must state how much alcohol they contain. This is known as % ABV or % vol. The higher the percentage, the stronger the drink. Units are a simpler way of measuring how much alcohol a person drinks. A unit of alcohol = 10ml of pure alcohol. This formula is used to work out how many units there are in a drink: $\text{Units} = \frac{\text{volume (ml)} \times \text{abv (\%)}}{1000}$ <ul style="list-style-type: none"> Ask the young people to work out the units of drinks. Some examples are provided below – they might have others they'd like to work out: <table border="1"> <thead> <tr> <th>Drink</th> <th>ABV%</th> <th>Volume (ml)</th> <th>Units</th> </tr> </thead> <tbody> <tr> <td>Vodka</td> <td>40%</td> <td>25ml (standard pub measure)</td> <td>1</td> </tr> <tr> <td>Cider</td> <td>5%</td> <td>586ml (1pint)</td> <td>2.9</td> </tr> <tr> <td>Wine</td> <td>12.5%</td> <td>175ml (medium glass)</td> <td>2.2</td> </tr> <tr> <td>Beer</td> <td>4.5%</td> <td>330ml (bottle)</td> <td>1.5</td> </tr> </tbody> </table>		Drink	ABV%	Volume (ml)	Units	Vodka	40%	25ml (standard pub measure)	1	Cider	5%	586ml (1pint)	2.9	Wine	12.5%	175ml (medium glass)	2.2	Beer	4.5%	330ml (bottle)	1.5
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- Next, ask young people if they know what the current weekly alcohol guidance is for adults. If no one knows, ask them to guess in number of units.
- Updated alcohol guidance for adults (CMO, 2016):

“Low risk” Alcohol Consumption

<p>Weekly regular drinking</p> <p>Men <i>and</i> women are advised it is safest not to regularly drink more than 14 units of alcohol per week.</p>		<p>Single occasion drinking</p> <p>If consuming 14 units per week, spread this evenly over 3 or more days. Have several alcohol free days per week.</p>
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Avoid alcohol if you are pregnant or trying for a baby

- What do they think of this? What does 14 units look like? (Use the empty bottles as examples)
- What do young people think the guidance is for young people?
- ‘An alcohol-free childhood is the healthiest and best option. However, if children drink alcohol, it should not be until at least the age of 15 years. Then it should always be with the guidance of a parent or carer or “in a supervised environment”. If 15 to 17 year olds do consume alcohol, they should do so infrequently and certainly on no more than one day a week. Young people aged 15 to 17 years should never exceed recommended adult limits when they drink and consumption should usually be below such levels.’
(Department of Health (2009). *Guidance on the Consumption of Alcohol by Children and Young People.*)
- What do the young people think of this?
- Next, in small groups discuss reasons why people might not want to drink alcohol. Reasons why people might want to drink alcohol.
- If people were going to drink: how much, where, when, who with?
- End by asking what the most interesting part of this session was.