

Substance Use Education

Stage: Third to Fourth	Lesson: Alcohol and Units continued, Alcohol Effects
<p>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.</p>	
<p>Substance Misuse Experiences and Outcomes: HWB 3-38a / 4-38a 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.</p>	
<p>Resources Required for Lesson: Handout sheet, calculators, flip chart paper, pens</p>	
<p>Main Activities: Alcohol and calculating units continued: Give out the handout between pairs and ask the young people to work on this together. As they get onto the second part, provide the following piece of information: 'It takes a healthy adult liver one hour to process one unit of alcohol.'</p> <p>Gain feedback from the pairs, and ensure everyone has got to the correct answer. Discuss the 'one hour one unit' rule of thumb. What might affect this? Is it accurate? [Lots of factors can affect this, and we don't know if our livers are functioning at optimum level]. Would this provide enough information to decide when to drive the following day? [No]</p> <p>How alcohol effects the body: Divide the young people into groups Get each group to draw out a body. Ask young people to write on the body effects of alcohol on the body. Get them to consider internal and external effects. Short and long term effects. Any other effects (social, financial, etc). Ask young people what type of drug alcohol is [Depressant] will this help them with other effects?</p> <p>Get young people to feedback what they've drawn onto the bodies. Did anyone have anything unique? Have they missed anything obvious? What was surprising? What was new information? If their person began to become unwell through alcohol consumption, what could they do to help?</p>	
<p>Short Term – Intoxication can lead to aggressive/irrational behaviour, and accidents and falls. Reduced feelings of anxiety and inhibitions, which can help some people feel more sociable. An exaggeration of whatever mood a person is in when they start drinking. Slows brain activity. Lowers breathing and heart rate. Drowsiness, confusion, nausea / vomiting, reduced inhibitions and affects judgment. Reduced co-ordination and control of movement. Slurred speech, visual distortion.</p> <p>Hangover including dehydration, headache, nausea, sensitivity to noise and bright lights, and depression. Memory loss. Quality of sleep. Indigestion.</p> <p>Long Term - Regular heavy drinking can cause stomach disorders, cancer of mouth, and throat, increased risk of stroke, liver cirrhosis, brain damage (including memory problems), high blood pressure, problems with the nervous system, stroke, changes in physical appearance (e.g. weight gain, thread veins and purple, bulbous 'drinkers nose'), sexual health and fertility, FAS/FASD can occur if mum drinks in pregnancy, mental health problems, and family, financial and work problems. Dependency can develop.</p>	