

Alcohol Workpack - Guidance

Pages 1 & 2:

Introduce the young person to the work pack and explain that over the next few sessions they will be exploring the topic of alcohol consumption.

On the first page give the young person a black pen and ask them to write as many different reasons they can think of for why people drink alcohol, give clues for some reasons if the young person is struggling.



Once the young person has exhausted their answers, page 2 contains a list of potential reasons. Read these out and check the young person's answers, any that they did not state, write down on the sheet.

Give the young person a Green pen and ask them to circle their reasons for drinking. Straight after this give them a red pen and ask them to circle reasons for drinking which are potentially dangerous or problematic. When doing this exercise with anyone, people will generally not circle any of their own

reasons in red, indicating that their drinking behaviour is fine and not an issue. The reasons on page 2 contain descriptions of why that reason could be problematic. The discussions when circling the reasons in red can be very insightful for the young person to see how drinking for some reasons might start as being good but can change over time. The red writing at the bottom of page two is a statement to highlight in relation to this exercise.

**Another summing up of this exercise which is not contained in the main pack is to write on the 'reasons for drinking' sheet with things that you (the facilitator) know has occurred whilst the young person is under the influence such as 'fighting with family in the street', 'to get arrested' and 'to end up in hospital', ask if the young person would like to circle these final reasons in green, when they do not, ask them why these things are happening when they are drinking. Highlight the 'positive (socialising, fun and celebrating)' reasons for drinking and explain that when it stops being about these reasons and more negative consequences are occurring they need to take a look at their drinking behaviour and think about a change.

Pages 3 & 4

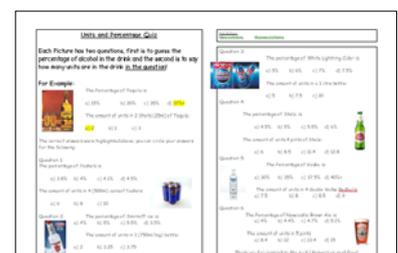


The next two pages are on the subject of units, I do not spend an overly long time on this, and if they understand units then this is good, if they have no knowledge attempt to give a basic introduction to them. Do not get overly concerned if they are unable to work out the units based on the percentage and amount.

**In the space next to the 'What are units' bubble I will often ask the young person what their favourite drink is, I draw an outline of the container, I ask

what the percentage is and get the young person to shade in that percentage. I then explain what that means in terms of that amount of the drink is alcohol and by knowing what amount is alcohol you can work out the units.

We discuss government guidelines for males/females in terms of daily and weekly consumption and the definition of binge drinking. When discussing this section the aim is to get the young person to understand that they aren't saying someone should drink that amount of units a day. The other point is to explain that by drinking over the guidelines the government has made you aware that you may develop an alcohol related health problem. A potential learning point on this page is to stress the benefits of counting your drinks and to have a limit or amount that ensures you have a good time and don't experience negative effects (this point will be questioned however when we look at 'what can alter effects' later in the pack).



The next page is a basic percentage and unit quiz, alcoholic beverages can fluctuate in their percentage based on brand, time of brewing and country of brewing, the quiz is not meant to be a way of proving knowledge. Simply to get some points across about how it is not just % that is important in how much alcohol someone consumes but the actual amount in ml.

** Although not present in the pack, you can alter this exercise by printing larger pictures of alcoholic drinks and an amount, these can be put in a row the young person can play a 'higher/lower' game in relation to which amount/drink contains more units.

Page 5



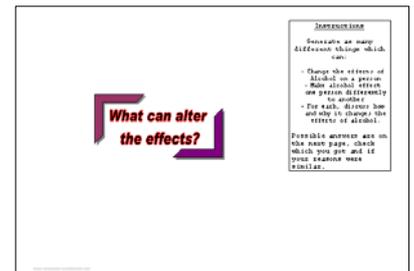
Utilising the 'Effects of Alcohol Cards' (preferably cut out and laminated), lay the cards out with the effects facing up, the young person must then explain how alcohol will effect someone in each of the ways. When they give the description, flip the effect over and read off the back of the card. The cards have a general order in which the effects occur; this is detailed by reading left to right on page 5. Some key points to bring up during this section;

- Highlight how alcohol is a powerful drug in how it affects our functions and senses.
- If someone gets to the point of 'Visual Distortion' more alcohol consumption is not recommended. They have already consumed more than enough.

- Examples for how it affects each can be fleshed out beyond what is written on the cards (Hearing for example; two drunken people having a private conversation at the top of their voices); also this is a good time to highlight how these effects can cause other problems such as injury and arguments.

Pages 6 & 7

On this page ask the young person to list all the things that could alter the effects of alcohol from one day to the next or one person to the next, give clues for some of the things which can alter effects. After the young person has exhausted their answers, look at the answer sheet and discuss the different ways in more detail.



The learning point to stress in this section is that the same amount of alcohol can effect you differently and therefore even if you think you 'can handle' a certain amount, there are other factors which will impact the effects.

Page 8

This is an exercise utilising existing awareness campaign videos, the exercise needs access to the internet, youtube and 8 different awareness campaign videos. The following link directs to the Darlington YOS youtube channel, click on 'Alcohol Awareness Worksheet' Playlist for the selected videos to be shown.

<http://www.youtube.com/channel/UCmgk8OshxeSAJuijHVSkmtQ/videos?view=1&flow=grid>



Ask the young person to state what risk is being addressed e.g. 'Drink Driving' rate each video/campaign out of 5 and then go through the questions on the right hand side. This is a good opportunity to find out their views on particular risks and for them to acknowledge the wide variety of risks associated with alcohol consumption.

A point to highlight on this page is how none of the risks are about personal health risks; they are all about immediate risks that can occur when under the influence.

Page 9

Following from the 'awareness campaigns' exercise this page is about the young person exploring dangerous situations they have placed themselves and others in when under the influence. Try not to use their offence, the young person must think about situations they have been in which COULD have been a risk for themselves or others. The danger does not have to have occurred but the potential is all that is required. During this exercise I would typically take part and draw my own situation to talk about.

Write or Draw... A Time When....

You have put yourself at risk of harm or in danger through drinking?

You have put others at risk of harm or in danger through your drinking?

The aim is to highlight just how often risky situations for yourself and others can occur when under the influence and to bring home the reality of some of the situations highlighted during the awareness campaign videos.

Page 10

Drink Diary - Please complete for a typical week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Alcohol consumed							
Units consumed							
Where consumed							
Time consumed							
Reason for drinking							
Other notes							

The drink diary page is about exploring the levels of a young person's alcohol consumption, it asks for details of what could be consumed in a typical week and why on particular days, there is a running unit count and also a box asking for why more might be drunk on a particular day. The purpose of the worksheet is to look at drinking patterns and in particular look for ways in which reduction could happen, the exercise looks at reasons for drinking which would link into Triggers/High Risk Situations and could be further explored using a separate worksheet which looks at this topic in more depth and ACE (Avoid, Control and Escape) coping strategies.

Pages 11 & 12

This is the typical conclusion to the streamline (low intensity) awareness pack, the young person must brainstorm all the potential risks associated with alcohol consumption health and otherwise, remind them of work completed throughout the pack but also ask about specific health risks. Once the young person has exhausted their answers, go through the answers on the next page.

What are the risks, health and other?

Brainstorm ideas

Generate as many different:

- Health Risks associated with Alcohol.
- Other Risks associated with Alcohol consumption.

Possible answers are on the next page with brief details. Check which you got and if your reasons were similar.

What are the risks - Possible Answers

Alcohol poisoning - is a medical emergency, caused by consuming too much alcohol in a short period of time. It can be fatal. Symptoms include vomiting, loss of consciousness, slow breathing and low body temperature. It is a medical emergency and you should call 999 if you think someone is alcohol poisoned.

Alcohol dependence - is a condition where you need to drink alcohol to feel normal. It can be caused by drinking too much alcohol over a long period of time. Symptoms include withdrawal symptoms when you stop drinking, such as tremors, sweating, and nausea.

Alcohol withdrawal - is a condition that occurs when you stop drinking alcohol after a long period of heavy drinking. Symptoms include tremors, sweating, and nausea. It can be a medical emergency and you should call 999 if you think someone is experiencing alcohol withdrawal.

Alcohol-related liver disease - is a condition where the liver becomes inflamed and damaged due to drinking too much alcohol. Symptoms include fatigue, loss of appetite, and weight loss. It can be a medical emergency and you should call 999 if you think someone is experiencing alcohol-related liver disease.

Alcohol-related heart disease - is a condition where the heart becomes inflamed and damaged due to drinking too much alcohol. Symptoms include chest pain, shortness of breath, and dizziness. It can be a medical emergency and you should call 999 if you think someone is experiencing alcohol-related heart disease.

Alcohol-related mental health problems - is a condition where drinking alcohol causes or worsens mental health problems, such as depression and anxiety. Symptoms include low mood, loss of interest in life, and changes in thinking. It can be a medical emergency and you should call 999 if you think someone is experiencing alcohol-related mental health problems.

Alcohol-related accidents and injuries - is a condition where drinking alcohol causes accidents and injuries, such as falls and road traffic accidents. Symptoms include pain, swelling, and bruising. It can be a medical emergency and you should call 999 if you think someone is experiencing alcohol-related accidents and injuries.

Alcohol-related legal problems - is a condition where drinking alcohol causes legal problems, such as drink driving and public intoxication. Symptoms include being stopped by the police and being charged with a crime. It can be a medical emergency and you should call 999 if you think someone is experiencing alcohol-related legal problems.

Alcohol-related financial problems - is a condition where drinking alcohol causes financial problems, such as spending too much money on alcohol. Symptoms include debt and financial stress. It can be a medical emergency and you should call 999 if you think someone is experiencing alcohol-related financial problems.

Alcohol-related relationship problems - is a condition where drinking alcohol causes relationship problems, such as arguments and domestic violence. Symptoms include relationship breakdown and physical harm. It can be a medical emergency and you should call 999 if you think someone is experiencing alcohol-related relationship problems.

Some follow up questions on this page can be to ask which risks have they already experienced and what risks are they more fearful of. The final risk which is not detailed is 'death'. At this point it is always beneficial to return to the front page and again highlight how these risks are not 'the reasons' initially considered for consuming alcohol.

Page 13

The final exercise in the pack is an 'eco map' exercise used to explore how relationships can impact on a persons drinking behaviour and their ability to make changes. The young person must list people in their life with them in the centre, and then if they would like to cut down or stop drinking alcohol they must state whether each person would be a positive or a negative influence. They would then look at how they could minimise the negatives in their eco map, make big decisions on if a relationships is still worthwhile having or if some behaviours and attributes of the relationship need to change.

Alcohol - Eco Map

Draw a circle in the middle of the page. Write your name in the circle.

Draw lines from the circle to other people in your life. Write their names at the end of the lines.

Write down whether each person is a positive or negative influence on your drinking. Use the following scale:

- 1 - Very Positive
- 2 - Positive
- 3 - Neutral
- 4 - Negative
- 5 - Very Negative

Write down why each person is a positive or negative influence. Use the following questions to help you:

- How do they feel about your drinking?
- Do they encourage you to drink more?
- Do they encourage you to drink less?
- Do they offer you support when you are drinking?
- Do they offer you support when you are not drinking?
- Do they offer you support when you are struggling with your drinking?

Well Done
Workpack Complete

Possible Future Risks

Think about the risks you have identified in this workpack and think about how you can avoid them. Write down your ideas.

The Drink Diary (workpack) enables you to record your drinking and see how much you are drinking. It can help you to see if you are drinking too much and if you need to cut down or stop drinking.

A Drink or Alcoholing Plan is a plan of what you will do to stop or cut down on drinking. It can help you to see if you are drinking too much and if you need to cut down or stop drinking.

The Code of Change (workpack) enables you to record your drinking and see how much you are drinking. It can help you to see if you are drinking too much and if you need to cut down or stop drinking.

Page 14

The final page is a signpost to further possible work as well as a chance for the young person to evaluate the worksheet.