

DOWN IN ONE

INTRODUCTION

- ▶ Young People of Caerphilly have said, through the Youth Forum, that Drugs, Alcohol and NPS's (New Psychoactive Substances, which are also known as 'Legal Highs') are easy to get and young people need more education around these issues.
- ▶ Caerphilly Youth Forum members made 3 short films focusing on NPS's, Drugs and Alcohol to raise awareness of some of the dangers. Each film is accompanied by a workshop to educate young people about the substances, advise what to do if someone has used them and to show how real people have been effected by drug or alcohol use.
- ▶ This film and workshop focuses on alcohol. In the UK the legal age to drink alcohol is 18 and this is because our bodies don't fully develop until this age. This film looks at the issues surrounding alcohol such as the fact that alcohol is a legal drug and is one of the most popular in the world today and also the easiest for young people to get a hold of. Alcohol can affect you in all different ways such as socially and physically which are all shown in the film.

Click [here](#) to watch film or Run DVD

STREET NAMES

- ▶ Group Discussion –
- ▶ What are some of the names that young people would use for alcohol?

STREET NAMES

- ▶ Booze
- ▶ Bevvv
- ▶ Alco – pops
- ▶ Wine
- ▶ Beer
- ▶ Lager
- ▶ Spirits
- ▶ Cocktails
- ▶ Champagne
- ▶ Ale
- ▶ Shots
- ▶ Grog
- ▶ Whiskey
- ▶ Voddy
- ▶ Vodka
- ▶ Rum
- ▶ Gin
- ▶ Tins
- ▶ Cans
- ▶ Stubbies
- ▶ 6 Pack
- ▶ Flagon

STREET NAMES CONTINUED

- ▶ Group Discussion -
- ▶ How would young people describe themselves as while under the influence of Alcohol?

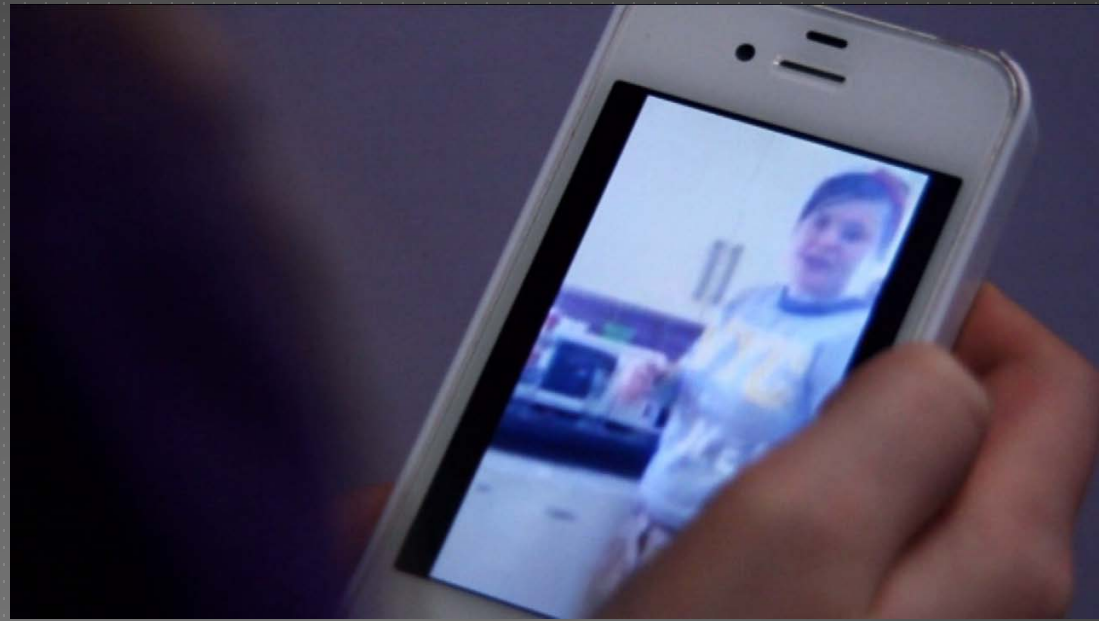
STREET NAMES – UNDER THE INFLUENCE

- ▶ Smashed
- ▶ Hammered
- ▶ Mortal
- ▶ Drunk
- ▶ Wasted
- ▶ Legless
- ▶ Pie eyed
- ▶ Rat ted
- ▶ Blotto
- ▶ Wrecked

FILM STILLS

Conduct a group discussion about each of the following film stills.
There are questions on each of the slides to prompt you.

THINK BACK TO
THIS SCENE



SOCIAL MEDIA

- ▶ You can't hide sat in the safety of your own home.
- ▶ How many 'friends' will witness this?
- ▶ Harder to say no?

DECISION MAKING

- ▶ How do you think Jess is feeling whilst watching the video?
- ▶ Do you think social media influenced the decisions made?

THINK BACK TO
THIS SCENE



ALCOHOL AND UNDER 18

Where do young people get their alcohol from?

- ▶ Parents
- ▶ Get others to buy it for them
- ▶ Older siblings
- ▶ Friends
- ▶ Buy it themselves from the local shop

WHY 18?

- ▶ Your body is still developing

ALCOHOL AND UNDER 18

What do you think the shop keeper thought?

- ▶ Is she 18?
- ▶ I'll take the money
- ▶ Is anyone watching?
- ▶ Is she for real?

What would do if you knew someone was selling alcohol to underage young people?

- ▶ ANSWER – Inform Trading Standards

THINK BACK TO
THIS SCENE



BINGE DRINKING — DRINKING A LOT IN ONE GO.

Units of alcohol

How many units of Alcohol do you think are in this pint of Vodka?

Answer: 19 units

Average pint : 2-3 units

What could she have done differently?

Swap the vodka with water
use a lower strength alcohol as spirits are the strongest.

On average it takes 1 hour for you body to break down 1 unit of alcohol.

*Click the link below to watch a short video on
Units*

<https://www.youtube.com/watch?v=iCcLIEQVX1E>

Following on from the previous slide and question how many units are in the pint of vodka, below is a method of working out exactly how many units you are drinking.

If you times the strength of the drink by the volume of the drink then divide it by 1000 you get the number of units. For example:-

The pint of vodka=

$$35\% \times 568 \text{ ml (pint)} \text{ divided by } 1000 = 19.88 \text{ units}$$

1 UNIT	1.5 UNITS	2 UNITS	3 UNITS	9 UNITS	30 UNITS
 <p>Normal beer half pint (284ml) 4%</p>	 <p>Small glass of wine (125ml) 12.5%</p>	 <p>Strong beer half pint (284ml) 6.5%</p>	 <p>Strong beer Large bottle/can (440ml) 6.5%</p>	 <p>Bottle of wine (750ml) 12.5%</p>	 <p>Bottle of spirits (750ml) 40%</p>
 <p>Single spirit shot (25ml) 40%</p>	 <p>Alcopops bottle (275ml) 5.5%</p>	 <p>Normal beer Large bottle/can (440ml) 4.5%</p>	 <p>Large glass of wine (250ml) 12.5%</p>	<p>Government advises alcohol consumption should not regularly exceed:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Men 3-4 units daily</p> </div> <div style="text-align: center;">  <p>Women 2-3 units daily</p> </div> </div>	
		 <p>Medium glass of wine (175ml) 12.5%</p>			

Source: ONS, NHS

WHAT DO YOU THINK IS
HAPPENING?



PEER PRESSURE — WHEN OTHERS TRY TO INFLUENCE YOU HOW TO ACT OR GET YOU TO DO SOMETHING.

Do you think peer pressure contributed to the reason Jess drank the
Vodka?

How were the others acting?
Egging her on
Concerned

Decision making/ choices

What could she have done differently?
Could she have decided not to do the challenge?

THINK BACK TO
THIS SCENE



WHEN THINGS GO WRONG

What did the girls do wrong?

What should the girls have done differently?

Call an ambulance

Alert an adult

Tell them what's happening

Would you know how to put someone in the recovery position if you were ever caught in a situation like this?

Click the link below to watch a short video on how to do the recovery position correctly.

<https://www.youtube.com/watch?v=uCDa-AhriHo>



SHORT AND LONG TERM EFFECTS

- ▶ Group Discussion -
 - ▶ What are the short and long term effects of drinking Alcohol?
- 

SHORT AND LONG TERM EFFECTS OF DRINKING ALCOHOL

Short term (can cause)

- ▶ Nausea / being sick
- ▶ Memory loss
- ▶ Accidents
- ▶ Poor judgement / decision making
- ▶ Hangover / headache
- ▶ Blurred vision
- ▶ Blackouts
- ▶ Slurred speech
- ▶ Getting into fights
- ▶ Aggressive behaviour
- ▶ Family /education problems
- ▶ Depression

Long term(prolonged high level use can cause)

- ▶ Physical dependence
- ▶ Liver disease
- ▶ Heart disease
- ▶ Stroke
- ▶ Cancer
- ▶ Brain damage
- ▶ Putting on weight
- ▶ Death

CASE STUDY

- ▶ This is a real story from an actual person living in Caerphilly Borough. After watching the short film please discuss it as a group.

Click [here](#) to watch film or Run DVD

AND FINALLY

If after taking part in this workshop you feel you need to speak to someone to get some help/support or more information please speak to your teacher/youth worker.

USEFUL CONTACTS

CRI - DAYS

Drug & Alcohol Youth Support
Unit 46, Block G
Block G Evans Business Centre
Western Industrial Estate
Caerphilly
CF83 1BE
Freephone: 0808 168 7176
Twitter: DAYSCYMRU

Caerphilly Community Safety
Pontllanfraith House
Blackwood Road
Blackwood
NP12 2YW

Email: saferrccbc@caerphilly.gov.uk
Tel: 01495 235350

Trading Standards Caerphilly
Pontllanfraith House
Blackwood Road
Blackwood
NP12 2YW

Email: tradingstandards@caerphilly.gov.uk
Tel: 01495 235291

Dan 24/7

Wales Drug and Alcohol Helpline
Freephone: 0808 808 2234
Text DAN to: 81066
www.Dan247.org.uk

Talk to Frank
Tel: 300 123 6600
Text: 82111
www.talktofrank.com