

Links to the Western Australian Health and Physical Education Curriculum (Year 8)

Alcohol Module



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Health and Physical Education

Module title	Alcohol	Stage	Year 8	Duration	6 weeks / 6 lessons
Module overview					
<p>This module aims to develop students' knowledge, understanding and skills required to make responsible decisions about alcohol use. It provides an opportunity for students to practise strategies and skills required to reduce alcohol-related harm to themselves and others. The module has been co-designed with students and teachers for use in Year 8. It uses a realistic cartoon-based drama to impart knowledge that is based on the principles of effective drug education. Scenarios based on the real-life experiences of young people are integrated into teaching and learning activities to help students deal with future alcohol-related situations in a safe and responsible way.</p>					
Teacher notes					
<p>This module has six lessons, approximately 40 minutes each. It is ideal to run the lessons one week apart so the students can incorporate the ideas into their lives. Each lesson comprises:</p> <ol style="list-style-type: none">1. <u>A realistic cartoon-based drama</u> about a group of teenagers and their experiences with alcohol. Students should spend approximately 20 minutes completing this section for each lesson.2. <u>Student summary sheets</u> to assist students when completing class activities.3. <u>Optional class activities</u> which reinforce the key content in each lesson and encourage students to process and apply the skills they have learnt. Activity formats include:<ul style="list-style-type: none">• <u>Interactive activities</u>: These can be assigned to student in activity mode where they are given immediate feedback, or assessment mode, where teacher can provide feedback on responses.• <u>PDF-based activities</u>: These are extra activity options and include group activities, class discussion points and worksheets.4. <u>Suggested take home activities</u>: These provide students with an opportunity to deepen their understanding of the lesson content and practise skills to keep themselves and others healthy and safe. Take home activities can be set as homework and/or assessment tasks.					
Structure					
<p>A summary of the learning intention, key content and optional class and take-home activities for each lesson is shown below.</p>					

Learning intention and key cartoon content

Optional class and take-home activities

Lesson 1

Students examine how alcohol-related laws and guidelines reduce harm and promote health and safety.

Content includes:

- Standard drinks
- The Australian guidelines to reduce health risks from drinking alcohol
- Alcohol, the law, and underage drinking
- Responsible drinking and how to stay safe
- Societal pressures and expectations to drink alcohol

Choose as appropriate:

- **Understanding standard drinks (interactive):** students analyse the Standard Drinks Guide Chart and answer questions to develop an understanding of how the guidelines can be used to enhance health, safety and wellbeing.
- **Identifying risks and options to improve safety (interactive):** students identify risks and options for increased safety in the context of the adventures of the teenagers in the cartoon. They examine the high risks, ways risk was reduced and harm minimisation strategies.
- **The Australian drinking guidelines (PDF):** students gain an understanding of the reasons for the different guidelines for different age groups. They consider reasons for the recommendations and note these on the worksheet provided.
- **The expectation to drink (PDF):** students discuss the potential sources of pressure or expectation to drink alcohol.
- **Poster - drinking and the law (PDF; suggested take-home activity):** in small groups, students design a poster depicting situations where it is legal and illegal for people under the age of 18 to consume alcohol. Can be set as a homework task or assessment.
- **The role of police in underage drinking (PDF):** students discuss why there are laws for underage drinking and the role of the police in enforcing laws, eg keeping people safe.

Lesson 2

Students examine the influence of contextual factors on teenage alcohol use.

Content includes:

- Prevalence and patterns of alcohol use in young people
- Reasons why young people choose to or choose not to consume alcohol
- Positive alternatives to using alcohol, including alcohol-free social activities.
- Myths about alcohol

Choose as appropriate:

- **How many students in your year drink too much alcohol? (interactive):** students estimate the number of students in their year group who drink alcohol excessively. They compare their results with the findings in the National Drug and Alcohol Strategy Household Survey (2016).
- **Why do some teenagers drink alcohol? (interactive):** students identify reasons teenagers choose to drink or not drink alcohol. For each reason provided, they propose alternative activities or strategies for teenagers to stay safe if they do choose to drink alcohol.
- **How to resist or cope with pressure to drink alcohol (PDF):** students identify sources of pressure to drink alcohol and propose strategies to resist these pressures and keep themselves healthy and safe.
- **Alcohol-free activities (PDF):** in small groups, students create a list of activities young people can do on weekends that do not involve alcohol. Teacher facilitates a class discussion to compile a list of alternatives to using alcohol.
- **The social calendar (PDF):** students create a social calendar comprising alcohol-free activities.

Lesson 3

Students describe the risks of alcohol use and identify strategies for seeking help for themselves and others.

Content includes:

- Short- and long-term risks of drinking too much alcohol
- Potential risks and harms in common teenage drinking scenarios
- Ways to prevent harm in common teenage drinking scenario
- Sources of help for young people, including seeking help from a school counsellor

- Alcohol-free activities in my community (PDF); suggested take-home activity): students research different organisations, clubs and places in the local community that provide alcohol free events and activities for young people. Can be set as a homework task or assessment.
- Why do some teenagers drink alcohol? (PDF) Students are asked to survey different types of people to find out why they believe some teenagers drink alcohol.

Choose as appropriate:

- Looking at the whole person (interactive): students choose a character from the cartoon and identify factors that could influence their health, safety and wellbeing. This activity can be delivered in any lesson of this module.
- What's the risk? (interactive): students rate the level of risk associated with various activities alone and then in combination with the consumption of alcohol.
- Visiting the school counsellor (PDF): students pretend that they are the school counsellor and devise strategies to help Jane solve and cope with the situation presented in the cartoon.
- Seeking help (PDF; suggested take-home activity): students identify sources of help for teenagers and create a smart card for their wallets. Can be set as a homework task.
- Identifying and reducing the level of risk (PDF): students identify potential sources of harm and benefits various scenarios.
- Assessing levels of risk (PDF): students consider the costs and benefits of alcohol-free activities.

Lesson 4

Students assess the myths and facts about alcohol.

Content includes:

- The myths and facts about alcohol.
- Alcohol advertising tactics and regulations

Choose as appropriate:

- Myths about alcohol (interactive): students read statements about alcohol and decide which are myths and which are facts.
- The advertising detective (interactive): students complete a detailed analysis of an alcohol advertisement.
- Exploring the internet for myths about alcohol (PDF): students explore the internet for myths regarding alcohol and find out the truth. Their findings form the basis of a class discussion about alcohol myths and facts.
- Creating an advert (PDF; suggested take-home activity): in small groups, students create an advertisement for a product using a variety of tactics. Each advertisement is presented to the class. Students assess the tactics used to make each product appealing. Can be set as a homework task or assessment.
- Alcohol advertising and youth (PDF): class discussion about whether students believe the alcohol industry is deliberately targeting youth in their advertising tactics, and if so, what concerns this would raise.

**Lesson
5**

Students examine the factors that influence alcohol use. They practise the skills and strategies required to keep themselves and others safe in a variety of real-life situations.

Content includes:

- Alcohol refusal skills.
- Ways to minimise alcohol consumption.
- Decision-making about whether to consume alcohol.
- Examining different views on the consumption of alcohol
- Keeping yourself and others safe when using alcohol

- What influences young people to drink alcohol? (PDF): students discuss the influences and reasons some young people drink alcohol and how much impact the media has upon this.
- Advertising tactics (PDF): the class discusses common advertisements they see on television and what tactics have been used to sell the product.

Choose as appropriate:

- Practising respectful refusal (interactive): students provide a specific refusal skill for different scenarios involving alcohol.
- Parties (PDF; suggested take-home activity): students design two parties for teenagers: an alcohol-free party and a party which does have alcohol, but uses responsible drinking practices. Students should specify the strategies they incorporated into their plan to make the party responsible. Can also be delivered as a worksheet for homework.
- Role plays – refusal skills (PDF): in pairs, students practise and apply different refusal skills for a variety of situations.
- Positives and negatives of drinking too much alcohol (PDF): students create a list of positive and negatives for drinking too much alcohol.
- Appreciating different approaches (PDF; suggested take-home activity): students examine how different families and cultures have different approaches to teenage drinking. Can be set as a homework task.

**Lesson
6**

Students demonstrate the first aid and decision-making skills required to promote their own and others' health and safety.

Content includes:

- Recognising the signs of an alcohol-related medical emergency.
- What to do and who to contact if there is an alcohol-related medical emergency.
- First aid procedures when someone is unwell after drinking alcohol.

Choose as appropriate:

- Calling the emergency number '000' (interactive): students learn how to recognise an alcohol-related medical emergency, and what to expect when they call '000'."
- Role play - the recovery position (PDF): students learn to put another person into the first aid recovery position.
- Decision making - how much alcohol will I drink? (PDF): students learn about the steps involved in effective decision making. They work through a formal decision-making process with regard to their own personal decision whether or not to drink lots of alcohol.
- Providing advice about alcohol (PDF): students work through a scenario to make an informed decision on how to help a friend make a decision about how much alcohol to drink.
- Role play – calling 000 in an emergency: In pairs, students role-play calling the emergency number and provide other pairs with feedback.

Curriculum Alignment

Alignment with Year 8 Western Australian Health and Physical Education Curriculum is shown below.

Sub strand	Curriculum Content – Year 8	Lessons					
		1	2	3	4	5	6
Being healthy, safe and active	The reasons why young people choose to use or not use drugs					X	
	Communication techniques to persuade someone to seek help	X	X		X	X	
	Skills and strategies to promote physical and mental health, safety and wellbeing in various environments, such as: <ul style="list-style-type: none"> assertive responses stress management refusal skills contingency plans online environments making informed choices contingency plans demonstrating basic first aid in medical circumstances such as: non-life threatening bleeds, sprains and strains 	X	X	X	X	X	X
Communicating and interacting for health and wellbeing	The impact bullying and harassment can have on relationships, including online relationships, and the health and wellbeing of themselves and others				X		
	Sources of health information that can support people who are going through a challenging time	X	X	X		X	
	Strategies and skills to communicate assertively when seeking, giving or denying consent are explained and applied, for example: <ul style="list-style-type: none"> exploring assertive and respectful communication examining the nature of consent in different types of relationships. 					X	