

Aftershot Resources

This TV chat show style resource is designed to support KS3 students to debate the social, political and health issues surrounding alcohol consumption.

With an average 12 % of males and 7% of females between 16-19 years showing signs of alcohol dependency, the social and biological effects of alcohol form an important topic for young people to discuss. The marketing of alcohol, underage drinking, health implications and the social impact of alcohol consumption are just a few of the issues that we hope will be discussed using these resources.

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Aftershot Lesson Plan

Age group:	11-14
Timescale:	1-2 hours
Objectives:	Engage 11-14 year olds in debate about alcohol and the way it affects them biologically and socially.
NC links:	KS3 Citizenship - 1h) 2a) b) c) 3a) b) c) KS3 PSHE - 2b) d) g) 3k) 4g) KS3 Science - SC1.1 SC2.2
Resources:	teacher information cards (11) role play cards for audience (11) blank role play cards information cards for doctor (4) information cards for social worker (3) information cards for psychologist (3) Extra information sheets
Set-up:	<p>The event is run in the style of a televised talk show. There is an audience, a show host, and three experts – a doctor, a social worker and a psychologist.</p> <p>The room should be arranged with an audience facing a 'stage' area. On the stage there should be three seats for the experts.</p>
Introduction:	Debate social and biological issues surrounding alcohol consumption with your students using our 'Jerry Springer' style TV chat show 'Aftershot'. This activity has been used by science centre staff and teachers in the classroom to encourage young people to explore their thought and views on this subject.
Session:	<p>All participants begin in the audience. The show host (teacher/group leader) introduces the format of the event and the content. Explain the blank cards are for the participants to write their own comments/questions on the topic. Alternatively they can put themselves in character and make comments reflecting other viewpoints.</p> <p>Ask for three volunteers to be the experts. Remove them from the group and give them the appropriate information cards and ask them to read them for about 5 minutes.</p> <p>Explain to the rest of the group what the role play cards are and distribute them. Encourage them to fill in the blank cards with comments for the experts.</p>

Bring the experts back and introduce them to their audience. Begin the session by asking for questions from the audience.

The show host directs the debate. They ask for questions from the audience and prompt the appropriate experts for their response. They have their own extra information to help the experts. Encourage personal comments from both the audience and the experts throughout.

Plenary:

Vote questions can be used to focus summary discussion:

Do you think alcohol should be banned?

Should there be a limit to how much someone is allowed to drink?

Should alcohol be advertised on the TV?

Should the legal drinking age be lowered?

Summarise by thanking the experts and directing them all to the extra information sheets.

Other opportunities: Why not use these resources to run a youth parliament event or debate involving a mixture of year groups.

If you have access to video cameras then get some of your Media students to practice their camera skills and do your own live television broadcast.

Give students the opportunity to explore or feed into your school alcohol policy by introducing a vote and decision-making element to the event.

Aftershot – Prompt Questions



The following prompting questions can be used to focus the debate around the three themes of Society, Health and Your body:

Society

What else could we spend the money on?

Whose responsibility is it to decide how much is too much?

Do people who have got drunk and hurt themselves deserve treatment?

Who can you go to for advice on alcohol?

What do you think about alcohol advertising?

What is the legal age for drinking alcohol?

What is the legal age for buying alcohol?

Health

Is alcohol good for you and why?

What are the long-term effects of drinking alcohol?

Your body

Does anyone have any tips on how to cure a hangover?

Which parts of your body does alcohol effect?

Psychologist

SOCIETY

WHY DO WE DRINK?

- Alcohol causes the release of ‘feel-good’ chemicals in the brain. This only happens in low doses.
- Drinking can help people relax in social situations
- It tastes good



Social Worker

SOCIETY

MONEY AND JOBS

- The alcohol drinks market in the UK is worth £30 billion pounds per year.
- The alcohol industry is responsible for 1 million jobs in the UK.
- Taxes from alcohol contribute £7 billion pounds to the economy.



Psychologist

YOUR BODY

FEELING HAPPY. FEELING SAD.

Alcohol 'switches off' the part of the brain for self control. This can give people 'Dutch courage' to talk to people normally they would be too shy to. But unfortunately too much alcohol can lead to embarrassing situations. Small doses of alcohol can lift your mood – but larger doses begin to depress it. Hence at a party someone always end up in tears!



Doctor

YOUR BODY

EVERY BODY IS DIFFERENT

Everyone has different levels of tolerance to alcohol depending on:

- Your sex (men can often tolerate more than women)
- Your body size (in general larger bodies can cope with more alcohol)
- Your genes
- The situation



Social Worker

SOCIETY CRIME

- Alcohol related crime costs £7.3 billion a year.
- 7/10 of all police officers reckon they deal with alcohol related problems every day!
- 85000 people are convicted of drink driving every year.
- Most experts agree that alcohol causes a much bigger social problem than drugs.



Psychologist

YOUR BODY MEMORY

- Alcohol switches off a part of our brain that worries about problems. Unfortunately, it is only a short term effect and the problems are still there in the morning.
- Alcohol can prevent you remembering facts. This is why you may experience 'blackouts'.



Doctor

HEALTH

WHAT IS A HANGOVER?

- Alcohol makes you dehydrated. You lose lots of water and essential minerals like salt.
- Alcohol makes the blood vessels in your brain increase in size, so there is more pressure in your head and it hurts!
- Alcohol increases acid production in your stomach. Your brain knows that's not good, so makes you sick!



Doctor

HEALTH

HOW DO YOU PREVENT A HANGOVER?

- You can't! It is your body's warning system that you have drunk too much! Only time will get rid of that headache!
- Don't drink too much.
- Don't drink on an empty stomach. It is important your stomach has a lining of food.
- Drink lots of soft drinks in-between alcoholic drinks and plenty of water before you go to bed.



Social Worker

HEALTH

NATIONAL HEALTH SERVICE

- Alcohol costs the NHS £1.7 billion every year.
- Alcohol is linked to 33,000 deaths a year.
- 1000 children a year are admitted to hospital with alcohol poisoning.



Doctor

HEALTH

GOOD OR BAD FOR YOU?

- In small doses alcohol is thought to be good for your heart.
- **BUT** too much alcohol can cause serious damage to your liver. If your liver stops working you will die in 24 hours.
- Alcohol can also cause serious damage to your brain, stomach and heart.



ALCOHOL AND CALORIES

Average calorific requirement per day 2000 kcal

Calorific content of:

Mars bar	230 kcal
Pint of Beer	170 kcal
Half bottle of vodka	1100 kcal
Bottle of wine	750 kcal
Bag of chips	1200 kcal



UNITS OF ALCOHOL

Pint of Beer	2
Glass of wine	1
Alcopop	1.5
Shot of spirit	1
Bottle of cider	8

	<u>Men</u>	<u>Women</u>
Weekly	21	14
Daily	3-4	2-3
Binge	8+	6+

$$\text{UNITS} = \frac{\text{VOLUME (\%)} \times \text{ml PER CONTAINER}}{1000}$$

Legal driving limit: 80mg alcohol per 100 ml blood



ALCOHOL AND THE LAW- UK

- Under 5 may not be given alcohol except on medical orders.
- 5+ may consume alcohol at home or in registered private clubs.
- Under 14 may not be present in a bar unless accompanied by someone over 18, it is before 9pm and the bar has a children's certificate.
- 14+ may be in a bar of licensed premises during the permitted hours.
- 16+ may purchase beer, port, cider or sherry with a meal in an eating area on licensed premises.
- Under 18 may not purchase, be supplied with, or consume alcohol in a bar.
may not purchase alcohol from an off-license, supermarket or wholesaler.



BODY BASICS - BRAIN

- Alcohol causes blood vessels to swell, causing pressure and headaches.
- Alcohol is a sedative that promotes sleep onset, but when it wears off you get rebound excitation so you wake up.
- Alcohol affects the cerebellum – the part of the brain that controls fine movements and balance.
- Alcohol interferes with your thermostat giving you sweats and chills.
- It interferes with growth hormone production, stunting your growth.
- In large doses it is neurotoxic and can kill brain cells.



BODY BASICS – LIVER

Your liver removes toxins such as alcohol from your body.

Your liver can remove one unit of alcohol an hour.

Alcohol misuse can cause permanent damage to your liver. This occurs when the liver produces too much of the enzyme needed to break down alcohol. The liver cells become overactive and die.

If your liver fails you will only survive for 24 hours.



BODY BASICS – STOMACH

Eating before you drink alcohol holds the alcohol in your stomach for longer, giving the liver more time to break it down.

Alcohol makes the stomach produce excess gastric acid. Your brain knows this isn't good, so makes you vomit.

The gastric acid irritates the stomach lining causing gastritis and severe abdominal pain.



ALCOHOL AND DIFFERENT PEOPLE

- Sex - girls have lower alcohol tolerance because they have a lower water content in their bodies and less of the enzyme needed to break down alcohol.
- Body size - in general larger bodies can cope with more alcohol
- Genetics - some Chinese and Japanese people have a different form of one of the enzymes used to break down alcohol – so they get much drunker, faster.
- The situation - time of day, and how you are feeling before you start drinking all affect how quickly you get drunk.



ALCOHOL BREAK DOWN IN THE BODY

**Alcohol
dehydrogenase**

**Aldehyde
dehydrogenase**

Alcohol → acetaldehyde → acetate



BODY BASICS – HEART

In small doses alcohol is thought to prevent heart disease. It helps raise levels of 'good' cholesterol (HDL cholesterol). It also contains antioxidants, which mop up free radicals, which could reduce the risk of blood clots.

More than 3-4 units a day can increase blood pressure.

Alcohol intoxication increases the risk of stroke and heart failure.



Further information

If you were to count out 1.7 billion pound coins, one per second, it would take you nearly 54 years.

7.3 billion pound coins would take 231 years.

If you laid 1.7 billion pound coins on top of each other they would make a tower 3000 miles high.



Role Play

Why is it after 2 cans of beer I feel really drunk and silly, but my best mate doesn't?



Role Play

I go out every weekend and get drunk with my friends. Am I an alcoholic?



Role Play

My dad is a policeman. He says he wastes too much time taking young people who get really drunk on the streets home or to hospital. He could be out there catching real criminals.



Role Play

I am a barman. If people didn't drink alcohol I would be out of a job. I think that



Role Play

I am a doctor. 8/10 of the patients I see at the weekend are there because of alcohol. I think that....



Role Play

My doctor told me that alcohol was good for my heart.



Role Play

I broke my arm at the weekend and had to wait 8 hours to be seen because all the doctors were busy with people who had got drunk and into fights or hurt themselves. I think....



Role Play

I got really drunk at the weekend and kissed someone I wish I hadn't. I am too embarrassed to go to school on Monday in case everyone laughs at me.



Role Play

I find it hard to talk to people I don't know very well at parties.
Alcohol gives me more confidence, especially with boys.



Role Play

I think drinking helps me forget all my problems.



Role Play

I like the funny feeling I get when I am drunk.



Role Play

after  shot



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Role Play

after  shot



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Role Play

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Role Play

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Extra Information

www.doh.gov.uk/alcohol

Information from the department of health

www.bbc.co.uk/science/hottopics/alcohol

The science of alcohol from the BBC

www.portman-group.org.uk

Drinks industry promoting responsible drinking

www.hopeuk.org

Drug education and prevention

www.alcoholconcern.org.uk

Statistics on lots of topics to do with alcohol from alcohol concern

www.alcoholics-anonymous.org.uk

Dealing with drink problems

At-Bristol does not take any responsibility for the content of these sites.

Citizen Science Resources Evaluation

At-Bristol's Citizen Science resources have been created by At-Bristol in partnership with teachers and with support from the Wellcome Trust. Please take part in our evaluation of these resources by filling in this questionnaire and returning it to us at the address below. This will help us to maintain the quality of the resources.

How confident did/do you feel about using these resources in the classroom (please circle)?

Very confident 1 2 3 4 5 Not very confident

Have you used any of the resources? Yes No

If no, please describe what has prevented you from using these resources. Is there anything we could do to improve the resources to enable you to use them?

If yes, please circle the Key Stage and class that you have used these resources with.

	Key Stage			Class						
Aftershot	KS3	KS4	Post 16	Science	Drama	English	PSHE	Citizenship	Other	
Genome games	KS3	KS4	Post 16	Science	Drama	English	PSHE	Citizenship	Other	
Science from the future	KS3	KS4	Post 16	Science	Drama	English	PSHE	Citizenship	Other	
Postcards from the future	KS3	KS4	Post 16	Science	Drama	English	PSHE	Citizenship	Other	
Ethics, medicine and me	KS3	KS4	Post 16	Science	Drama	English	PSHE	Citizenship	Other	
Rainforest medicines	KS3	KS4	Post 16	Science	Drama	English	PSHE	Citizenship	Other	
Drugs on the brain	KS3	KS4	Post 16	Science	Drama	English	PSHE	Citizenship	Other	
Explore At Bristol trail	KS3	KS4	Post 16	Science	Drama	English	PSHE	Citizenship	Other	

Are there any activities that you found particularly useful?

What would you like to see changed or improved about these resource?

Do you have any additional comments you would like to make?

Many thanks for completing this questionnaire. Please return to freepost address:

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