

Alcohol & Safety Education Pack

ROC
Angels



Registered Charity 1139817

Aim: To give students the opportunity to explore alcohol and safety.

ROC Angels have worked with a schools worker from Christians in Calderdale Schools to create this educational resource that can be delivered in Schools, Youth Groups, College, Uniformed Organisations, to groups of young people or by parents / guardians. This pack includes activities, discussion points and practical illustrations to be used to highlight the effect that alcohol has on young people. It is easy to deliver and challenges young people's perceptions on a topic that affects their lives. Pick and choose which material to use depending on relevance and time.

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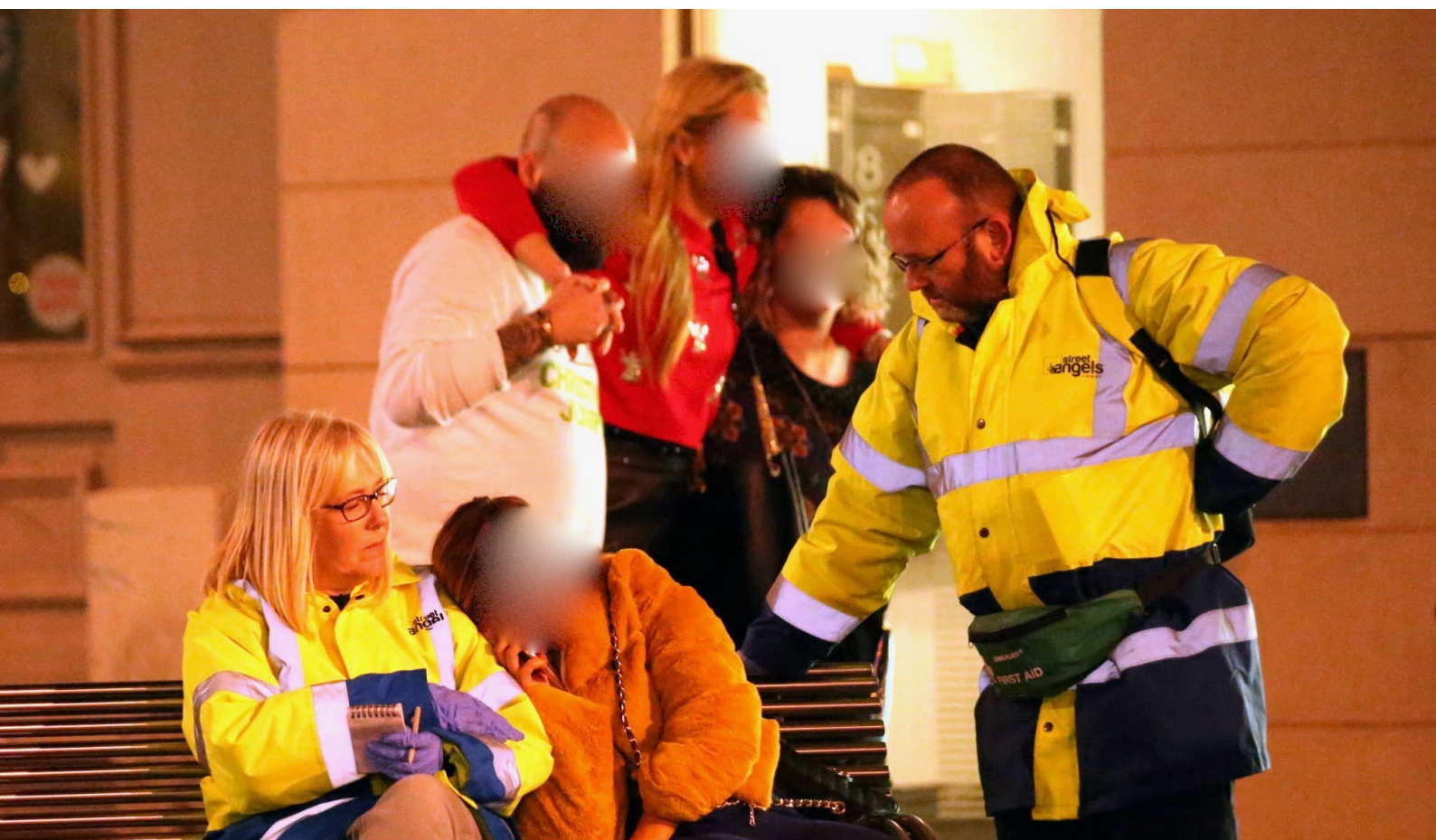
ROC
Angels

ABOUT ROC ANGELS

ROC Angels is the umbrella organisation for around 100 local projects including Street Angels, Club Angels and Festival Angels. Street Angels was started in 2005 as a response by the local church to the issues and needs in the night-time economy in Halifax town centre on weekend evenings. The scheme proved to be a successful model that helped reduce violent crime by 42% in the first 12 months and so very quickly began to be replicated to other towns and cities across the UK and overseas.

Street Angels is a simple model that trains volunteers to respond to issues such as overindulgence through alcohol and drugs, vulnerability, those in need of a listening ear, etc. Club Angels work inside nightclub and pub venues. Festival Angels work at several music festival events. Community Angels offer help and support to those vulnerable within local communities; Train Station Angels work around train stations with high numbers of suicides.

For more information on our work visit streetangels.org.uk



OPENING ACTIVITIES

Greatest Alcohol Content: Split the group into teams. The first activity is an introduction to Alcohol Units. Hand out the sheet (page 5) - with 60 seconds on the clock ask the group to put the drinks in order 1-6 according to the units of alcohol each drink has. You can explore the answers with the Alcohol Unit Calculator (activity 2).

Answer:

- 1 - 50ml glass of Martini - 0.75 units
- 2 - Shot of Vodka - 1 unit
- 3 - Single Shot of Whiskey - 1.4 units
- 4 - Pint of Carling - 2.3 units
- 5 - Pint of Crabbies Cider - 2.8 units
- 6 - Large (250ml) glass of red wine - 3 units



Typical Binge Night: Hand out Alcohol Unit Calculator (page 6 - this will need to be explained and ask for 2 or 3 volunteers with a calculator to calculate units) and the numbers 1-12 (pages 16 - 27). Arrange the numbers in a circle to represent a clock. Ask for a volunteer (the teacher may be happy to do this) and hypothetically talk through a night out drinking using your volunteer as a visual aid. Engage the class as much as you can. Start at 7pm and talk about the drinks your volunteer is consuming. Add up the units on the board (so a lager is around 2 units - it may be easier to round up / down). As time elapses ask your volunteers to move round the clock. After 2 hours you need to take one unit off and then one unit every hour to show units that the liver is processing. In this scenario demonstrate a heavy night and show that the effects of alcohol can often last through the night and into the next day (talk about driving, taking medication for the headache, going to work, etc) Are there other visual ways to show the effects of alcohol through the night? Or encourage to discuss what the person drinking might be experiencing as each hour passes and they become more intoxicated?

THE GREATEST ALCOHOL CONTENT

You have 60 seconds to number these 1 - 6 according to the units of alcohol you think the drink has from least units to most units....

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -
- 6 -



1 - Pint (568ml) of Carling



2 - Large 250ml glass of red wine



3 - 50ml glass of Martini



4 - Shot (35ml) of Vodka



6 - Single Shot of Whiskey



5 - Pint bottle of Crabbies (cider)

ALCOHOL UNIT CALCULATOR

Work out the Units in any alcoholic drink:

$$\text{Volume (ml)} \times \text{Strength (ABV)} \div 1000 = \text{Number of Units}$$

Drink	Volume	Strength	= Units
Lager - Pint of Carling / Guinness	568ml	4%	2.3 units
Strong Beer - Heineken, Kronenbourg	568ml	5%	
Alcopops - WKD, Smirnoff Ice	275ml	5%	
Cider - Crabbies, Magners, Strongbow	568ml	5%	
Shots - Vodka, Gin, Smirnoff	25ml	40%	
Wine - standard glass	175ml	12%	
Wine - large glass	250ml	12%	
Champagne	125ml	12%	
Strong Cider - Diamond White	275ml	7.5%	
Vermouth - Martini, Cinzano	50ml	15%	
Shots - Whisky, Brandy, Dark Rum	35ml	40%	
Cream Liqueur - Baileys	50ml	17%	
Sherry	50ml	17.5%	
Jagermeister	35ml	35%	
Stong Beer - Budweiser, Stella	568ml	5%	



Recommended Units are 3-4 units a day for a man; 2-3 units a day for a woman. The current guidelines (on the NHS website) are adults drink not more than 14 units per week for men and women, no alcohol for under 15 year olds and infrequently with parent or carer guidance for 15-17 year olds.

Every unit of alcohol contains 56 calories!

If you overdo it, give your body a day of two to recover. These guidelines are for adults - there's no known safe level of drinking for under 18's. Everyone's alcohol tolerance level is different.

ALCOHOL UNIT CALCULATOR

Work out the Units in any alcoholic drink:

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Drink	Volume	Strength	= Units
Lager - Pint of Carling / Guinness	568ml	4%	2.3 units
Strong Beer - Heineken, Kronenbourg	568ml	5%	2.8 units
Alcopops - WKD, Smirnoff Ice	275ml	5%	1.4 units
Cider - Crabbies, Magners, Strongbow	568ml	5%	2.8 units
Shots - Vodka, Gin, Smirnoff	25ml	40%	1 unit
Wine - standard glass	175ml	12%	2.1 units
Wine - large glass	250ml	12%	3 units
Champagne	125ml	12%	1.5 units
Strong Cider - Diamond White	275ml	7.5%	2 units
Vermouth - Martini, Cinzano	50ml	15%	0.75 units
Shots - Whisky, Brandy, Dark Rum	35ml	40%	1.4 units
Cream Liqueur - Baileys	50ml	17%	0.85 units
Sherry	50ml	17.5%	0.9 units
Jagermeister	35ml	35%	1.2 units
Stong Beer - Budweiser, Stella	568ml	5%	1.4 units



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Every unit of alcohol contains 56 calories!

If you overdo it, give your body a day of two to recover. These guidelines are for adults - there's no known safe level of drinking for under 18's. Everyone's alcohol tolerance level is different.

NIGHT OUT!



9pm

2 Heinekens
= units



10pm

50ml Martini
(and soft drink)
= units

Total =

12am



Fish Bowl
Cocktail - shot
of Rum,
Vodka, Gin,
Tequila - 1
fishbowl is 3
glasses!

= units
Total =

11pm



2 Vodka Shots
= units

Less 1 unit per hour from
now on!

Total =

1am

Burger and Crabbies
= units

Total =



2am

Double Jagermeister
= units

Total =



4am

Total =

3am

Takeaway to end the night! Total =



What time is the alcohol completely out of
your system?

What is the recommended weekly
allowance of alcohol units?

What shouldn't you do the day after a
night out?

Check out the SafeNightOut.party tips



TRUE OR FALSE

This can be a fast fired True or False game - stand up for true, sit down for false or for smaller classes move to one side of the room for true and the other side for false. See next page for a worksheet alternative. The key is the reason behind the answer - either ask the young people for the reason for their answer or read out the statement.

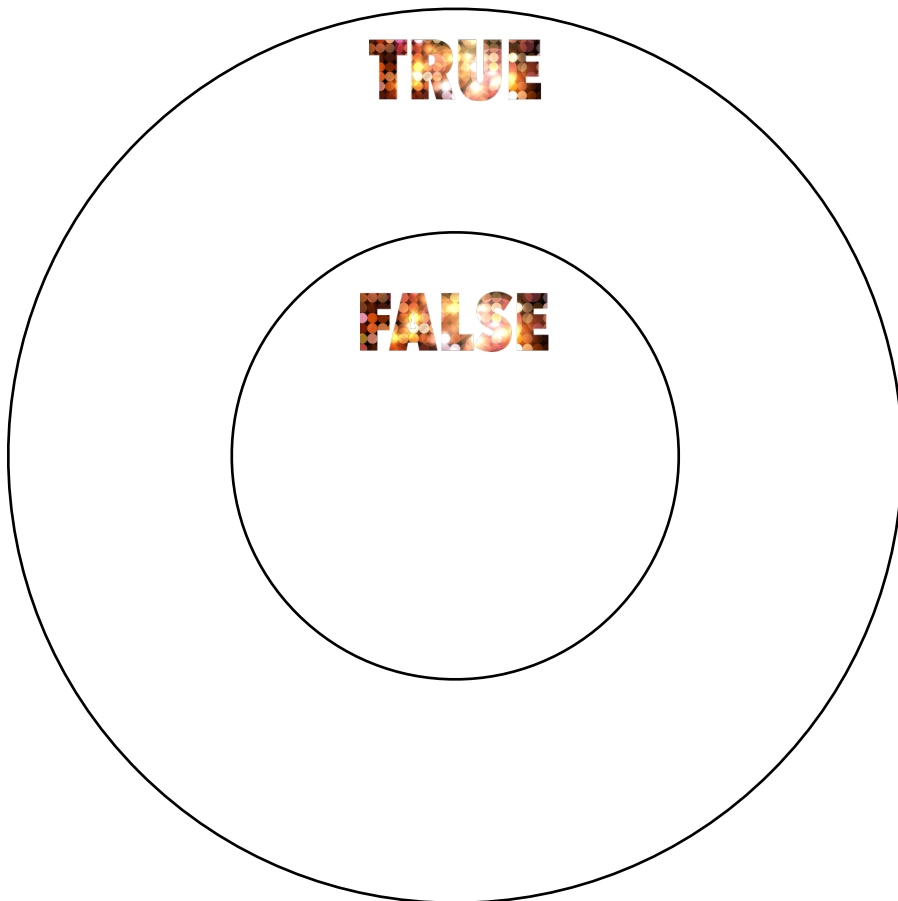
- 1) You can always sleep off a hangover and feel all right the next day - FALSE. Hangovers can last for a lot longer than just the morning after. Advice for adults is that after a lot of alcohol has been consumed, they shouldn't drink alcohol for another 48 hours to let the body recover.
- 2) Drinking plenty of water may reduce the effect of a hangover - TRUE. Many of the effects of a hangover come about because alcohol dehydrates the body. There is no cure and waiting until it has gone is the only thing you can do. However, drinking plenty of water and keeping off alcohol for at least the next 48 hours helps the body to recover.
- 3) It's impossible to know how much alcohol is in a bottle of drink - FALSE. The amount of alcohol is usually shown on the drinks container, but you can calculate it yourself using the Unit Calculator.
- 4) A glass of beer, a glass of wine and a shot of spirits contain the same amount of pure alcohol - FALSE. It depends on the size of the glass, the strength of the drink (e.g. there are strong beers and weaker beers) and how full the glass is.
- 5) People are more likely to take risks after drinking alcohol - TRUE. Alcohol affects judgement so, after drinking alcohol, people tend to have fewer inhibitions and this can lead to risky behaviour.
- 6) People who drink a lot of alcohol on a regular basis may become tolerant, and even addicted, to it - TRUE. Someone who regularly drinks an excessive amount of alcohol may have to drink even more to get the same effect, and this can lead to addiction.
- 7) Eating a meal before drinking alcohol stops a person from getting drunk - FALSE. Eating before drinking slows down the absorption of alcohol into the bloodstream, but doesn't stop it.
- 8) Women tend to be more affected by alcohol than men - TRUE. Alcohol is distributed around the body in water. The female body has more body fat and less water than the male body, so alcohol concentrations are higher in females and therefore girls tend to get drunk faster than boys.
- 9) Pregnant women are advised to limit the amount of alcohol they drink - TRUE. Alcohol crosses the placenta and can harm the developing foetus. This is called FAS (Foetal Alcohol Syndrome)
- 10) The excessive consumption of alcohol carries health risks - TRUE. If someone drinks a lot in a short space of time they can increase the risk of accidents and injury. In high doses it can result in alcohol poisoning, leading to coma or even death. In the long term, drinking a lot of alcohol can lead to numerous diseases, such as cancer and liver cirrhosis. These can be fatal.



TRUE OR FALSE

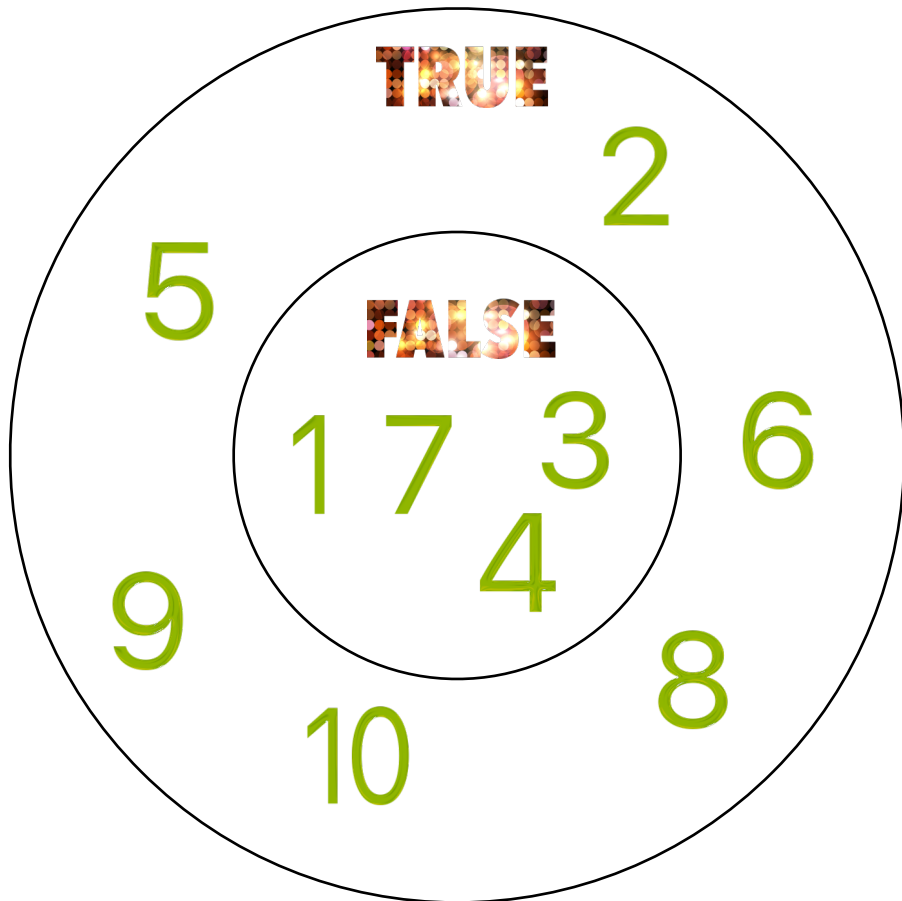
Which of these statements are TRUE and which are FALSE? In 2 minutes put the statement number in the correct circle (true in the outer circle, false in the inner circle). After the 2 minutes is up write your reasoning for each statement...

- 1) You can always sleep off a hangover and feel all right the next day
- 2) Drinking plenty of water may reduce the effect of a hangover
- 3) It's impossible to know how much alcohol is in a bottle of drink
- 4) A glass of beer, a glass of wine and a shot of spirits contain the same amount of pure alcohol
- 5) People are more likely to take risks after drinking alcohol
- 6) People who drink a lot of alcohol on a regular basis may become tolerant, and even addicted, to it
- 7) Eating a meal before drinking alcohol stops a person from getting drunk
- 8) Women tend to be more affected by alcohol than men
- 9) Pregnant women are advised to limit the amount of alcohol they drink
- 10) The excessive consumption of alcohol carries health risks



TRUE OR FALSE

- 1) Hangovers can last for a lot longer than just the morning after. Advice for adults is that after a lot of alcohol has been consumed, they shouldn't drink alcohol for another 48 hours to let the body recover.
- 2) Many of the effects of a hangover come about because alcohol dehydrates the body. There is no cure and waiting until it has gone is the only thing you can do. However, drinking plenty of water and keeping off alcohol for at least the next 48 hours helps the body to recover.
- 3) The amount of alcohol is usually shown on the drinks container, but you can calculate it yourself using the Unit Calculator.
- 4) It depends on the size and capacity of the glass, the strength of the drink (e.g. there are strong beers and weaker beers).
- 5) Alcohol affects judgement so, after drinking alcohol, people tend to have fewer inhibitions leading to risky behaviour.



6) Someone who regularly drinks an excessive amount of alcohol may have to drink even more to get the same effect, and this can lead to addiction.

7) Eating before drinking slows down the absorption of alcohol into the bloodstream, but doesn't stop it.

8) Alcohol is distributed around the body in water. The female body has more body fat and less water than the male body, so alcohol concentrations are higher in females and therefore girls tend to get drunk faster than boys.

9) Alcohol crosses the placenta and can harm the developing foetus. This is called FAS (Foetal Alcohol Syndrome)

10) If someone drinks a lot in a short space of time they can increase the risk of accidents and injury. In high doses it can result in alcohol poisoning, leading to coma or even death. In the long term, drinking a lot of alcohol can lead to numerous potentially fatal diseases, such as cancer and liver cirrhosis.



DECISION MAKING

This part of the session will help students to realise that although we are all perfectly capable of making poor decisions when sober, having too much alcohol in our system can mean that we make decisions that we wouldn't usually make in normal circumstances.

People still have to live with the consequences of decisions made whilst under the influence of alcohol. In each story (which are real stories witnessed by teams whilst on a Street Angels patrol) think about / discuss:

How the situation made those we helped vulnerable

Why the person was vulnerable

What the individual or friends could have done to prevent the person becoming vulnerable

Why the help of the Street Angels team was important

Any actions that you could take on a night out to prevent a similar scenario happening

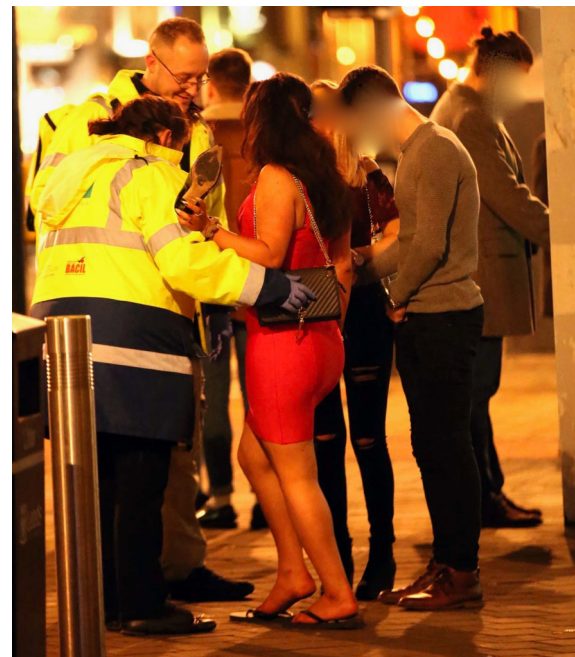
M had been found asleep in a bar and was now sat outside. She was alone, upset and confused. She couldn't remember where she had been or what had happened. She was very upset and wanted to talk to her boyfriend, who she was out with, but her phone had no credit to make a call. Our Street Angels managed to get in contact with her mum. Our Street Angels sat with her for about an hour and by this time M was more calm and said she wanted to go home. We rang a taxi and waited with her until it arrived.

Our Street Angels team found N with her friends sitting on a bench. N was semi-conscious and her friends had called an ambulance. One of our Angels spoke to the ambulance operator and we assisted the friends to keep N awake and help them to remain calm, they were distressed and worried as they had never seen her like this before. We waited with them until the ambulance arrived.

Our team came across A. She was outside a club with 2 male work colleagues. She was falling asleep and unable to stand on her own. She didn't have her phone or purse. She sat down on the ground and then lay down. Our Street Angels team spoke to her to try and help her to stay awake. We checked with door staff if any phones had been handed in. They found a phone but she as A couldn't remember her passcode there was no way to verify the phone was hers. The staff told us she could come back the next day to try again. She had told us she lived with her mum, however she had no keys and no way to contact her mum. After some time A became more alert but she was still unable to walk anywhere steadily. The team stayed with A and her work colleagues and a female member of staff from the club. Eventually A was able to walk and the team helped her to walk with her colleagues to the train station to get some food and then travel home.

R had been found lying on the ground by 2 people. He had a large cut on his cheek and swelling. He couldn't remember what had happened. He had been with friends but was now on his own. His belongings (wallet and phone) were found in the gutter along the road. The police had just arrived. They advised he go to hospital and we offered to walk him to A&E. Along with the 2 people helping him we walked to A&E and waited until the nurse called him.

Look at the SafeNightOut.party information on the next page to look at ways you can have a safe and fun night out...



'Ouch'



Ladies - carry a pair of slip-on shoes in your hand-bag so that when your high-heels are no longer comfortable you don't need to walk bare-foot.

'Ker Ching'



Keep your taxi money in another part of your hand-bag/wallet so you don't spend it. Always sit in the back of a taxi if you're travelling by yourself. Take a photo of your taxi drivers ID and text it a friend.

Fill Up



Always eat before a night out - never drink on an empty stomach. Get a take-away before you go home - don't start cooking once you get home especially in a chip pan!



safenightout.party



Uh-Oh



Know what you are drinking so you can know how much you have had. This will also help you and your friends know if you have been spiked because you have kept account of your alcohol intake. Mix alcohol with soft drinks or water and don't leave your drink unattended



Ooops

Pick a venue right for you - if you feel out of place, leave! Most fights start over something minor - someone knock you, spill your drink - apologise! Don't get involved in breaking up a fight - that's the job of the door-staff! Someone pestering you - try and ignore them and if that doesn't work ask the bar or door staff to help you. Look out for your friends - make sure they are safe.

Aarrgghh



Always stay with your friends, don't go off alone, have their contact information on you somewhere other than your phone and over a big dinner beforehand try to think about your drinking limits for the night and stick to them!

If you need help, go to the bar and
#AskForAngela

IMPACT OF ALCOHOL ON THE BODY

Skin - Too much alcohol dehydrates the body, which is bad news for the skin and complexion. It also dilates the blood vessels under the surface of the skin, leading to ugly veins on the nose and cheeks.

Head - After a few drinks, it can be easy for someone to lose their head. They may feel more relaxed, emotional and uninhibited, but they also lose control. Their judgement is affected too. They might make a fool of themselves, get into trouble, cause an accident or do something they regret later. Every year 22% of accidental deaths are alcohol related. Alcohol draws water out of the brain. So, as the body starts to metabolise the alcohol, the drinker may feel dizzy, and be in for a throbbing headache if they drink too much.

Heart - Drinking large quantities of alcohol over a short period can cause irregular heartbeats and shortness of breath. The government guidelines also suggest that for post-menopausal women and men over 40 when the risk of heart disease is highest, a daily drink can help protect against cardiovascular disease as alcohol 'thins the blood'.

Liver - The risk being over the drink drive limit the next morning. liver breaks down most of the alcohol a person drinks. (The rest leaves the body in breath, urine and sweat.) But it can only break down about 1 unit (8g) of alcohol an hour in an average adult. More than that and it stops working properly. If the body can't cope with all the alcohol in its system, the person falls into an alcoholic coma (which can be fatal). Longterm heavy drinking kills off liver cells, leading to a disease called 'cirrhosis'. It's a 'silent' disease symptoms may not be noticeable until the disease is advanced. Long-term excessive drinking can also lead to liver cancer.

Reproductive Organs - Drinking alcohol can affect performance in the bedroom because the drinker's not fully in control of their body. Alcohol affects judgement too, so people may have unsafe sex, or sex they later regret. In women excessive may delay menstruation and effect fertility. As alcohol crosses the placenta to a foetus, you should not drink if you are pregnant.

Brain - Alcohol acts as a depressant on the brain, the control centre of the body. It can make the drinker feel happy for a little while, but that's followed by a depressing low. Long-term drinking can kill off brain cells and lead to memory loss and mental problems.



Eyes - Alcohol dilates blood vessels in the eyes, so they can look red and 'bloodshot'. It also affects the signals sent from the eyes to the brain vision becomes blurred and distances and speeds get harder to judge. Many road accidents involve drivers or pedestrians who have alcohol in their blood. Too much alcohol also suppresses REM (Rapid Eye Movement) sleep. It's the most important phase of sleep so drinking can ruin the chance of a good night's rest.

Waist - Although alcohol is fat free, it is very calorific (only fat contains more calories per gram) and increases your appetite, so it can lead to weight gain.

Gut - Alcohol is absorbed from the stomach into the bloodstream. Your body's ability to process alcohol depends on various things, like your age, weight and sex. Your body breaks down alcohol at a rate of roughly one standard drink per hour. Because it takes time for your body to break down alcohol, drinking more than one unit of alcohol an hour will build up your blood alcohol concentration (BAC) and it may be many hours before you are safe to drive. After a night of heavy drinking you run the risk of being over the drink drive limit the next morning.

IMPACT OF ALCOHOL ON THE BODY

Skin

Brain

Head

Eyes

Heart

Waist

Liver

Gut

Reproductive Organs



DYNAMIC RISK ASSESSMENT

You are a 'team leader' in a Street Angel project patrolling a main street in the town at 1am on a cold February morning.

The area is generally quiet, with not many people about. As you pass by a recessed shop doorway you see a lightly clothed female, about 20 years of age, sitting on the floor sobbing. She is holding a half-full bottle of an alco-pop type drink in her left hand, and has her right hand up to her face, covering her eyes.

Describe how the team will engage with the female.

Points to Consider:

1 - Team Safety: Initial verbal contact from a distance and note response before considering closer proximity (is she verbally or physically aggressive, what is she doing with the bottle?)

2 - Team Safety: One member to approach initially, with other(s) observing surroundings (is a 'boyfriend' likely to return and present a threat?); and make an initial threat assessment

3 - Victim Safety: 'Contact' volunteer to ascertain what has happened (has she been assaulted, abused, consumed too much drink or taken drugs; is she covering an injury with her hands?)

4 - Victim Assistance: Is ambulance or police attendance required? Are there any other public service referrals necessary (homeless, domestic abuse, mental health consider Social Services)?

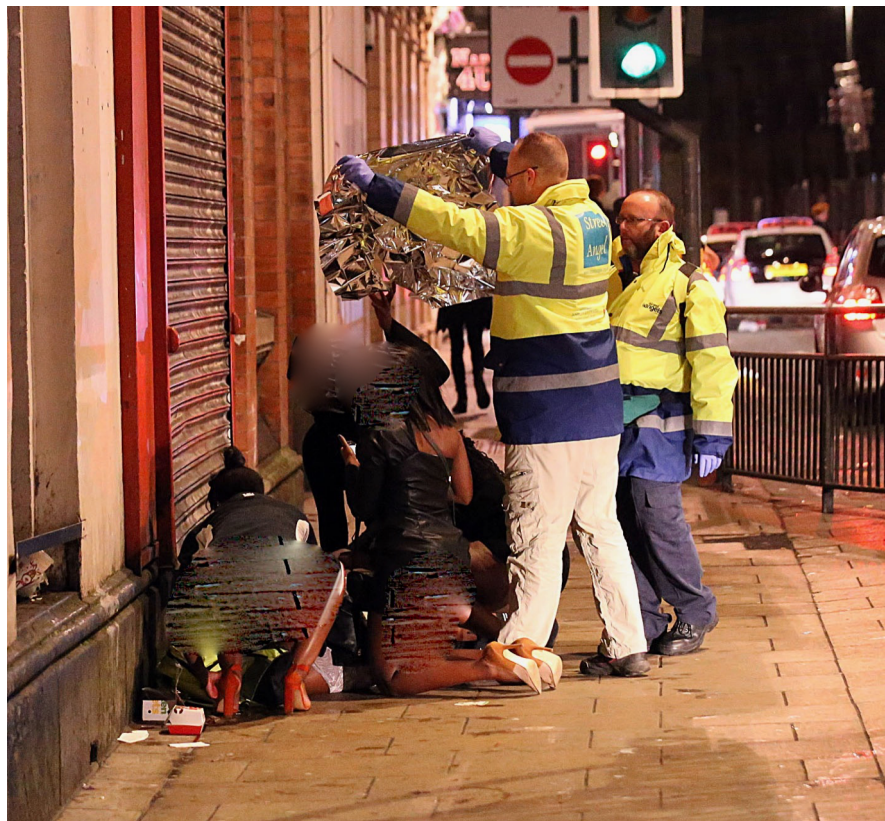
5 - Victim Assistance: Is basic first aid necessary? Do we need a 'space blanket' to keep her warm?

6 - Victim Assistance: What can we do to help, and what help is she prepared to accept (is there a responsible friend or family member we can contact? Would she benefit from returning to the 'safe haven' of the café base to recover her composure and wait to be collected? Does she need a taxi, and if so what means does she have to pay the fare?)

7 - Adult Safeguarding: Are there any issues revealed during the contact which dictate them being reported to the project manager and/or other agencies (and what might these be)?

8 - Disengagement: What further assistance does the victim need is she in need of continued care by a responsible person? Provide with a leaflet explaining the project, so she knows who has offered assistance.

9 - Dynamic Risk Assessment: At what times within the 'contact' is an assessment of risk to both the victim and the volunteer being made, and who is making these assessments?



SAMPLE LESSON PLAN

Preparation:

Print off enough sheets for class
Print off clock
Know length of lesson, age group, ability, etc
Visible resources such as empty bottles of alcohol, Street Angels items, etc

Lesson Plan:

Welcome from teacher / leader Introduction to those taking the lesson and the projects represented. Split the class into 5 teams of around 5 / 6 students. Start with the Greatest Alcohol Challenge - hand out sheets in teams (page 5 - one printed page per group) - time 60 seconds (could do a 10 second countdown at end).

Alcohol Unit Calculator hand out sheets and explain formula (page 6 - one printed page per group). Time for young people to complete the Alcohol Units (calculator needed for maths). Greatest Alcohol Challenge answers.

Typical Binge Night - need one person / teacher to calculate units consumed on board. Encourage all the class to join in by holding up a time and suggesting items to drink at that time. Can also do as a worksheet (page 8). Use the Alcohol Unit Calculator to see how many units you consume on a night out at the pub and club. Add the units up then after 2 hours you lose 1 unit every hour. As you get to the day after think about things you are still unable to do because of the amount of units of alcohol still in your system.

True or False Quiz - in groups, run through answers and reasons with full class - make fast paced.

Decision Making - in groups of 2 or 3 look at each story and discuss.

SafeNightOut.party - run through some of the safety tips on the SafeNightOut.party poster.

Effects of Alcohol on a Person - let students fill out the blank worksheets in their groups then go through the answers to let them feedback some of the problems that too much alcohol could cause with their bodies.

Share about the work of Street Angels / local project - talk about the areas you patrol, some stories of people helped and some of the funny things you have seen on patrol (so you end the lesson on a positive note!). Vision impairment goggles - fpa.org.uk/product/drunkbuster-impairment-goggles (beer goggles) are a good way to end and show the effects of alcohol - use activities such as picking up coins and putting a key in the lock.

If time allows:

Dynamic Risk Assessment Scenario (works better with older ages) - spend a few minutes discussing the scenario and the risks that need to be thought about when helping someone in this Street Angels capacity.

ROC Angels and local projects are Christian based and so it may be worth sharing about a Christian perspective on alcohol and drinking is:

Communion - wine represents / becomes Christ's blood
John 2:1-11 Wedding at Cana (Jesus turned water into wine)
Ephesians 5:18 - 'Do not get drunk on wine which leads to debauchery.'
1 Corinthians 6:12 - 'Everything is permissible, not everything is beneficial'

Some Christians don't drink at all, some in moderation, others enjoy the clubbing scene - no definitive.

Thank students and teacher! Things to know: Recommended daily units for men and women; Alcohol Unit Calculator apps on Smartphones; Local numbers / places for alcohol advice; Any other agencies working in school around alcohol.

USEFUL LINKS AND INFORMATION

This pack is produced by ROC Angels with input from schools workers from Christians in Calderdale Schools - see streetangels.org.uk / cicscalderdale.org.uk for more details on these organisations.

This pack is free to use though donations are welcome via streetangels.org.uk . Local Street Angels (or similar) teams may be available to deliver this lesson in schools / young people's groups.

Useful Links:

Alcoholics Anonymous:

24hour helpline - 0113 245 4567 - alcoholics-anonymous.org.uk

Drinkaware:

Alcohol facts - drinkaware.co.uk

Drinkline:

Freephone advice and support for people with alcohol problems - 0800 917 8282

NSPCC:

24hour helpline support and advice for children and young people - 0808 800 5000

NHS Direct:

24hr medical advice - 0845 46 47

Samaritans:

24hours helpline - 08457 909090

ROC Angels:

Includes a list of our local projects and further help links - streetangels.org.uk



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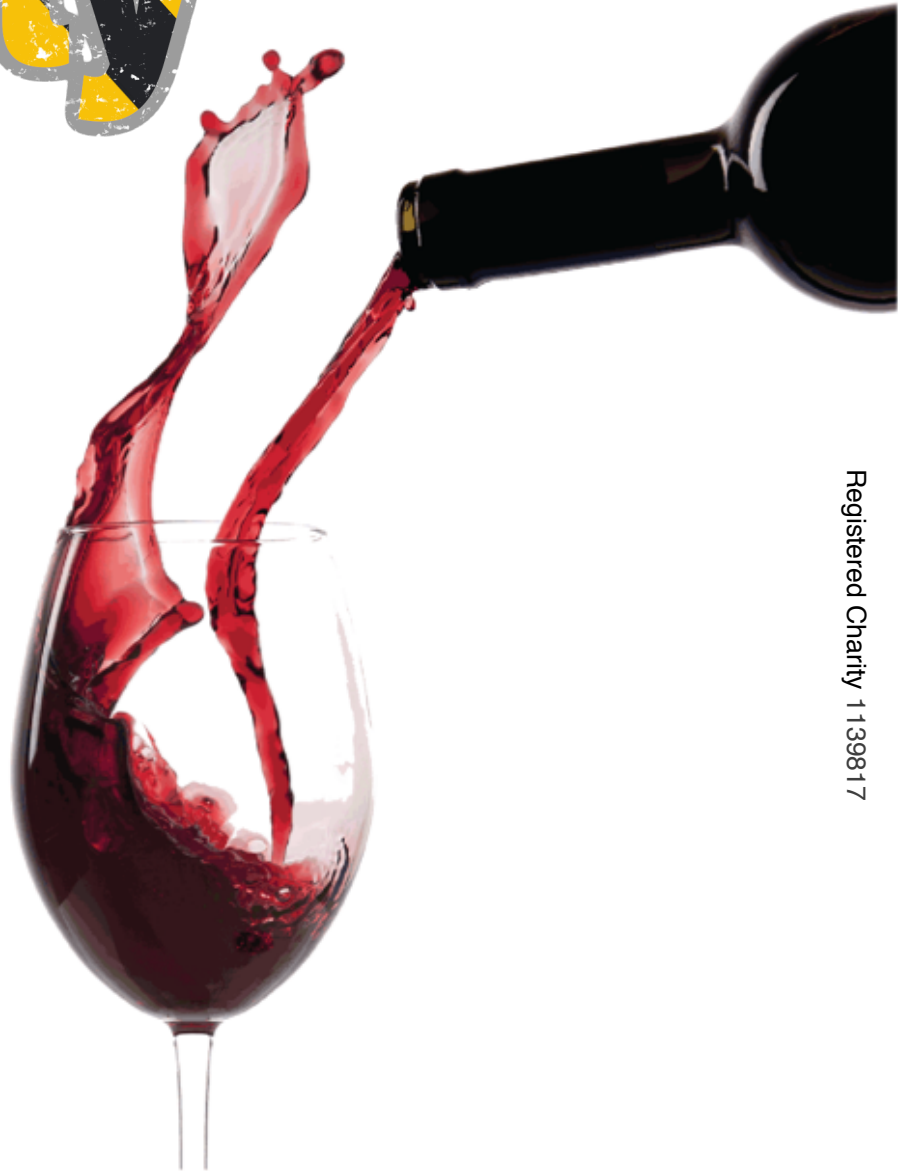




Alcohol

ROC
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& Safety



Registered Charity 1139817

A free resource with an aim to give young people the opportunity to explore alcohol and safety.

Visit streetangels.org.uk/alcoholsafety for free resources.

The pack is based on the work of Street Angels, Club Angels and Festival Angels.