

Alcohol Workbook



Learning outcomes

By the end of this workbook participants will know:

- ❖ What alcohol is
- ❖ The different types of alcohol
- ❖ The uses of alcohol
- ❖ The most common reasons why young people drink alcohol
- ❖ What the effects of alcohol are
- ❖ The laws around alcohol
- ❖ How to reduce alcohol use
- ❖ Where to get help and support

Pre-completion questionnaire

Please complete this part of the questionnaire **before** you start the workbook by placing a tick (✓) in the box

1. Please rate your knowledge of Alcohol

Very poor	1	2	3	4	5	6	7	8	9	10	Very good
-----------	---	---	---	---	---	---	---	---	---	----	-----------

2. Please rate your knowledge of the health services available to young people

Very poor	1	2	3	4	5	6	7	8	9	10	Very good
-----------	---	---	---	---	---	---	---	---	---	----	-----------

3. How confident would you feel accessing services for young people?

Not confident	1	2	3	4	5	6	7	8	9	10	Very confident
---------------	---	---	---	---	---	---	---	---	---	----	----------------

What is alcohol?

Alcohol is a colorless, flammable organic compound that contains the hydroxyl group (OH). Names of alcohols usually end in **-ol**.

What are the different types of Alcohol?

The main types of alcohol are **ethyl, Isopropyl and methyl alcohol**

The alcohol used for mainly for recreational purposes (also known as **ethanol, ethyl alcohol or grain alcohol**) mainly consists of ethanol and flavored water. It is the ingredient found in wine, beer, cider, lager, spirits, and alcopops that causes drunkenness.

Alcohol is formed when yeast ferments (breaks down without oxygen) the sugars in different foods. Some examples of these include the sugar in grapes to make wine is made from, the sugar in malted barley (a type of grain) to make beer, from, sugar in apples to make cider, sugar in potatoes, beets or other plants to make vodka. The different types of alcohol vary in strength. People mostly drink alcohol but there are other ways of taking it such as shooting through the eye which can be extremely dangerous.



Alcohol is the most widely used drug in the world. Alcohol has been around for centuries and is associated with a robust list of slang terms used around the world. How many do you know from the list below?

- Booze
- Firewater
- juice
- Spirit
- sauce
- Poison
- Moonshine
- Bubbly (champagne)
- Champers (champagne)
- Hooch
- vino
- liquid courage
- Nightcap (a drink before bed)
- Tipple
- Giggle water
- Giggle juice
- Rotgut (poor quality or toxic liquor)
- Brewski (beer)
- Suds (beer)
- Cold one (beer)
- Half-rack (12-pack of beer)
- Sixer (6-pack of beer)

What are the uses of other types alcohol?

Isopropyl alcohol

Isopropyl alcohol also called isopropanol or 2-propanol or rubbing alcohol is, more commonly use among physicians. The poisonous substance is rubbed onto surfaces, tools and human bodies for its cooling and disinfecting properties.



Methyl alcohol

Methyl alcohol, also called methanol and wood alcohol is used as an industrial solvent. Formaldehyde is formed as a byproduct of degrading methanol. Some industries use this byproduct to make materials such as plastics and explosives. It can also be used to fuel internal combustion engines and keep other fuels from freezing due to its high freezing point.

Why do people drink alcohol?

Below are 9 possible reasons why people drink:

1. Past experiences

Alcohol users may increase their motivation to drink when they recall their previous positive experiences with alcohol. The opposite might happen if the experience was negative

2. Stress

People going through a stressful period in their turn to drinking to alleviate their negative feelings temporarily around their stress or anxiety.

3. Social norm

Social norms are the behavioural expectations within a community at specific events and regular times e.g parties and weddings.

5. Environment

Craving for alcohol increases from exposure to alcohol-related cues e.g. in the media - TV programmes, advertisements at events etc. On the other hand, licensing laws such as taxation,

makes drinking less attractive. Evidence shows that simply raising the price of an alcoholic beverage by 10 percent reduces alcohol consumption by 7 percent.

6. Accessibility

This is a very simple reason. People drink because alcoholic drinks are easily accessible. Alcohol is also readily available in most supermarkets and off licenses.

7. As an act of rebellion

Some drink alcohol in order to rebel, defying the rules and trying to show that they are different from all the others. This behaviour is often seen among young people especially teenagers during their adolescent period who are in the process of growing up.

8. Peer pressure

One of the most prominent reasons for drinking among people of all categories is peer pressure. Some people are afraid that they might be isolated or discarded from a group of people and doing an activity. Teenagers especially are more vulnerable to being affected by this which can make them become addicted as they are being pressurised to drink more than they want.

9. Drinking for fun

Many people tend to drink alcohol in order to have fun. Being drunk can make them feel happy and "fun to be around," and drinking alcohol with friends can be a fun experience and think it enhances their experience.. Drinking helps some people to relax and have more fun if they are nervous in social situations such as parties, nightclubs, barbecues etc.

Alcohol and young people

Young people drink for several reasons, in this workbook we aim to ensure that you understand those reasons and how to keep yourself and others safe.

'It's just a drink' we quite often hear but young people's bodies and brains are more vulnerable to the effects of alcohol because they are still growing and developing. So just how common is drinking in young people?

In 2018, the proportion of 15 year olds who reported usually drinking at least a few times a year was 66%. 14% usually drank at least weekly.

52% of 15 year olds believed that most people their own age drink alcohol, with a further 21% saying about half.

18% of pupils significantly underestimated how many people their own age drink, believing that only a few or none did so.

Perceptions for pupils of other ages and all pupils can be found in table 7.18.

In 2016 the English Smoking, Drinking and Drug Use survey reported that 66% of secondary school pupils aged 11-15 said they have never drunk alcohol. The majority had tried it by the time they were 15 (68%), but only just under a quarter% of 15 year olds had drunk it in the previous week.

Being drunk is a key indicator of alcohol misuse. The SDDU survey suggested that nearly a quarter of 15 year olds who admitted drinking reported being drunk in the last four weeks. The SDDU also

reports some interesting statistics on where young people get alcohol. 61% of current drinkers aged 11-15 said they never buy alcohol themselves. The most common sources are being given it by parents or friends, or taking it from home. Pupils who lived with people who drank alcohol were more likely to drink alcohol themselves (NHS Digital, 2017).

Rates of drinking has been seen to increase with age. Higher proportions of older teenagers and young adults, drink compared with the younger group. The latest Health Survey for England reported that the proportion of young people aged 16-25 who had not drunk in the last year was around one in five (22%), although the questions are not directly comparable to those used in surveys with the younger age group. A significant minority of young people (20% of young men and 13% of young women age 16-25) reported drinking in the risk categories (NHS Digital, 2018a).

Risks of drinking alcohol

Drinking alcohol can cause both short and long term harm to health, as well as put young people in risky situations where they have little control over themselves. Let us have a look at what those risks are.

People may have very different experiences while under the influence of alcohol as it makes some people happy and others sad, angry, or depressed.

Risky behaviour - sex

- Being under the influence of alcohol lowers people's inhibitions and makes them more likely to do things that they would not normally do.
- One in five girls and one in ten boys on average reported going further than they wanted to during sexual experiences after drinking alcohol.
- In some cases this can also lead to becoming a victim of sexual assault and rape
- There is also an increased risk of unsafe sex which can lead to unintended pregnancies or and the risk of STI infections.

Health risks

Short term effects can include:

- be depression, sleep deprivation, alcohol poisoning, sexual dysfunction, weight gain, and depression.

Long term health Risks can include:

- Cancer of the mouth and throat
- Sexual and mental health problems, including depression and suicidal thoughts.
- Liver cirrhosis and heart disease. There has been a sharp increase in young people in their twenties having liver disease which is usually seen in older people.

Failing to meet potential at school

When Young people drink it takes longer for the alcohol to get out of their system than it does in adults. So, if a young person drinks alcohol and it's a school day the next day it may affect their learning that day. This could result in missing school.

Criminal behaviour

A young person drinking is more likely to get in trouble with the police as they may be more likely to commit a criminal offence when under the influence. This could result in ending up with a criminal record. Drink driving – accidents

Effects of alcohol

Have a look at the below diagram which shows the impact of alcohol on the brain.

EFFECTS OF ALCOHOL

What does alcohol do to your brain?

The effects of alcohol on the brain may include:
Headaches, Blackouts, Delusions, Paranoia, Forgetfulness,
Impaired Judgment, Decline in IQ, and/or Death.

- PARIETAL LOBE**
Alcohol can:
 - Slow reaction time
 - Cause shaking
- FRONTAL LOBE**
Alcohol can result in:
 - Loss of ability to make decisions
 - Loss of coordination
 - Loss of emotional control
- OCCIPITAL LOBE**
Alcohol can cause:
 - Blurred vision
 - Decreased peripheral vision
- TEMPORAL LOBE**
Alcohol can cause:
 - Slurred speech
 - Impaired hearing
- CEREBELLUM**
Alcohol can disturb:
 - Coordination
 - Balance
- BRAIN STEM**
Alcohol can lead to:
 - Heart rate increases or decreases
 - Blacking out

ThinkFirst Oregon

OREGON HEALTH & SCIENCE UNIVERSITY

IMSAFE! © Child Safety Solutions, Inc. • www.imsafe.com

Alcohol and the law

In the UK, it is illegal for anyone under the age of 18 to purchase alcohol or for adults to purchase it for them. An historic law, allows a child aged 5 or older to have an alcoholic drink at home or in any private house – however, we certainly wouldn't recommend it!

The UK's Chief Medical Officers recommend no alcohol until at least 15 years of age, very small amounts between the ages of 15 and 18, once a week. The main reason for this is that young people's bodies are still growing and changing, so alcohol can cause serious and long-lasting damage.

What about alcopops?

Alcopops first appeared in the 1990s. These ready-to-drink cocktails have been getting bad press since they surfaced as many people worry that they offer an easy route into drinking – unlike traditional drinks like beer and wine because they are so sweet and the packaging is more appealing to young people.

They contain less almost the same strength of alcohol as beer but much less than wine.

Before allowing young people to have alcopops, parents should consider:

- Discouraging young people from drinking alcopops even if they prefer them to other alcoholic drinks. Alcopops makes it easier for young people to start drinking

Whether parents are helping young people to experience intoxication.

Alcohol and the law

You can be stopped, fined, or arrested by police if you're under 18 and drinking alcohol in public.

If you are under 18, it's against the law:

- for someone to sell you alcohol
- to buy or try to buy alcohol
- for an adult to buy or try to buy alcohol for you
- to drink alcohol in licensed premises (such as a pub or restaurant)

However, if you are 16 or 17 and accompanied by an adult, you can drink (but not buy) beer, wine or cider with a meal.

If you are 16 or under, you may be able to go to a pub (or premises primarily used to sell alcohol) if you're accompanied by an adult. It can also depend on the specific conditions for that premises.

It is illegal to give alcohol to children under 5.

Working in a restaurant or bar under 18

You can serve alcohol in a restaurant if you are 16 or 17 if the license holder or bar manager has approved the sale.

You may be restricted to selling alcohol in sealed containers (such as cans or bottles) in some areas.

UK guidelines on limits and the law



General guide of alcoholic drinks and their units

Pint of lower-strength lager/beer/cider (568ml, ABV 3.6%)	2 units
Pint of ordinary-strength lager/beer/cider (568ml, ABV 4%)	2.3 units
Pint of higher-strength lager/beer/cider (568ml, ABV 5.2%)	3 units
Bottle of lager/beer/cider (330ml, ABV 5%)	1.7 units
Can of lager/beer/cider (500ml, ABV 5.5%)	2.8 units
Small glass of wine (125ml, ABV 13%)	1.6 units

Standard glass of wine (175ml, ABV 13%)	2.3 units
Large glass of wine (250ml, ABV 13%)	3.3 units
Alcopop (275ml, ABV 5.5%)	1.5 units
Single shot of spirits (25ml, ABV 40%)	1 unit
Double shot of spirits (50ml, ABV 40%)	2 units

Binge drinking and alcohol dependency

Britain has a binge-drinking problem unlike that of our European neighbours. In places like France and Italy, parents feel it's more normal to introduce children to alcohol at an early age. The amounts of alcohol given to children in the wine-drinking countries of Europe are very small. A little bit of wine is added to some with the aim of introducing children to the colours and flavours of wines without the intoxicating effects. Children in much of Europe learn about wine as part of an overall moderate drinking culture. Alcohol is enjoyed at mealtimes and being drunk is unacceptable. This is very different to the UK, where young people are being assisted them to join in with British drinking culture rather.



There is not an exact definition of binge drinking, but it refers to drinking lots of alcohol in a short space of time or drinking to get drunk.

In the UK is drinking more than 8 units for a man and 6 units for a woman.

To reduce your health risks from Binge Drinking here are some things you can do:

Drink with food

Alternate with water, or non-alcoholic drinks

Drink more slowly

Limit how much you drink on any single occasion

Plan! things like how are you getting home or are you with someone that can look after you?

Alcohol dependency

Alcohol dependency is a chronic disease where a person craves alcohol and is unable to control his/her drinking habits.

Signs that you may be becoming dependant on alcohol are as follows:

- Worrying about where your next drink is coming from and planning social, family and work events around alcohol
- Finding you have a compulsive need to drink and it hard to stop once you start
- Waking up and drinking – or feeling the need to have a drink in the morning
- Feelings of anxiety, alcohol-related depression, and suicidal feelings – these can develop because regular, heavy drinking interferes with neurotransmitters in our brains that are needed for good mental health
- Suffering from physical withdrawal symptoms, such as sweating, shaking and nausea, which stop once you drink

Alcohol and the media

The media is important in most of the lives of young people as they have access to a variety of media devices and content. Alcohol is often normalized and be part of a socially accepted image that may influence attitudes towards drinking alcohol.

Ways that the media can influence drinking are through:

Celebrity lifestyles

Music and music videos that promote drinking and club life

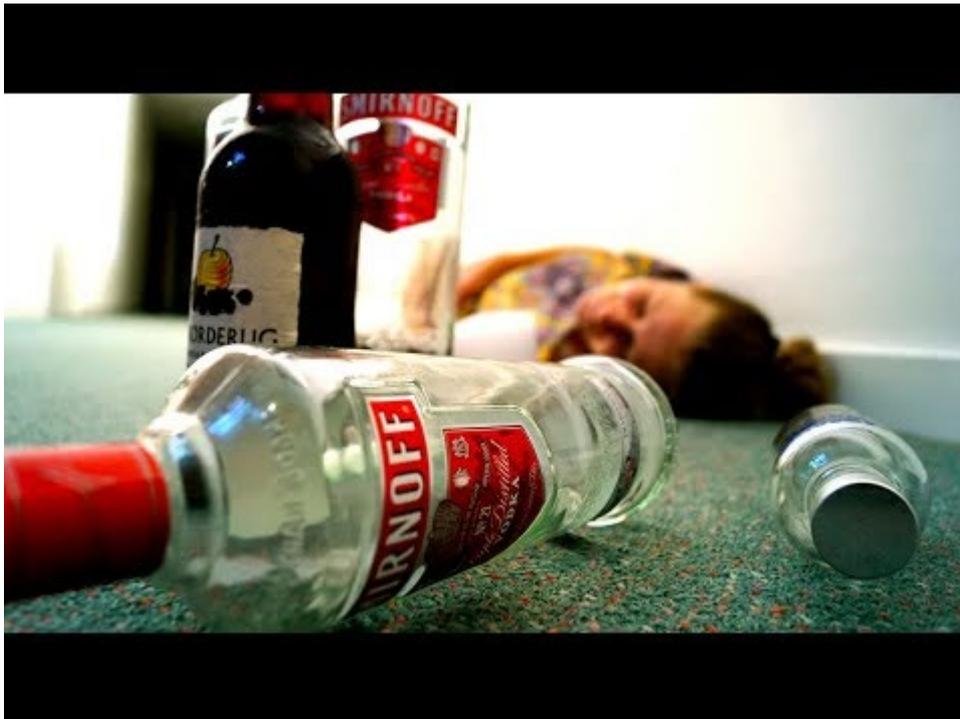
Alcohol advertisements

Social networking sites that promote nights out

Programs on TV such as EastEnders and Coronation Street centered around a pub culture.

Alcohol use in the media can also be portrayed differently between the genders also. For men to go to the pub and have a drink can be portrayed as quite a masculine thing to do whereas alcohol use with females in the media can focus more on her vulnerability. There is very little emphasis on the health risks with young people.

Alcohol poisoning



Alcohol poisoning occurs when a person drinks a toxic amount of alcohol, usually over a short period of time (binge drinking).

Being poisoned by alcohol can damage your health or even put your life in danger.

Alcohol poisoning is a leading cause of poisoning in England, especially among young people.

It is important to be aware of how much you're drinking and the effect this could have on your body.

Signs and symptoms of alcohol poisoning

The signs and symptoms of alcohol poisoning include:

- confusion
- severely slurred speech
- loss of co-ordination

- irregular or slow breathing
- pale or blue-tinged skin caused by low body temperature ([hypothermia](#))
- being conscious but unresponsive (stupor)
- passing out and being unconscious
- vomiting
- In the most severe cases, alcohol poisoning can lead to a coma, brain damage and death.

Where to go for help and support

When to seek medical help

If you suspect alcohol poisoning, dial 999 immediately to request an ambulance. While you're waiting:

- try to keep them sitting up and awake
- give them water if they can drink it
- if they have passed out, lie them on their side in the recovery position and check they are breathing properly
- keep them warm
- stay with them

Never leave a person alone to "sleep it off".

The level of alcohol in a person's blood can continue to rise for up to 30 to 40 minutes after their last drink.

This can cause their symptoms to suddenly become much more severe. You also should not try to "sober them up" by giving them coffee or putting them under a cold shower, for example. These methods will not help and may even be dangerous.

When to seek advice and support

Communication is key

Talking to someone is always the first step to addressing anything that is affecting your health and emotional wellbeing.

People you can talk to include:

Friends
Parent
Family Member
Teacher
GP

Activity 1

What's in the media



1. Make a list any advertisements, songs, TV shows or films that promote alcohol use. How do you think they have done so?

Media (say whether advertisement, song, TV programme or film)	How is alcohol use is portrayed?

2. Would you say this has had an influence on you personally? *(Please tick)*

Yes No

3. How do you think can the media influence people to drink?

1.
2.
3.
4.
5.

Activity 2

What happens next

Using some of the risks mentioned and your own personal knowledge, list the possible outcomes to the following scenarios.

Scenario A	Possible outcomes
<p>Jamal gets into a fight at school with a boy that was once his best friend. He leaves school feeling low and embarrassed as some feel he lost the fight. A friend offers the chance to come and hang out with a new set of friends in the park. When Jamal gets there all the boys are drinking alcohol. Jamal begins drinking alcohol with them and starts to become quite drunk. He then sees the boy he had a fight with at school. What does Jamal do next??</p>	

Scenario B	Possible Outcomes
<p>Lisa has been dating her boyfriend for 5 months. They have not had sex before because she wants to wait until she is sure he is the right one for her. Her boyfriend states that he has never drank alcohol before and wants her to drink with him to share the experience together because he trusts her. Lisa thinks that maybe a few drinks will not hurt and at least they can look after each other. They begin drinking and Lisa is now struggling to stand up. What happens to Lisa next?</p>	

Post-completion questionnaire

1. Please rate your knowledge of cannabis now

Very poor	1	2	3	4	5	6	7	8	9	10	Very good
-----------	---	---	---	---	---	---	---	---	---	----	-----------

2. Please rate your knowledge of the health services available to young people now

Very poor	1	2	3	4	5	6	7	8	9	10	Very good
-----------	---	---	---	---	---	---	---	---	---	----	-----------

3. How confident would you feel accessing services for young people now?

Not confident	1	2	3	4	5	6	7	8	9	10	Very confident
---------------	---	---	---	---	---	---	---	---	---	----	----------------

4. Overall, how useful did you find the workbook?

Very poor	1	2	3	4	5	6	7	8	9	10	Very good
-----------	---	---	---	---	---	---	---	---	---	----	-----------

5. The information was easy to understand and at the right level

Strongly agree	1	2	3	4	5	6	7	8	9	10	Strongly disagree
----------------	---	---	---	---	---	---	---	---	---	----	-------------------

6. The workbook has a good mix of theory and practical activities

Strongly agree	1	2	3	4	5	6	7	8	9	10	Strongly disagree
----------------	---	---	---	---	---	---	---	---	---	----	-------------------

7. The activities helped to increase my learning and understanding

Strongly agree	1	2	3	4	5	6	7	8	9	10	Strongly disagree
----------------	---	---	---	---	---	---	---	---	---	----	-------------------

8. I would recommend the workbook to others

Strongly agree	1	2	3	4	5	6	7	8	9	10	Strongly disagree
----------------	---	---	---	---	---	---	---	---	---	----	-------------------

9. What other health topics would you like to see covered?

--

10. Do you have any suggestions on how we can improve the workbook?

--

Further information and support

If you are worried about yourself, a friend who is aged 10-19 or a family member, Safe East can help. Switchbucks provides free, confidential, friendly advice and information to young people in a variety of settings including schools, colleges, youth clubs, community venues .

We deliver targeted and specialist interventions including: Age appropriate information and advice, holistic assessment, structured care planning, harm reduction health promotion and prevention, early intervention, hidden harm (affected by another's use), one to one support, group work in schools, colleges and youth clubs and workforce training.

If you would like further information about Cannabis or would like to find out more about Switch Bucks, you can contact us on:

T: 01494 527 000

W: cranstoun.org/switch-bucks

Useful websites

Drinkaware

<https://www.drinkaware.co.uk/advice/support-services/alcohol-support-services>

Drinkchat

Free online chat service for anyone who is looking for information or advice about their own, or someone else's, drinking. Our trained advisors are on hand to give you confidential advice.

Drinkline

Free, confidential helpline for anyone who is concerned about their drinking, or someone else's.

Helpline: 0300 123 1110 (weekdays 9am–8pm, weekends 11am–4pm)

We can help you learn about the impact of alcohol on you, your family or friends. Here we'll support you with the advice and information you need.

Kooth

www.kooth.com

Online mental wellbeing community. Free, safe and anonymous online support for young people.

Lifebytes

www.lifebytes.gov.uk

Health information and advice for young people aged 11-14 (Key Stage 3).  

MindBodySoul

www.mindbodysoul.gov.uk

Health information and advice for young people aged 14-16 (Key Stage 4).  

National Association for Children of Alcoholics (NACOA)

Information, advice and support for children of alcohol-dependent parents and anyone concerned with the welfare of a child.

Helpline: 0800 358 3456

Email helpline: helpline@nacoa.org.uk

<https://www.nacoa.org.uk/>

Youngminds

<https://youngminds.org.uk/find-help/looking-after-yourself/drugs-and-alcohol>

Offers support for young people who have relatives and friends that are alcoholics.