



**1. ATTITUDES TO ALCOHOL**

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| <b>Outcome</b> | <ul style="list-style-type: none"> <li>To explore attitudes and stereotypes linked to drinking alcohol</li> <li>To identify one way of encouraging young people to think about their attitudes to alcohol use</li> </ul> |
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|                     |  |
|---------------------|--|
| <b>Preparation:</b> | <ul style="list-style-type: none"> <li>*A set of the drug cards</li> <li>*A set of the 'Most acceptable' and 'Least acceptable' cards</li> <li>*(these need to be prepared only once in advance and keep for future training)</li> </ul> <p>Prepared flipchart<br/>Blank flipchart</p> |
|---------------------|--|

|                   |         |
|-------------------|---------|
| <b>Total Time</b> | 74 Mins |
|-------------------|---------|

| METHOD  | TIME    | TOOLS                           |
|---|---------|---------------------------------|
| 1. Begin by explaining the outcome of the session for them, but also to consider this as a session that can be used with young people   | 1 min   |                                 |
| 2. Explain that you are going to hand each of them a card that describes a situation or way that someone may use (or not use) alcohol. Stress that most of these will be familiar to young people; i.e. they will have heard the term used before. However, at this stage you are not asking if they have drunk alcohol before or engaged in any of the activities mentioned. | 4 mins  | Most and least acceptable cards |
| 3. Set out two points on the floor using the 'Most Acceptable' & 'Least Acceptable' cards, leaving a large space in between them. Explain that the task is to consider what is written on the cards, and then using their knowledge about alcohol, their own personal values and any opinions that they feel are held by society in general place it between the two poles.   | 2 mins  |                                 |
| 4. Invite a participant to read aloud what is on their card and then place it between the two poles where they think that it should go. Set a rule that no one else can comment or move the cards until everyone has  | 15 mins |                                 |



### Attitudes to Alcohol Cards

Either print out comments on to labels and stick on cards, or print directly on to card and cut out.

|                                    |  |
|------------------------------------|--|
| <b>A binge drinker</b>             | <b>Drinking in the morning</b>                           |
| <b>An underage drinker</b>         | <b>A drink driver</b>                                    |
| <b>An alcoholic</b>                | <b>A heavy drinker</b>                                   |
| <b>A teetotaller</b>               | <b>An occasional drinker</b>                             |
| <b>A lager lout</b>                | <b>A ladette</b>   |
| <b>A social drinker</b>            | <b>Drinking as part of a religious / cultural ritual</b> |
| <b>A lunchtime drinker</b>         | <b>A regular drinker</b>                                 |
| <b>Drinking to celebrate</b>       | <b>Drinking to feel confident</b>                        |
| <b>Drinking with a meal</b>        | <b>Drinking to get drunk</b>                             |
| <b>Drinking alone</b>              | <b>Drinking to forget your problems</b>                  |
| <b>Drinking to relax</b>           | <b>Drinking to welcome a new baby</b>                    |
| <b>Drinking to cure a hangover</b> | <b>Drinking for 'medicinal purposes'</b>                 |



Print each statement directly on to A4 piece of paper or card

**MOST ACCEPTABLE**

**LEAST ACCEPTABLE**