

**19 - DEMONSTRATION OF DRUNK GLASSES/BEER GOGGLES**

Outcome	<ul style="list-style-type: none"> • Increase young people's understanding of their vulnerability whilst under the influence of alcohol. • To illustrate the physical effects of alcohol. • To recognise risks in different situations and then deciding how to reduce potential harm.
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Preparation:	<p>P.E. cones or chairs to create a chicane Drunk Glasses - Free hire available from Herts NHS Health Promotion – 01462 478355 Ensure you have leaflets or handouts to take away to support their learning. Personal safety information available from the Suzy Lamplugh Trust</p>
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Can be used with	√ Staff	√ Young people
Total Time	43 - 60 mins depending on size of group	

METHOD	TIME	TOOLS
1. Prepare a chicane course using chairs.	2 mins	Play cones/chairs
2. Split participants into two small groups. Both groups will be asked to traverse the chicane course.	1 min	
3. Ask one group to complete the course without the glasses and to "high five" the next participant.	5 - 10 mins	Depends of size of group
4. Ask the second group to complete the course with the drunk glasses on and attempt the "high five."	10 - 15 mins	
5. When both groups have completed the course ask the group to discuss how it felt using the glasses. Follow with a discussion on the physical effects of alcohol and potential risks.	10 mins	
6. Additional discussions could take place on the dangers these glasses have illustrated for example: <ul style="list-style-type: none"> • Physical safety, collapsing on the floor • Prone to attack, assault • Dangers of drink driving. 	15 mins	

This activity can be used with groups or individuals of different ages, although mixed aged groups are not recommended. *If working with adults check with them all if they suffer from migraine – they will be unable to participate if they have for safety reasons.*