



**20- MUSIC ACTIVITY - "Oooo Alfie"**

<b>Outcome</b>	<ul style="list-style-type: none"> <li>• Increased awareness of cannabis use and its effects.</li> <li>• Resources promoting local drug and alcohol services are distributed to young people.</li> </ul>
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<b>Preparation:</b>	<p>Purchase/download copy of the Lily Allen song "Alfie"</p> <p>CD player</p> <p>Photocopy enough of the song lyrics for every young person</p> <p>Flipchart paper and pens</p> <p>Drug Information resources: FRANK cannabis leaflets</p> <p><i>Note to trainer: Please check the appropriateness of this activity against the age, knowledge and maturity of the group.</i></p>
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<b>Can be used with</b>	√ Young people
<b>Total Time</b>	60 mins

METHOD	TIME	TOOLS
1. Work in small groups (up to 8), distribute song lyrics to the group.		Song lyrics
2. Before playing the song, ask the groups to consider What is Lily Allen trying to convey in her song? What are the key messages? Why do you think this song was written? Is the song an accurate portrayal of what cannabis can do to a young person?	7 mins	
3. Play the song.	5 mins	CD Player
4. In their groups, ask the young people to discuss their thoughts regarding the song. Do they like it or not? Is it an effective song, in terms of trying to convey a message about cannabis misuse?	10 mins	
5. Ask each group in turn to feed back. Summarize the comments.	10 mins	Flupchart/whiteboard
6. Distribute the FRANK cannabis leaflets. Using the cannabis information provided, ask the group to answer some of the questions on the prompt sheet. Each group	20 mins	Prompt Questions sheet FRANK leaflet



should collate their answers.		
7. Ask each group in turn to pin up their flipchart paper and feedback their answers. Did they find the resources easy to use? Do they contain useful information?		Prompt Questions - Answer Sheet
8. End the session by reminding the class of the local/national support services which are available to them their friends and/or family members		

### Additional activities

- A) Ask the group to write a story or song about what happened next to Alfie and his sister.
- Did Alfie ask for help from his sister?
  - Did he give up the cannabis?
  - Did he ignore his sister and carry on as before?
  - Did he try other drugs?
- b) Write a song/story from Alfie's perspective.
- How is he feeling?
  - Does he need help, but is too frightened to ask for it?
  - Is he worried what his mates would say if he wanted to give up?
  - Does he know that he is worrying his family?
- c) Draw a picture that highlights how Alfie and his sister are both feeling.
- d) Find other examples of songs which have cannabis use of misuse as a theme.
- What are the most common messages in these songs?
  - Do you think they encourage or discourage cannabis use?
  - Do you think songs about drugs influence young people?
  - As the group to write their own song about cannabis, incorporating as many different musical styles/genres as possible (i.e. not only rap music)



Ooooo oh deary me,  
My little brother's in his bedroom smoking weed,  
I tell him he should get up 'cos it's nearly half past three  
He can't be bothered 'cos he's high on THC.  
I ask him very nicely if he'd like a cup of tea,  
I can't even see him 'cos his room is so smoky,  
Don't understand how one can watch so much TV,  
My baby brother Alfie how I wish that you could see.

**Chorus**

Oooooo I only say it 'cos I care,  
So please can you stop pulling my hair?  
Now, now there's no need to swear,  
Please don't despair my dear mon frere.

Ooooo Alfie get up it's a brand new day,  
I just can't sit back and watch you waste your life away  
You need to get a job because the bills need to get paid.  
Get off your lazy arse Alfie, please use your brain.  
Surely there's some walls out there that you can go an' spray,  
I'm feeling guiltier for leading you astray,  
Now how the hell do you ever expect that you'll get laid,  
When all you do is stay in playin' your computer games?

**Chorus**

Ooooo I only say it 'cos I care,  
So please can you stop pulling my hair?  
Now, now there's no need to swear,  
Please don't despair my dear mon frere.

Oh little brother please refrain from doing that,  
I'm trying to help you out so can you stop being a twat?  
It's time that you and I sat down and had a little chat,  
Just look me in the eyes, take off that stupid fitted cap.

**Chorus**

Ooooo I only say it 'cos I care  
So please can you stop pulling my hair?  
Now, now there's no need to swear,  
Please don't despair,  
Please don't despair,  
My mon frere.

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- 1) *"My little brother's in his bedroom smoking weed."*

What other names are there for cannabis?

- 2) *"He can't be bothered cos he's high on THC."*

What is THC?

- 3) *"Ooooo Alfie get up it's a brand new day, I just can't sit back and watch you waste your life away."*

What other lyrics indicate that Alfie's cannabis use could be affecting him?

- 4) What are the possible short and long term affects from using cannabis?

- 5) *"Oh little brother please refrain from doing that,  
I'm trying to help you out so can you stop being a twat?  
It's time that you and I sat down and had a little chat,  
Just look me in the eyes take off that stupid fitted cap."*

Do you think Alfie wants any help? What options does his sister have if he does not want her help?

- 6) Is there any evidence that Alfie's sister may have used cannabis in the past?

- 7) Who could Alfie and his sister turn to for help?



HERTFORDSHIRE DRUG EDUCATION FORUM





**– Answer Sheet**

**1) “My little brother's in his bedroom smoking weed.”**

What other names are there for cannabis?

Street names for drugs can vary around the country. Bhang, black, blast, blow, blunts, Bob Hope, bush, dope, draw, ganja, grass, hash, hashish, hemp, herb, marijuana, pot, puff, Northern Lights, resin, sensi, sinsemilla, shit, skunk, smoke, soap, spliff, wacky backy, weed, double zero...are just some of them.

Some names are based on where it comes from... Afghan, Moroccan, Pakistani, Lebanese, etc. The Police estimate that more than 70% of all the cannabis in the UK is now 'home-grown'.

**2) “He can't be bothered 'cos he's high on THC.”**

What is THC?

The main active compound in cannabis is tetrahydrocannabinol (THC). This resembles a golden dust which coats the leaves and buds of the mature cannabis plant. The more THC in the cannabis, the more expensive it would be on the street.

**3) “Ooooo Alfie get up it's a brand new day, I just can't sit back and watch you waste your life away.”**

What other lyrics indicate that Alfie's cannabis use could be affecting him?

***“I tell him he should get up cos it's nearly quarter past three  
He can't be bothered cos he's high on THC.*”**

***I just can't sit back and watch you waste your life away  
You need to get a job because the bills need to get paid.  
Get off your lazy arse, Alfie please use your brain.*”**

***Now how the hell do you ever expect that you'll get laid,  
When all you do is stay in playin' your computer games?*”**

***I'm trying to help you out so can you stop being a twat?  
It's time that you and I sat down and had a little chat.”*”**

**4) What are the possible short and long term affects from using cannabis?**

- Some people may feel chilled out, relaxed and happy, while others may feel sick, anxious or out of control.
- Regular, heavy use can make it difficult to learn and concentrate. Some people begin to feel tired all the time and can't seem to get motivated.



- Cannabis can cause a range of mental health problems from short term anxiety to paranoia and depression. Increasing evidence suggests that there are links between long term use and schizophrenia. Heavy use can also lead to “cannabis psychosis”.
- Hunger pangs are common and are known as 'getting the munchies'. Users often want to eat something which is high in sugar or salt. A regular diet of food which is high in these ingredients can lead to problems such as obesity, heart problems, high blood pressure and acne.
- Cannabis affects your coordination, which is one of the reasons why drug driving is just as dangerous as drink driving. Both are illegal, so there are serious consequences for people who are caught smoking cannabis and driving. Operating any machinery under the influence of drink or drugs could be potentially hazardous.
- Cannabis, like tobacco, contains lots of chemical 'nasties' which are carcinogenic. In other words, they can cause cancer (particularly of the throat and lungs), as well as heart disease. Sustained, long-term or heavy use is particularly problematic for users as cannabis is often mixed with tobacco. It can also make asthma worse.
- Frequent use of cannabis can cut a man's sperm count and suppress ovulation in women. If you're pregnant, smoking cannabis may harm the baby.
- Cannabis is still ILLEGAL. This is possibly the biggest problem for young people as under 18s are likely to be arrested for the offence of possession - no matter how small the amount they are carrying. If you receive a criminal record you may be precluded from entering certain professions (teaching, nursery nursing, medical professions, army/navy, Police/Fire Service, veterinary medicine, etc). You may also be banned from travelling to other countries which require you to have a visa (e.g. USA, Canada, Australia, New Zealand, etc).

**Note:** All the above can impact on education, career and relationships with family and friends.

**5) “Oh little brother please refrain from doing that,  
I'm trying to help you out so can you stop being a twat?  
It's time that you and I sat down and had a little chat,  
Just look me in the eyes take off that stupid fitted cap.”**

Do you think Alfie wants any help? What options does his sister have if he does not want her help?

- Seek help for herself so she knows how to deal with it.
- Leave some drug information in his room.
- Don't blame him or get angry with him.
- Talk to him when you are both calm.



6) Is there any evidence that Alfie's sister may have used cannabis herself?

***"I'm feeling guiltier for leading you astray."***

Has Alfie started using cannabis because he saw his big sister doing it? How are we influenced by our family or friends? How big a factor in drug use is peer pressure?

7) Who could Alfie and his sister turn to for help?

- Family and/or friends
- A-DASH (Adolescent Drug and Alcohol Service for Hertfordshire)
- Connexions PA and/or Connexions One-Stop Shop
- FRANK helpline and website
- School Nurse
- Teacher