

24- GUESS THE UNITS

Outcome	• Awareness of units
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Preparation:	Copies of the questions sheet Unit Wheel - available from Herts Health Promotion on 01462 478355 Copies of fact sheet on alcohol for each participant Copy per group of scenarios
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Can be used with	Parents ✓ Staff ✓ Young People ✓
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Total Time	35 minutes
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METHOD	TIME	TOOLS
1. Explain to the group this exercise is for them to be more aware of how many units are in alcohol.		
2. Separate into pairs and ask them to guess how many units they think are in the drinks. Remember this is only a guess.	7 mins	Copies of guess units
3. Bring everyone into 1 group and go through the answers	10 mins	Show them the unit wheel
4. Discuss the alcohol unit limits per woman and man for each day and the recommended units for young people.	10 mins	Alcohol fact sheet
5. In pairs use the scenarios and the unit wheels to determine the total units consumed in a week	7 mins	Copies of scenarios
6. Allow the participants to take a copy of the unit wheel and the alcohol fact sheet.		



Guess the units????



A pint of lager ABV 5.2%



Alcopop ABV 5%



Sambuca shot ABV 42%



A glass of white wine (175ml) ABV12%



Single gin and tonic ABV 40%



Pint Cider ABV 5.3%

Answer Sheet



3 UNITS

A pint of lager ABV 5.2%



1.4 UNITS

Alcopop ABV 5%



1 UNIT

Sambuca shot ABV 42%



2.3 UNITS

A glass of white wine (175ml) ABV12%



1 UNIT

Single gin and tonic ABV 40%



3 UNITS

Pint Cider ABV 5.3%

Alcohol Facts

- The technical term alcohol is ethanol
- Alcohol is the most widely used drug in Britain
- Between 25,000 & 120,000 people in the UK die from alcohol related illness every year
- The strength of alcohol is measured as % by volume. Alcohol by volume (ABV) is the % of alcohol per total volume of liquid.
- The amount of alcohol we drink can be measured in units.
- -The recommendation for safe drinking for men is 28 units per week, for women it's 21 units
- Units vary depending on the strength of the alcoholic drink and the measure. (see unit calculation below)
- Women's tolerance to alcohol is less than men's because all women have less water and more body fat inside their bodies than males do. Alcohol cannot dissolve in fat, so because women have more fat stores this means the alcohol stays in the female body longer. Also women are generally smaller in body weight and size.

The effects

- Drinking 1 or 2 units a day as oppose to 'binge' drinking can help reduce heart disease in later life.
- Alcohol is the only drug that can be fatal to stop immediately. For chronic dependence, detoxification can be fatal as the body goes in to shock. So levels of alcohol consumed need to be reduced slowly under carefully observation.
- Delirium Tremens - disturbance of the brain after someone stops drinking (12-48 hours after) = body shakes, and possibly mental health problems
- It takes one hour for the body to get rid of one unit of alcohol.

The law

- An alcohol free childhood is advised. It is illegal to give alcohol to a child under the age of 5.
- Children should not drink before they're 15 if at all.
- 15 - 17 year olds should only drink when they're supervised by a parent or other adult.
- If 15 - 17 year olds drink, they should do so infrequently and definitely on no more than one day a week, and drink below the suggested units for adults: 2- 3 units for women and 3- 4 units for men.
- It is illegal for young people under the age of 18 to be sold alcohol.
- The police have the power to confiscate alcohol from under 18 year olds who are drinking in public places.

- Some towns have bye-laws that make it an offence for anyone to drink alcohol on public streets.

$$\text{Unit calculation} = \frac{\% \text{volABV} \times \text{Amount (ml cl)}}{1000}$$

Scenarios

Scenario 1

A woman drinks 2 large glasses of wine every night and at the weekend has 3 vodka shots and 2 gin and tonics when she goes to the pub. How many units does she have a week??

Scenario 2

A man is drinking. 2 pints of lager and a large glass of red wine a night. How many units would this be per week using the unit wheel?

Scenario 3

Joey aged 16 drinks 3 alcopops and 2 pints of beer on a Friday night in the park. How many units has he consumed?