

Unit 3: Year 10 PSHE- Alcohol

Lesson 1: Alcohol Misuse

Starter: Sort the drinks into alcoholic and non-alcoholic

Vodka

Water

Red Bull

Gin

Tea

Beer

Coke

Orange Juice

Coffee

Alcoholic	Non-alcoholic

Which of the drinks from your table can be addictive?

Task 1: Make a list of different events/places people might have an alcoholic drink.

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Task 2: What effects can alcohol have on the body?

Watch the video and complete the table below.

<https://www.youtube.com/watch?v=-oN2emCHMIg>

Short Term Effects	Long Term Effects

Task 3: What effect can alcohol have on someone's mental health?

Watch the videos and write down three ways alcohol can effect a person's mental health.

<https://www.youtube.com/watch?v=sPzPGfWBbo>

<https://www.youtube.com/watch?v=VzCwbV53umE>

Task 4: What is alcoholism?

Watch the video and note down what alcoholism is.

<https://www.youtube.com/watch?v=WuQkYrWnOko>

PLENARY: Design a leaflet OR poster that outlines the effects alcohol can have on someone's mind and body.

Include:

2 dangers of drinking alcohol

2 ways it can lead to negative mental health.

1 thing you can do to help improve your mental health.

