

Session plan

Alcohol 4A5

Outcome	Know the difference between social pressure and peer pressure in relation to alcohol; Identify strategies to avoid drinking alcohol if you do not want to
Resources	<ul style="list-style-type: none"> Alcohol scenario cards
Learning context	Independent, paired work, group work
Curriculum areas	PSHE, science
PSHE skills	Personal wellbeing, Living independently, Personal safety

Starter	Time allocated ⌚
Show the video clip about Joe: https://www.bbc.com/teach/class-clips-video/pshe-ks3--ks4-alcohol-abuse-and-binge-drinking/zncrkmn	15 minutes
Class discussion about the video. Did Joe put his friends under pressure to drink? How did he react when people were leaving? How did he make his friends feel bad?	5 minutes
Main lesson	Time allocated ⌚
Discuss peer pressure with the class and how that can encourage drinking. Encourage students to explore why they think this is the case – ask students to think of particular situations where a young person might be put under pressure to drink alcohol.	5 minutes
In pairs, ask students to come up with ideas about how to resist peer pressure to drink alcohol, including how these skills and strategies can be learned and developed.	10 minutes
In groups, give students an alcohol scenario card to discuss and ask them to come up with a way of dealing with the situation.	20 minutes
Groups share their scenarios and ideas with the rest of the class.	5 minutes
Independent challenge	
<ul style="list-style-type: none"> Investigate reasons why teenagers may feel pressured into drinking alcohol. Present your findings in an information leaflet outlining the factors, with strategies to resist the pressure. Design an information leaflet for young people heading off to university, outlining strategies to avoid drinking alcohol if they do not want to. 	
Challenge wrap up	Time allocated ⌚
Whole class discussion to come up with a list of success criteria for a good information leaflet.	10 minutes
Students swap leaflets with a partner and peer mark each others' work, then complete self-review in student books.	10 minutes

💡 Ideas

Further sources of information and advice:

- <https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/peer-pressure/>

Alcohol scenario cards

PSHE Short Course: Module 4 Alcohol

Challenge: 4A5

Sophie and Claire have been friends since primary school. They always get together at the weekend and often go away on family holidays together.

Recently Sophie has started to drink alcohol. Sophie wants Claire to try it too. Claire doesn't want to but doesn't want to upset Sophie.

Brian comes home to find his dad having a couple of drinks with some friends. He invites Brian to join in and offers him a beer.

Brian has to go to swimming club in an hour and doesn't want to, but feels it would let his dad down.

Mark has started playing senior rugby at 16. The team he is playing for has a culture of playing drinking games after a match. Mark doesn't want to join in.

There is a champagne toast at a friend's 21st birthday party and Ali is given a glass to join in.

Ali is the only Muslim in the room and drinking goes against his religion. His friend seems offended when he doesn't want to join in.

Michelle has been going out with a boy for a few weeks and he invites her along to a friend's party. There are plenty of people there and all seem to be drinking.

Her boyfriend has brought some alcohol and laughs at her when she asks for a soft drink.

Sarah goes out for a meal with a friend's family to a posh restaurant. She is offered wine with her dinner but declines as she doesn't drink. The family are surprised and seem a little taken aback.