

Listed below are three activities that can be used by teachers following a DARTA presentation on alcohol and risk-taking. Each of these activities last for between 10 and 15 minutes each. They are designed to be used in peer-led small group sessions but can be used by teachers with the whole class.

Peer leaders or teachers need to be clear about the objective of each exercise prior to the commencement of the activity and it is important to ensure that the outcomes are summarised at the end of each session.

ACTIVITY 1: SOMETHING NEW, SOMETHING OLD

Objective: To acknowledge that not all sources of information about alcohol are completely accurate and there is always room to improve knowledge

Materials:

- Three sheets of butcher paper should be prepared, with a different task written on each:
 - Write down something new you learnt about alcohol from the talk today
 - Write down something that you already knew about alcohol that was confirmed today
 - Write down something that you believed to be true about alcohol, that you discovered today was false
- Textas

Peer leaders or teachers discuss the three statements written on the butcher paper. Select someone to write down a response to each – these responses should be brief and to the point. In the short time you have – try to fill the paper with comments. Discuss some of these comments, reinforcing some of the points made during the presentation.

ACTIVITY 2: HOW DANGEROUS IS IT?

Objective: To realize that there are no completely safe ways of using alcohol, all contain some degree of harm – some far more than others

Materials:

- 2 laminated cards – NO DANGER and VERY DANGEROUS
- Blu-tac

The two laminated cards are positioned on a wall, one on either end of the room. A series of alcohol-related scenarios are read out to the group and one or two of the students are selected to stand where they believe that activity ranks, whether they believe it entails no danger at all, up to very dangerous.

Scenarios

- You go to a party and have alcohol for the first time with some friends
- You ask your mum if you can have a glass of wine with your meal and she agrees
- A friend really likes a boy at a party but doesn't have the courage to approach him. Another friend suggests that you have a few drinks to give you a hand with the initial 'hello'
- You are at a party with some people you do not know and leave your drink unattended for a while. When you get back and have a sip it tastes unusual
- You need a lift home from a party and don't want to take a ride with anyone who has been drinking. The person you arranged to go home with has decided to drink and you need to get home or you will get into trouble. Adding to your problems, your parents did not know that alcohol was going to be served at the party.
- A boy that you have known for a while has offered you a lift home. He has not been drinking and is responsible. On the way home he offers you a drink in the car

Encourage debate and get students to justify their position on the continuum.

ACTIVITY 3

Objective: To examine risky situations and identify strategies to assist young people to keep safe

Materials: ■ Four cards printed with an alcohol-related scenario on each:

- You are at a friend's party and someone you know has been drinking all night. He/she is starting to look as though they may be sick. What should you and your friends do?
- You are at a party and need to get home as it is getting late. You are offered a lift by someone who has been drinking. What should you and your friends do?
- You are at an underage dance. The person dancing next to you has been drinking all night and suddenly collapses and you are unable to rouse them. What should you do?
- You are at a party and have accidentally left your drink unattended. When you get back and have a sip it tastes unusual. What should you and your other friends do?

Split the group into four and then each of the groups are given one of the scenario cards. The groups must then work through what their response should be and then devise a short role-play. These should be acted out and their responses discussed – is there anything else that could have been done – any mistakes made? What were the risks involved in each of the scenarios and how could these have been minimised? Could they have been avoided altogether?