

Year 10 MY Curriculum

Alcohol, drink spiking and
risky sexual behaviour

Objective: to gain an understanding of the dangers of alcohol and risky behaviours



Outcomes:

- Explain how alcohol can lead to risky sexual behaviour
- Understand how alcohol affects the body
- Know the law on drugs and alcohol



Rules

Respect privacy. We can discuss examples but do not use names or descriptions that identify anyone, including ourselves.

Listen to others. It is okay to disagree with each other, but we should listen properly before making assumptions or deciding how to respond. When disagreeing, challenge the statement not the person.

No judgement. We can explore beliefs and misunderstandings about a topic without fear of being judged.

Choose level of participation. Everyone has the right to choose not to answer a question or join discussion. We never put anyone 'on the spot' (no personal questions or pressure to answer).

Alcohol: The Law

What is the legal drinking age in the UK?



Answer = 18 years old

This is now the age limit for many things. But did you know you could have:

- a) Been married at 16 (before 2022)
- b) Smoked tobacco at 16 (before 2007)
- c) Ride a moped (under 50cc engine) at 16
- d) Drive a car at 17

Do you feel that the law is correct or should it be 21 like in the USA?



Alcohol: The Law

What could happen to you if you are caught in public with alcohol whilst under 18?

Answers:

- a) Arrested
- b) Fined
- c) Social Contract
- d) Alcohol confiscated



Alcohol: The Law

If you're 16 or 17 and accompanied by an adult, you can drink (but not buy) beer, wine or cider with a meal.

Whilst legal, it is also up to the restaurant or pub owner and they can legally refuse to serve you.



Alcohol: The Law

If you're 16 or under, you may be able to **go to** a pub (or premises primarily used to sell alcohol) if you're accompanied by an adult.

However, you are not allowed to drink alcohol there, unless having a sit down meal.

Each business is different but they can refuse you entry if they do not want you in their premises.



Alcohol: The Law

At home, children between 5 - 17 may drink alcohol but they are under the responsibility of their parents.

It is illegal to give alcohol to children under 5.

Does that mean you can have alcohol & parties at home?

Technically yes, but they should be supervised by your parents.

However, police can be called in if there are concerns for public nuisance and excess underage drinking or there has been an illegal purchase for alcohol for under 18s.



Alcohol: The Law

What happens to a business that sells alcohol to under 18s or sells alcohol via another person buying it for under 18s?

They can be fined up to £5,000 for each case and lose their alcohol licence if it continues.



TRUE

FALSE

[Click the link for a
T/F Quiz](#)

Class VOTE & REVIEW

I (mostly) agree with the laws in place for alcohol

I (mostly) disagree with the laws in place for alcohol

Topic 1
VOTE, Debate & VOTE
again

I want to see stricter changes in the laws around alcohol.

I want to see looser restrictions in the laws around alcohol.

Topic 2
VOTE, Debate & VOTE
again

Part 2: Drink Spiking



Drink Spiking is something that has seen a huge increase since 2021.

In 12 months between 2021-22, Police saw 5,000 cases of spiking.

A Parliamentary committee commissioned a YouGov poll (2022) of 2,000 people and discovered 10% of women and 5% of men surveyed had been a victim of spiking.

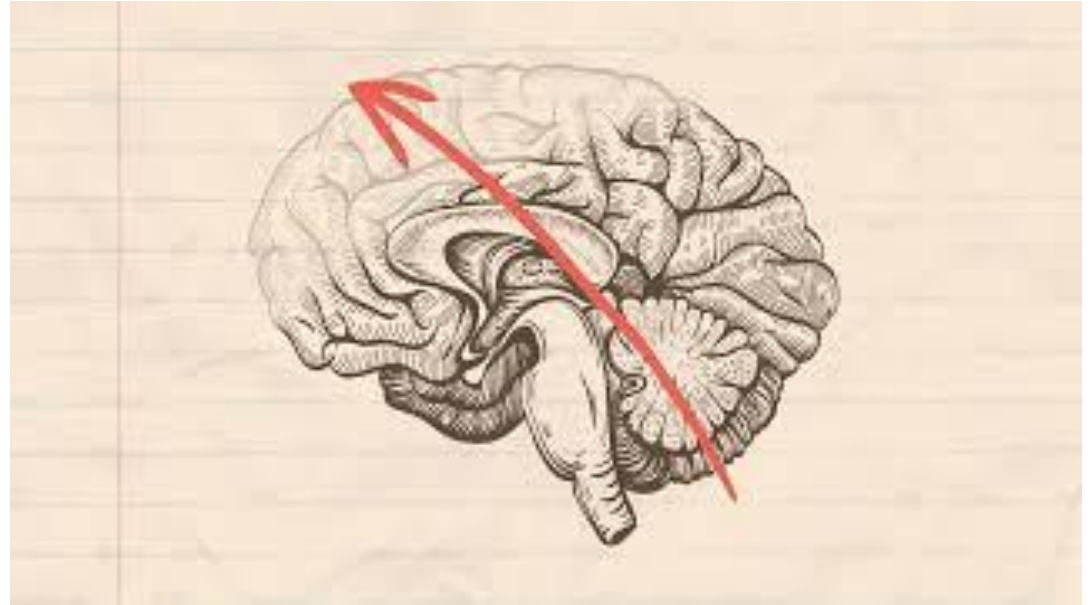
If you are in a public space, how can you protect yourself from “drink spiking”?

Part 3: What are good or bad risks?

The next part of this lesson looks at risk-taking in teenagers and the link with alcohol.

Making decisions whilst under the influence of alcohol can lead to risk-taking, a factor multiplied by the fact that teenage brains often take more risks naturally.

This video examines how teenage brains are more naturally risk-taking.



<https://www.youtube.com/watch?v=kvk4sqNP44M>
Manual link for video (Decision making and the adolescent brain)

Part 3: What are good or bad risks?



Watch and engage with the video.

Answer the questions.

1. When have you taken good risks?
2. When have you taken bad risks?
3. If you could rewind and re-do, what would you do differently?

<https://www.youtube.com/watch?v=dliN2jLBbCU>

Manual link for video (Risky decisions)

Why might drinking alcohol and risk taking be linked?

Why is drinking alcohol associated with risk taking?

Can you think of examples of when drinking alcohol might end up in bad/ risky decisions?

What risks are you taking if you are under the influence of alcohol?



Alcohol, drugs and risk



As teenagers, your brain has yet to fully form. Taking risks is a part of your development, so your brain can make connections and learn. Taking risks ranges hugely from talking in lessons to crossing a busy road.

Alcohol and drugs can reduce your interpretation of risk, or falsely increase your confidence, which can have huge consequences. Your risk taking behaviour can increase when you are under the influence of drugs or alcohol.



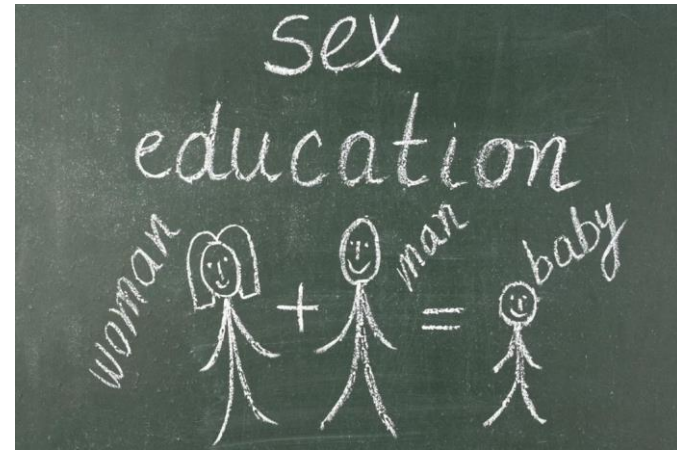
Taking risks with sex

Drinking alcohol lowers people's inhibitions, and makes them more likely to do things that they would not normally do. Young people are particularly at risk because at their stage of life, they are still testing the boundaries of what is acceptable behaviour.

Taking risks with sex

One in 5 girls and one in 10 boys admitted going further with sex after drinking than they would have if they were sober.

Northern Ireland
government survey



Taking risks with sex

Almost one in ten boys and around one in eight girls aged 15 to 16 who have had sex, did so in an unsafe way (no contraception or protection) after drinking alcohol.

This put them at risk of sexual infections and unwanted pregnancy.

NI Gov Survey



Taking risks with sex

Alcohol makes you more vulnerable to sexual assault or can make you break the rules.

According to 2022 UK government statistics, 40% of violent crimes are linked to alcohol and that includes cases of rape and sexual assault.

Alcohol Clock Simulation

Imagine it's your 18th birthday.

You are legal to purchase and consume alcohol. What would you do on a night out with your friends?

This game shows you the short and longer term effects on your body and how long alcohol stays in your system.

[Alcohol O'Clock simulator link](#)



REVIEW - Alcohol & Risk Taking

Alcohol has been part of UK culture and society for nearly 2,000 years.

The “local pub” is a common feature of British life.

Your parents may have an alcoholic drink with their meal.

When you are 18, and you are offered alcohol- how could you enjoy it without taking risks?



Are you aware of the risks involved with alcohol?

Do you understand the effects of alcohol?

Do you know the laws on alcohol?



Want to find out more?

<https://www.talktofrank.com/>

<https://www.nidirect.gov.uk/articles/young-people-and-risks-alcohol#toc-1>

<https://positivechoices.org.au/parents/alcohol-and-risk-taking>

<https://www.talktofrank.com/get-help/dealing-with-peer-pressure>

<https://alcoholeducationtrust.org/wp-content/uploads/2014/11/staying-safe-chapter.pdf>

<https://www.healthdirect.gov.au/top-7-tips-for-safe-drinking>

<https://www.changegrowlive.org/advice-info/under-21-advice>

Are you aware of the risks involved with alcohol?

Do you understand the effects of alcohol?

Do you know the laws on alcohol?

