

Alcohol



Introduction



This booklet has been made in partnership with people with learning disabilities.



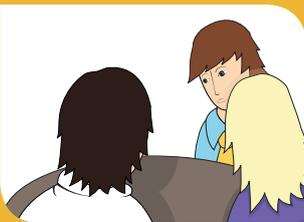
We have made this booklet and DVD to tell you about Alcohol.



This booklet is best worked through when watching the DVD called "Alcohol".



You can work through the DVD and booklet in groups, on your own or with support.



If you need help then ask someone you trust for support.



You can start the DVD now.

Do you understand your medication?



Who could you talk to about your medication?

Never Sometimes

Doctor

Chemist

Key worker

Friend





If you are taking medication, do you understand your medication?

Yes No

Remember, this might be special medication from your doctor or things like headache tablets or cold and cough medicines you can get from a shop or Chemist.

If you are taking medication, what medication do you take?

Medication	What does it help with?	How does alcohol affect my medication?



Why should you not drink alcohol if you take medication?



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Why would it be dangerous to take more of your medication if you were sick after drinking too much alcohol?

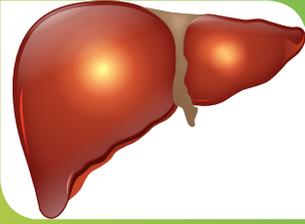
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Alcohol makes you sleepy, forgetful and may make you confused. Can you think of reasons why drinking alcohol is dangerous if you are taking medication?

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Did you know that too much alcohol could:



Harm your liver.



Harm your skin.



Make you overweight.



Give you headaches.



Make you have fits.



Spoil your sleep.

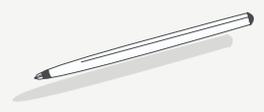


Cause you to do things
you wish you had not, like having
sex with someone you don't know
or committing a crime.



You can continue watching the DVD now.

Who would you talk to?



Make a list of who you would talk to

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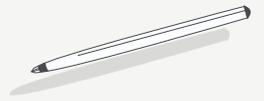


How much do you know about alcohol?

Talk about these questions and try to answer them



What is a unit?



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What is a hangover?

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How do you cure a hangover?

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What is addiction?

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What is a cocktail?

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What is a shot?

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What is a short?

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What is a night cap?

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Some people drink when they feel sad.
What helps you when you feel sad?

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Did you know?



Some people drink alcohol to feel calm. Too much alcohol can make them feel more stressed.



Some people drink alcohol to feel brave. Too much alcohol makes them feel nervous.



Some people drink alcohol to forget. When they stop drinking they still remember.

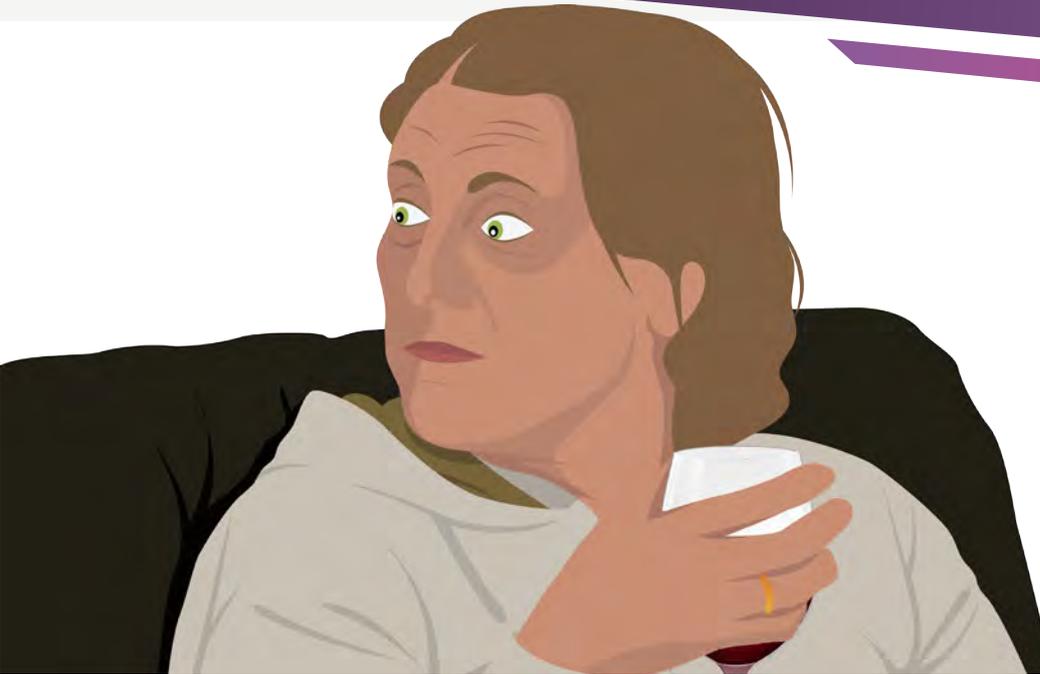


There is no cure for a hangover. Drinking water and eating might make you feel better, but it still takes an hour for each unit of alcohol to get out of your body.



You can continue watching the DVD now.

How much is too much?



How can you check you are not drinking too much at home?

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How could you plan your drinking at home?
Tick **Yes** or **No** to answer all of these questions.

Only have a small amount of alcohol in the house.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

Use smaller glasses.

<input type="checkbox"/>	<input type="checkbox"/>
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Have non-alcoholic drinks in between alcoholic drinks.

<input type="checkbox"/>	<input type="checkbox"/>
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Think about how alcohol can hurt your health.

<input type="checkbox"/>	<input type="checkbox"/>
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Add ice to water your drinks down.

Eat before drinking.

Plan how many units you are going to drink to be safe.

Only spend a small amount on alcohol.

Think about how much weight you are gaining.

Check the number of units on a bottle before opening it.

Stop when you feel different.

Use the lid of a spirit bottle to measure your drinks out.

Which glass holds the most drink? Tick a box





Did you know that we drink slower from taller glasses?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>



Did you know that we drink less if we can see the empty glasses in front of us? ...and you can keep track of the drinks you've had by keeping the empty glasses in front of you.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>



Did you know that too much alcohol makes some people angry?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>



You can continue watching the DVD now.

What is a unit?



Do you know what a unit is? Write down the drinks you like to drink most and put how many units you think are in them.

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Can you remember the recommended number of units for men and women? It is different for men and women.

How many units for men?

How many units for women?



Plan your drinking.



Imagine you are going out tonight, list the drinks you might have. You should include soft drinks and water if you choose to have them. Discuss your plan with someone who supports you. What do they think?

Drink	Units

Do you think you have had too many units? How can you check?

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Good ideas to help you stay safe when drinking alcohol.

Answer all these questions **Yes** or **No**. Are they good ideas to help you stay safe when drinking alcohol? What else can you think of?

	Yes	No
Don't buy rounds.	<input type="checkbox"/>	<input type="checkbox"/>
Don't drink at all.	<input type="checkbox"/>	<input type="checkbox"/>
Have a non-alcoholic drink between drinks with alcohol in.	<input type="checkbox"/>	<input type="checkbox"/>
Take a plan with you of what you will drink. Include non-alcoholic drinks too.	<input type="checkbox"/>	<input type="checkbox"/>
Don't take out any extra money, but make sure you have enough money to get home.	<input type="checkbox"/>	<input type="checkbox"/>
Eat before you drink any alcohol.	<input type="checkbox"/>	<input type="checkbox"/>
Tell people that you will only drink a small amount.	<input type="checkbox"/>	<input type="checkbox"/>
Avoid people who will force you to drink more.	<input type="checkbox"/>	<input type="checkbox"/>
Don't have alcohol if you are on medication.	<input type="checkbox"/>	<input type="checkbox"/>
Go out with friends who will support your plan.	<input type="checkbox"/>	<input type="checkbox"/>



You can continue watching the DVD now.

What could Luke have done?



Luke kept getting drinks bought for him. What would you have done if you were Luke?

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Pairing Exercise. Draw lines between what someone might say to you and what you might say back to be safe when drinking alcohol.

If you are working in groups, you might want to do this as role play and act out some of them.

What someone might say		You could say...
I got you a pint		No thanks
Have another		I will get my own
Well I am getting you another		I am going now
It's my treat		I have had enough
I owe you one		I am up early tomorrow
I'm getting you one anyway		I don't want to put weight on
Don't be boring		I have spent all my money
I'm celebrating		I am sticking to my list
I'm feeling generous		I will leave it
I'm not leaving you out		I will have a coke



Luke was being bought drinks because he had a new job.

How else could Luke celebrate his new job?

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Did you know?

Some people might drink alcohol because they are sad and want to feel happy.



Sometimes people wake up feeling even more unhappy after drinking alcohol.



Some people drink alcohol to feel popular.



Some people drink alcohol to fit in. No one has to drink to have friends.

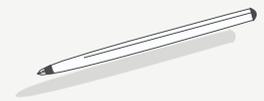


You can continue watching the DVD now.

Does anyone you know drink too much alcohol?



Did you know that people can drink too much even if they are drinking only once a week. It depends on how much they drink in one go and also how often they are drinking during the week.



How can you tell when someone is drinking too much?

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Make a list of ways you may notice if someone is drinking too much?

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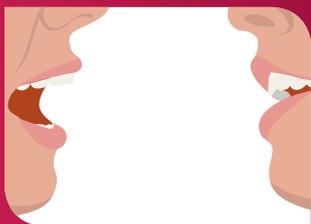


To be safe you should have at least 2 days every week when you do not drink any alcohol. When you do drink alcohol, have only 2-3 units if you are a woman or 3-4 if you are a man.



What would you do if you were worried about someone else drinking too much alcohol?

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Talk about it.



Remember:

Drinking too much alcohol is very bad for you.

If you do drink alcohol, have a non-alcoholic drink in-between alcoholic ones. To be safe you should have at least 2 days every week when you do not drink any alcohol. When you do drink alcohol, have only 2-3 units if you are a woman or 3-4 if you are a man.

Never take more of your medication if you are sick after drinking too much alcohol. Talk to your doctor.

Talk to someone you trust if you are worried.



You can continue watching the DVD now.

Additional Resources



There are lots of resources which can help you, like unit calculators and special glasses to show you what a unit is.

Ring **Drinkline** on **0800 917 8282** for advice and support.

Visit **www.drinkaware.co.uk** for more help.

Need more copies of this booklet or DVD?
Contact The Friendly Resource Company
01709 710199 www.friendlyresources.org.uk