

School Health Alcohol Harm Reduction Project (SHAHRP)

6 lessons taught in Year 9

Training requirement: 1 day

This element is evidenced to reduce alcohol-related harm by teaching students the skills to identify situations in which alcohol related risks may arise, how to avoid them and how to deal with risky situations. The lessons provide alcohol-specific information and develop decision-making skills and assertiveness skills.

The 6 lessons build so that students are able to consider the facts and myths associated with alcohol use while engaging in conversations about the health and associated risks of over drinking.

The lessons increase knowledge about the units of alcohol in particular drinks, the recommended levels of units for adults and the way alcohol is represented in the media. This is done using quizzes, videos, class discussion and interactive exercises.

Short and long term effects of drinking are considered to inform students' with decision making about how much to drink and how to stay safe.

The lessons finish with an interactive exercise where students consider what advice they would give to a teenager in challenging social situations.

Good to Know

The programme has strong evidence of effectiveness for behavioural outcomes in relation to misuse of alcohol. It has been implemented and evaluated in the UK. The element compliments the UNPLUGGED lessons that reinforce the importance of good quality decision about alcohol based on accurate information, rather than myths and perceived norms.

Lesson One

Alcohol True or False and Making Choices

Lesson Two

Units of Alcohol and Drinking Too Much

Lesson Three

Alcohol Related Harm, Media Messages and Safe Options

Lesson Four

Alcohol, The Body and A Night Out

Lesson Five

Vulnerability and Staying Safe

Lesson Six

Risks and Advice