

Reflections

Think about your participation in the Life Education session and complete the following sentences.



The most important message I will remember is ...

One new thing I learnt was ...

The part I liked the best was ...

I would like to learn more about ...

Influences



List five people who influence you and five people that you influence.

Rate the influence on a scale from 1 to 3 (1 = a little, 2 = sometimes, 3 = a lot).

Write P or N or PN to describe whether the influence is positive, negative or both.

Remember, this list is for you, no one else has to see it.

People who influence me	How much?	Positive or Negative

People who I influence	How much?	Positive or Negative

It's helpful to consider how to stop a negative influence from affecting our decision making. Use the box to brainstorm some ideas on how to protect ourselves from negative influences:



Create a campaign

Design an alcohol related health message:

You work for an advertising agency and have been asked to come up with a campaign to deliver an alcohol related health message.

The message should address more than one of the following effects of alcohol use: physical, social, legal and financial.

Plan your campaign below, and then develop it using other tools.

What is your message?

What do you hope this message will achieve?

What medium will you use? (e.g., posters, TV, online, billboard, print)

What main colours will you use?

What types of images will help convey your message?

Do you need a script? Write it below.

Alcohol survey – who knows the facts?



You now know a number of facts about alcohol consumption. In this activity, find out how much your family and friends know.

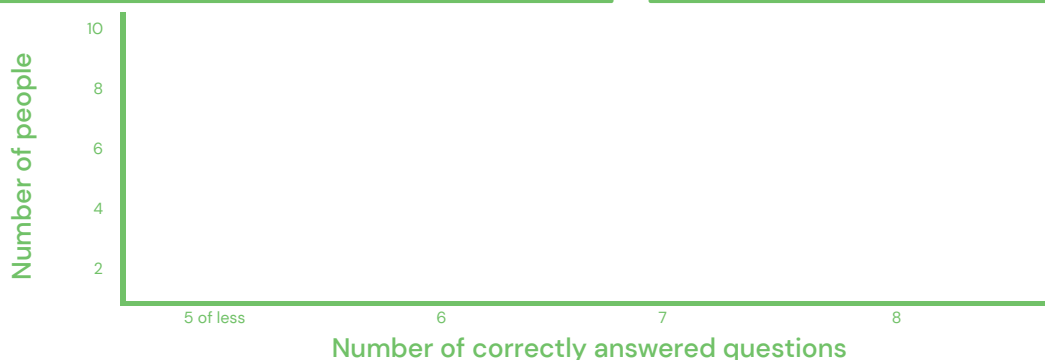
Below is a survey to give to your friends and family. The first four questions have been written for you. Write the remaining questions yourself, based on things you have learnt in *Think Twice*.

Find 10 people to answer your survey and keep a record of the number of questions each person answers correctly. Then work out the number of people who fall into each of the categories below. Finally, use the table at the bottom of the page to create a bar graph that illustrates the results of your survey.

My survey results are:

8 correct:
7 correct:
6 correct:
5 or less correct:

What main colours will you use?



My Survey Questions:

- The liver breaks down most of the alcohol in a person's body (true)
- A person can be fined \$8000 for attempting to buy alcohol under the age of 18 (true)
- P plate drivers can only have 1 drink before driving (false)
- Body weight, age and gender does not impact how quickly or slowly a person becomes intoxicated (false)
- ...
- ...
- ...
- ...
- ...
- ...

Parents & Carers



Your child has taken part in the Life Education *Think Twice* module.

What is it about?

The Think Twice module tackles the topic of alcohol in a way that's appropriate for your child's age group. We look at:

- Myths and facts about alcohol.
- Physical, social and legal consequences of consuming alcohol such as the effects of alcohol on the teenage brain and the laws related to the sale and supply of alcohol.
- Reasons why people choose not to drink alcohol.

66% of students 12-17 years old have tried alcohol at some time in their lives.

(reference ASSAD survey 2017)

Why is it important?

The average age of experimentation with alcohol is around 16 years of age. Young people are exposed to alcohol use either at home, in the media or in the community. Targeting young people with alcohol education at the beginning or before initial experimentation with alcohol has the potential to delay or discourage use. As alcohol can have negative effects on brain development, the longer the delay the more chance the brain has to finish developing.

So what's next?

Life Education Victoria has provided your child's teacher with digital resources to use in the classroom.

You can continue the learning and conversations about alcohol at home by accessing a range of videos, information and other helpful resources for parents and carers on our website.

www.lifeeducation.org.au