

➤ Dangers of Alcohol misuse– AlcoHELP

This workshop is new to Maldon, the strong focus on the effects that alcohol has on the developing body and the damage that underage drinking can do is a particularly



important message to youngsters. Specific attention is paid to the human brain and the damage that drinking alcohol before it has fully developed can do. A series of video clips are played that discuss peer pressure and show similar situations that the pupils could find themselves in at secondary school. The session finishes with the pupils wearing 'beer goggles' that create the feeling of having too much to drink by distorting the senses.

Comments made by teachers in the evaluation forms

- *Fantastic for the children to have someone who has been affected by alcohol- made it very real for them*
- *Drunk goggles were a great idea even though the children had fun with them the facilitator helped them understand that there are consequences*
- *Photographs really helped to hammer the point home*
- *Good knowledge and able to get children's opinions through relevant discussion*
- *Children's interest was maintained*
- *Amazing and honest account of alcohol use*
- *Made children realise the severity of alcoholism and how early it can start*
- *Children really thought about alcohol after wearing the goggles*
- *A very informative workshop and children were fully engaged*