



# Alcohol education guidance notes



Alcohol education can be a personal and sensitive topic to some young people. Students may have family members or close friends who are affected by alcohol dependency or other issues explored in these resources e.g. job loss, violence, mental health problems. The learning strategies offered in this resource encourage open discussion but teachers should be aware of their class's needs and circumstances, tailoring the resources accordingly.

## Safeguarding and confidentiality

Teachers should have a clear understanding of the protocol to follow if a student makes a disclosure during a lesson.

## Managing sensitive and controversial issues.

Teachers need to:

- anticipate possible responses from children/young people when dealing with controversial/sensitive issues e.g. by using a 'worry box'.
- use distancing strategies to depersonalise these issues e.g. use of drama, role play etc
- ensure personal boundaries are not breached through the use of previously agreed ground rules.

## Distancing Techniques

Our resources make use of distancing techniques in order to depersonalise the topics being discussed. Using scenario work allows students to explore their feelings about issues safely.

## Culture and Ethnicity

---

Be aware of the significance of your students' religious identification, which can make this topic a sensitive one. Some religious beliefs prohibit the use of alcohol, whereas others support drinking in moderation.



For example:

- Some Christian denominations choose never to drink alcohol (Salvation Army, Methodists).
- In Islam, the use of alcohol is 'haraam' or forbidden as it causes people to lose control over their minds and bodies.
- In Sikhism, drinking alcohol clouds the mind and damages the body, which contradicts fundamental Sikh principles.
- Judaism does not ban the use of alcohol as wine has a prominent symbolic function with the Jewish tradition.
- Hinduism accepts moderate use of alcohol, and some Hindus abstain from alcohol use.

## Further discussion and useful contacts

---

Identifying and supporting children affected by parental substance use – Adfam

[http://www.adfam.org.uk/cms/docs/adepis\\_psu\\_schools.pdf](http://www.adfam.org.uk/cms/docs/adepis_psu_schools.pdf)

Delivering alcohol and drug education: Advice for teachers – Mentor/ADEPIS (2015)

<http://mentor-adepis.org/wp-content/uploads/2015/05/Delivering-alcohol-and-drug-education-advice-for-teachers.pdf>