PSHEE

**Drugs Education**

Learning Objectives: Unit 1 Part 1c

* What is a unit of alcohol?
* Why is it important to know about alcohol units?

Unit 1 Part 2a

* What is ‘binge drinking’?

Task

1. Read slide 3,

What is 1 unit of alcohol equal to?

2. Read slide 4,

Why might you need to calculate the unit of alcohol you are drinking?

3. Complete interactive slide 5

4. Read slide 6,

What’s the purest form of alcohol?

The number of units in a double measure of this, is equal to what?

5. Read slide 7,

What are the recommended levels of alcohol for men and women?

Why are the limits lower for women?

6. Read slide 8, here are some useful websites for more information and help.

Part 2a

7. Read slide 3,

What does the word binge mean?

How many drinks do you have to drink to be classed as binge drinking?

8. Read slide 4,

How many units do you drink when binge drinking?

Do teenagers usually stop at this amount?

All work must be completed and emailed to your teacher