

**Sex & Alcohol**

**A Risky Mix**

Resource for Blackpool Secondary

Schools, Children’s Homes and relevant settings for

students in Year 7 and above (including further education)





**SEX AND ALCOHOL: A RISKY MIX**

**Session Objectives:**

To identify the reasons why people use alcohol

To identify negative things that can happen as a result of mixing sex and alcohol

To identify ways to reduce risk and harm if mixing sex and alcohol

# **Introduction**

The session aims to explore issues of mixing sex and alcohol

1. **Young person to complete ‘What do you think?’ questionnaire**

# **2. Read Jodie’s story with Young person**

**3. Discussion**

What might be some of the reasons that Jodie likes to drink?

What are some of the things that could happen if Jodie keeps mixing sex and alcohol?

If Jodie decides to keep mixing sex and alcohol what can she do to protect herself from the negative things?

(Abstinence from drinking is the safest thing but if not prepared to do this do it in moderation, take condoms, get more information from Connect, Make sure she and her friends look out for one another)

# **Activity 2: Mark’s story**

Carry out activity as above.

**Final discussion:**

How are Jodie’s and Mark’s stories different?

How are they the same?

**Conclusion:**

There are many reasons why people choose to drink

There are many bad things that can happen if you mix sex and drugs/alcohol

The way to protect your self 100% is not to mix sex and drugs/alcohol

If you choose to mix sex and alcohol, you need to know your limits

**Plenary**

Cut up statements and ask young person to put into true or false piles.

#### **Resources**

What do you think? Handout

Jodie’s story

##### Mark’s story

Alcohol statements