Mental Health & Addiction Awareness Video

Worksheet

This worksheet has been created for teachers to use as a guideline to open up a discussion with students after viewing the video. Henry & Sally thank Lucy Cullen for creating this worksheet. Lucy is a ‘Gold Award winner for Oxfordshire County Council in 2020’ for all the work that she has done supporting young people who have been impacted by substance misuse.

1. **HOW DOES THE VIDEO MAKE YOU FEEL – discuss**

*Teacher – check for trigger warnings etc. close this question down with uplifting and positive areas of video – strong family bond, strong connections between mother and son, brothers.*

1. **WHY DO PEOPLE DRINK ALCOHOL – let’s look at both the positive reasons and negative reasons?**

*Teacher – use a whiteboard to discuss, make two separate columns and discuss both options. Compare how many reasons for both. Are some the same – why?*

*Celebrations, cultural events, traditions, recreational experimentation, sporting events.*

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|  **POSITIVE REASONS**  |  **NEGATIVE REASONS** |
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**WHAT ARE THE EFFECTS OF ALCOHOL USE ON THE HUMAN BODY?**

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**LONG TERM SHORT TERM**

HEART SLURRED SPEECH

LIVER VISION DISTORTED

STOMACH

HANDS / FEET

**Above are just a couple of examples. Discuss and add more effects to the long term and short term lists.**

1. **Discuss with the students what Addiction is.**
2. **WHAT DO YOU FEEL ARE THE FACTORS THAT CONTRIBUTE TO SOMEONE BECOMING ADDICTED TO ALCOHOL?**

*Possible answers – loss or grief, no motivation for change, poor mental health, environmental factors, genetics, financial loss, other addiction issues such as gambling, family breakdown, loss of control.*

1. **WHAT SUPPORT DO YOU FEEL IS OUT THERE FOR PEOPLE WITH THIS ILLNESS?**

*Possible answers – Rehab, Alcohol Anonymous, seeing your local doctor.*

1. **WHAT ARE THE BARRIERS TO PEOPLE GETTING SUPPORT WITH THEIR PROBLEMATIC ALCOHOL USE?**

*Possible answers -*

*Embarrassed, stigma, guilt, no capacity, no time, no idea how to get started, fear of failure.*

1. **LET’S CREATE AN ACTION PLAN TOGETHER FOR SOMEONE WHO YOU FEEL NEEDS SUPPORT WITH THEIR ALCOHOL USE – what are the steps you would take to help them or yourself?**

*teacher - encourage them to do this at home too, like a promise to themselves.*

**Reach** out

Be **honest** with yourself

Spot the **signs**

 Call a **friend**

Tell a **loved one**

**Tell** a trusted adult create a **support** group

Show them you are **listening**

**Be there** for them

Know your **own** limits **check in** with yourself