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BINGE DRINKING

Length: 22 minutes

DVD SUPPORT NOTES

Prepared by Video Education Australasia, 2004

BINGE DRINKING

Brief Summary of Programme

This programme explores issues associated with young people and alcoholic binge drinking. It describes **what binge drinking is, who is likely to be involved in binge drinking, and the effects and consequences of binge drinking.** The programme features an interview with Geoff Munro, the Director of the Australian Drug Foundation's Community Alcohol Action Network, who describes the effects of alcohol in the body and the consequences of alcohol addiction.

The programme also includes diverse views from young people about their attitudes towards binge drinking and presents some of the warning signs for young people who would like to assist someone with an alcohol related problem. Strategies for reducing alcohol consumption and drinking responsibly are also discussed.

Programme Timeline

| | |
|-------|-------------------------------------------------------------------------------|
| 00.00 | Copyright warning and introduction |
| 01.56 | Alcohol – socially acceptable or is it? |
| 02.49 | Binge drinking – what is it? |
| 03.40 | Statistics about males & females who binge drink |
| 04.41 | Effects of alcohol |
| 05.06 | Short-term effects of alcohol use |
| 06.38 | Long-term effects of alcohol use |
| 07.30 | Reasons for binge drinking |
| 09.40 | Binge drinking ‘culture’ |
| 11.07 | Development of alcohol dependency and addiction |
| 13.45 | Associated risks of binge drinking - consequences of binge drinking |
| 17.25 | What can we do about it? |
| 19.44 | Tips for responsible drinking behaviour |
| 23.41 | Closing credits |

Suggested Activities Before Viewing the Programme

- This programme would be best used after some research and discussion has occurred in the classroom about the issues surrounding alcohol use and responsible behaviours. Ideally students should have been exposed to some information regarding risk-taking behaviours and the consequences of their actions.
- A harm-minimisation approach to all risk-taking behaviours should be encouraged. Harm minimisation involves a range of approaches to prevent and reduce unhealthy choices and to educate and promote responsible decision-making behaviour.
- Teachers could lead into this programme as another aspect of risky behaviour and taking responsibility for actions. The programme could also be used in the middle of a unit on alcohol and its effects, or as a review of issues previously covered in class at the end.
- Before commencing the programme the teacher will need to create a ‘class climate’. Students need to feel that they can make comments and discuss issues and opinions in a classroom that is non-judgmental and supportive of every member’s values and beliefs.

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While Viewing the Programme

1. What did the Salvation Army define as 'binge drinking', and what percentage of young people do it?

2. List some of the short-term effects of binge drinking.

3. List the long-term effects of regular alcohol consumption.

4. Describe some of the reasons given for why young people binge drink.

5. What does an increased tolerance level for alcohol mean? What impact does it have on a person's health?

6. What is an alcoholic?

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7. List some of the associated risks of binge drinking.

8. What issues does Geoff Munro outline that a young person might face if they overdose on alcohol?

9. The simplest way to avoid problems related to binge drinking and excessive alcohol consumption is:

10. There are a number of warning signs that indicate someone who has a binge-drinking problem. These signs include:

11. Geoff Munro suggests young people practice responsible drinking. What are some of the tips that he suggested?

12. Why is it difficult to convince young people about the dangers of binge drinking?

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Suggested Activities After Viewing the Programme

- Students could produce their own role-plays based on the scenarios presented in the programme. They could present a variety of possible endings, and consequences. A follow-up class discussion with the entire group would be a good avenue for resolving issues.

- Organise a class debate. Topics could include:

Should teenagers below the age of 18 drink alcohol at all?

Social drinking is a normal part of society.

Drinking habits formed by teenagers will stay with them for life.

Alcohol is the most dangerous drug.

- Students can form into small groups and develop a PowerPoint presentation. The presentation can focus on any of the range of issues associated with the programme such as:

How to help someone with a binge drinking problem

Responsible drinking

Warning signs that someone has a drinking problem

Useful Websites / Resources

Alcohol and Young People

www.healthinsite.gov.au/topics/Alcohol_and_Young_People

Centre for Adolescent Health

<http://www.rch.unimelb.edu.au/adolescent/>

National Alcohol Campaign to Target Teenage Drinking

www.health.gov.au/mediarel/yr2000/mw/mw20012.htm

The Salvation Army – Alcohol Awareness

www.salvationarmy.org.au/alcohol/default.asp