



No regrets? – Alcohol and Relationships 1

Session Aims:

1. To give young Friends information on how alcohol can affect sexual relationships, including in terms of risk.
2. To reflect on this in a way that enables sharing with, and learning from, other young Quakers within the context of Quaker values.
3. To recognise and enhance gender sensitivity and equality issues on these matters.
4. To increase young Friends' confidence in making considered decisions about alcohol and personal relationships.

For this exercise you will need:

1. A flip chart and pens both for you and sheets/pens for participants. Scissors and envelopes.
2. Copies of Handout 1 (Quadrant) and Handout 2 (Alcohol and young people) (at least 1 of each per 4/5 people)

Part 1

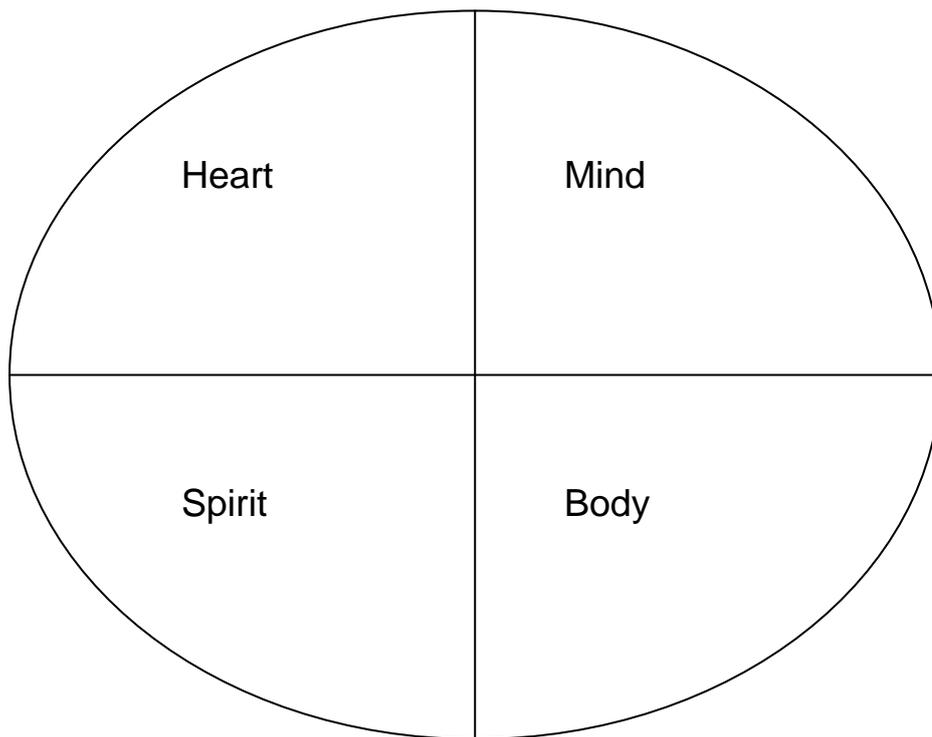
1. Ask the participants to split into small groups of up to 5.
2. Give each group the Quadrant handout and flipchart paper and pens and allocate a part of the quadrant to each group.
3. Ask them to consider what effect increasing amounts of alcohol have on that part of the self.
 - a. 1 drink
 - b. a few drinks
 - c. enough alcohol to get drunk
4. Allow 10-15 minutes for consideration and then feedback to the whole group.

Part 2

1. Ask the participants to split into single gender groups of 4 people each.
2. Give each group a copy of handout 2. Ask them to consider the information and questions in turn, recording points on a flip chart, - but not any relating to personal experiences, which should remain confidential.
3. Discussion length can vary, but 30 minutes would usually be appropriate. Then bring the single sex groups together to exchange perspectives and check out similarities/differences.

Alcohol and Relationships 1 - Handout 1

Quadrant of the different parts of the self



Alcohol and Relationships 1 - handout sheet 2

Alcohol and young people

- In one study, a third of females between 15 and 19 and over a quarter of males said they regretted sex that had occurred under the influence of alcohol.
- In another study, participants rated themselves as most heavily under the influence of alcohol within 15 minutes of beginning drinking and less so later - despite the fact that later their alcohol levels were higher and their performance on tests of judgement were more impaired.
- Three quarters of 16-20 year olds who are sexually active use contraception when sober. 59% do when moderately intoxicated; 13% when strongly intoxicated.
- The drink-driving limit is based on the fact that both judgement and physical co-ordination are impaired. This usually occurs at something between 2 and 4 units, depending on gender, body weight, and speed of consumption.

Questions

- What impact might alcohol have on friendships?
- What might make males/females feel regret about sexual relationships involving alcohol? (including situations/feelings that do not involve full sex)
- Consider whether there may be similarities or differences between males and females.
- Do Quaker values help you in your approach to drinking and relationships? How?