



1 What do you think Drea and Kam are talking about? What might have happened at the party?

2 Why do you think they didn't want to 'be the first one to say I didn't want any more'?

3 What might the short-term consequences of their behaviour be for their personal lives?

4 What might the long-term consequences be for their personal lives?

Tim

Tim is working his first full-time job at his uncle's business. Most of his colleagues are going to the annual Christmas party. Tim's uncle won't be there, so Tim sees it as a good opportunity to socialise without his uncle watching over him!

At the party, some money has been put aside so that everyone can enjoy a first drink for free, so Tim joins in the festivities. Later, one of his colleagues offers to buy him another drink, and he decides to stay a bit longer. Tim wants to repay them, so he buys another couple of drinks in return. Another colleague does the same and he doesn't feel like he can leave without paying them back too. Before he knows it, it's midnight and he's telling everyone stories about his family, including his uncle. Everyone is laughing!

Soon Tim is a regular at the team's after-work drinks, drinking more than the advised limit, but enjoying being 'one of the crowd'. A few weeks later at work, Tim overhears some of his colleagues repeating one of the stories he's told about his uncle and realises his uncle might have heard it too.

Eden

Eden used to enjoy having a few drinks on a night out but has decided recently to cut down on her alcohol intake. On a night out, one of her friends notices that she's drinking soft drinks and makes a joke about it. Eden brushes it off, but the next weekend, when she declines a drink again, several of her friends join in with the jokes and tell her that she's bringing the mood down. She doesn't want them to stop inviting her out, so decides to have some alcoholic drinks.

The next day, she wishes she hadn't, but all her friends are texting in the group chat, talking about how fun the night was and how it was great that she joined in. They are planning the next night out and ask Eden if she's coming too.

Izaak

Izaak has been at university for a few months. In the future, he hopes to build a career in sport. He has been training hard in the mornings and has joined one of the university's sports teams. But the team are known for having big parties during the week, and Izaak is finding it hard to balance this new lifestyle. He's becoming more and more worried about his performance as time goes on, especially as other members of the team don't seem to be struggling!

One day, when scrolling through his social media feed, he sees an advert for something that claims it can enhance performance in sports. He thinks that this might help him and places an order. One of his flatmates sees the package being delivered and jokes that Izaak really is one of the team now and will soon look like the rest of them.

	Tim	Eden	Izaak
Are there any internal pressures that the character might be feeling, that have come from their own values, wants, or expectations?			
Are there any external pressures that the character might be feeling, that have come from the values, wants, or expectations of others?			

	Tim	Eden	Izaak
Are there any short-term consequences that the character might face, as a result of their behaviour?			
Are there any ways that the character might be affected in the long term, by what is happening in this moment e.g. in their relationships, career, or reputation?			

	Tim	Eden	Izaak
Are there any internal pressures that the character might be feeling, that have come from their own values, wants, or expectations?	How might Tim be feeling? What might he be thinking when he decides to stay at the party and joke with his colleagues?	How might Eden be feeling? What might she be thinking when she decides to have alcoholic drinks after all?	How might Izaak be feeling? What might he be thinking when he decides to buy something to enhance his performance?
Are there any external pressures that the character might be feeling, that have come from the values, wants, or expectations of others?	How might Tim's behaviour be influenced by where he is, or by the people around him?	How might Eden's behaviour be influenced by where she is, or by the people around her?	How might Izaak's behaviour be influenced by where he is, or by the people around him?

	Tim	Eden	Izaak
Are there any short-term consequences that the character might face, as a result of their behaviour?	How might Tim feel after the party (or after the weekly drinks)? How might it affect him the next day?	How might Eden feel after the night out?	How might performance-enhancing substances impact Izaak's health? What effects might they have on his lifestyle?
Are there any ways that the character might be affected in the long term, by what is happening in this moment e.g. in their relationships, career, or reputation?	How could Tim's actions affect his job or relationships?	How might Eden's friendships change?	How could Izaak's actions affect his reputation or future career plans?

	Tim	Eden	Izaak
Are there any internal pressures that the character might be feeling, that have come from their own values, wants, or expectations?	<p><i>Tim might want to impress his colleagues by making them laugh and going drinking with them.</i></p> <p><i>He might want to separate himself from his uncle and establish his own identity with colleagues.</i></p>	<p><i>Eden might feel that making her friends happy by drinking with them is important to keeping their friendship.</i></p> <p><i>She might feel that the only way to fit in is to do what her friends are doing, even if it isn't what she wants to do.</i></p>	<p><i>Izaak might feel that he wants to fit in with a new group of friends, who he has to impress by joining in with whatever they do. Staying up late at night, possibly using alcohol or other drugs, might be having a negative impact on his performance on the team and on his body.</i></p> <p><i>He might feel pressure to excel on the team as he wants a future career in sports.</i></p>
Are there any external pressures that the character might be feeling, that have come from the values, wants, or expectations of others?	<p><i>It might be expected that everyone contributes to the party by buying a round of drinks, which means that people have multiple drinks. There might also be an expectation that everyone joins the rest of the team for after-work drinks.</i></p> <p><i>His colleagues might be applying pressure at the party, as they want everyone to stay and have a good time.</i></p>	<p><i>Eden's friends are expecting everyone to drink, and might make Eden feel embarrassed when they point out that she isn't joining in.</i></p> <p><i>Eden's friends might feel that an important part of their friendship is going out together and drinking, which puts pressure on Eden to join in.</i></p>	<p><i>The reputation of the sports team and their parties might influence Izaak to want to try to 'keep up' with them.</i></p> <p><i>If the team are competing, or their performance is measured against certain goals, there might be pressure on Izaak to make sure he is meeting these. He might also feel pressure to look a certain way in order to 'fit in' with the team.</i></p>

	Tim	Eden	Izaak
Are there any short-term consequences that the character might face, as a result of their behaviour?	<p><i>Tim might have a hangover after the party. This could make him late to work.</i></p> <p><i>He might feel embarrassed, anxious, or regret having shared personal and private stories.</i></p>	<p><i>Eden might not feel well the next day and might feel regret that she decided to drink alcohol. She might feel disappointed that she acted against her own wishes or annoyed with her friends for pressuring her.</i></p>	<p><i>If Izaak decides to use performance-enhancing drugs he might feel more confident in the short term, but build a reliance on the drugs that can lead to serious mental and physical health complications, including pain, erectile dysfunction, more aggressive behaviour, or poor mental health.</i></p>
Are there any ways that the character might be affected in the long term, by what is happening in this moment e.g. in their relationships, career, or reputation?	<p><i>If Tim's uncle finds out that Tim shared personal stories with his employees, there might be conflict in their relationship.</i></p> <p><i>Tim might lose his job or receive a formal warning at work.</i></p> <p><i>Tim's own reputation might be damaged for not acting in a professional manner at a work event.</i></p> <p><i>Regular heavy drinking each week might impact Tim's performance, especially on Fridays, which might also damage his professional reputation and lead to health problems.</i></p>	<p><i>If Eden shares how she is feeling with her friends, their relationships might change. It could have a negative effect on her friendships if they can't agree on a solution that works for everyone. But it could also strengthen their friendship if they can talk about it and agree not to place this pressure on Eden.</i></p> <p><i>Eden's reputation among her friends could change, or she might have to find friends who she feels able to spend time with, while feeling in control of how much alcohol she drinks.</i></p>	<p><i>If Izaak is found using performance enhancing drugs, he may be removed from the team and may face legal consequences. Anabolic steroids, when purchased without a medical prescription, are a Class C drug. As an adult, he would face a criminal record that may negatively impact his career plans, making it less likely to successfully pursue a career in sports.</i></p> <p><i>Drugs such as anabolic steroids can create dependence, and so he might find it hard to stop using these on his own. If he continues to maintain his lifestyle, he might begin to fall behind in his studies. He may also face long-term health complications such as reduced fertility, an increased risk of prostate cancer, and hair loss.</i></p>



Teachers and staff at school, college, or university

- Can help students to find further sources of support.
- Can be approached with questions or concerns about using alcohol, tobacco, vaping, and other drugs.
- Can listen to student concerns and worries. They might need to pass these on to the safeguarding lead to make sure that the students concerned are safe.



Friends, family, or carers

- Can give advice, support and guidance while directing someone towards further sources of support.
- Can provide a 'listening ear'.



GP

- Can provide confidential medical advice, prescribe treatment, and may refer someone to further support, for example, local support services.
- Can also signpost towards further support for mental wellbeing.



NHS 111

- '111' can be called for immediate (non-emergency) medical advice within the UK.
- Advisors can support with where to get help if someone is not sure what to do, and how to find more general health information and advice.



Local drug and alcohol support services

- Can provide confidential support with concerns about alcohol, drugs, or mental health.
- Can provide help if someone wants to get advice for themselves, or others.

Drinkline

Drinkline

- Can provide free, confidential advice for people concerned about themselves or others.
- Can be reached on 0300 123 1110.



National Association for Children of Alcoholics (NACOA)

- Can provide free and confidential support for children and young people who are affected by their parent's drinking.
- Can be contacted via their helpline, at 0800 358 3456, via email at helpline@nacoa.org.uk, or via instant chat on their website: www.nacoa.org.uk.



Frank

- Can provide confidential advice for people concerned about drugs and alcohol.
- Can signpost towards local support services available.
- Can be reached on 0300 12306600, or through text message at 82111.



Support groups for family and friends (e.g. Al-Anon)

- Can be contacted by anyone affected by someone else's drinking, and provide space to share experiences and offer mutual support.
- Can provide group support for young people who are affected by alcohol use in their family. For example, Alateen hosts meetings for 12-17-year-olds who are affected by the drinking of someone in their life. Alateen can be contacted at enquiries@al-anonuk.org.uk or 020 7593 2070.