

Lesson Plan

For 11+

Objective: Students will gain an understanding of Nacoa (The National Association for Children of Alcoholics), how to access support, and the impact of parental alcoholism on children and families.

Title: Understanding the Impact of Parental Alcoholism - Nacoa

Materials:

Projector and internet Access: PowerPoint presentation (Main Content),

Understanding the Child in Me video (In PowerPoint)

Handouts: Publications – Some Mums and Dads or advanced/12+ learners could use Information for Young People publication

Introduction:

- Show Understanding the Child in Me video (first slide of powerpoint)
- Start the lesson by discussing the topic of alcoholism and its impact on families.
- Introduce Nacoa as an organisation that supports children affected by parental alcoholism.

Main Content:

- Provide information about Nacoa.
- Discuss organisation's aims, including offering support to children of alcohol-dependent parents and promoting awareness.
- Explain the services provided by Nacoa, such as the free helpline, website resources, information packs, publications, social media
- Discuss the Nacoa model of care
- Describe how families collude to keep the problem hidden and the impact on children.
- Highlight the consequences of alcoholism on children's well-being and behaviour.
- Explain how parents adapt their behaviour to cope with alcoholism, leading to distorted communication and the adoption of roles by family members.
- Discuss coping strategies for children living with a parent's drinking problem.
- Emphasise the importance of seeking support and talking to someone they trust.
- Highlight the scale of the problem, with statistics about children living with parents who drink too much.

- Discuss resources and services available

Group Discussion and Activity

- Divide students into small groups and ask them to discuss how they would support a friend dealing with parental alcoholism.
- Have each group share their ideas with the class.
- *The Optional Homework Assignment below could also be used as an activity*

Conclusion and Reflection

- Summarise the key points of the lesson.
- Encourage students to reflect on what they've learned and how they can raise awareness about the issue of parental alcoholism.

Optional Homework Assignment:

- Ask students to create a poster on the topic of parental alcoholism and its impact on children, using information from:
 - The lesson
 - Nacoa.org.uk
 - Some Mums and Dads publication handout

Differentiation ideas: Advanced learners and aged 12+ may use the Information for Young People publication instead of Some Mums and Dads. Advanced learners could write an essay rather than creating a poster.

Assessment:

- Evaluate students' participation in the group discussion and the quality of their homework assignments.

****Note:****

Adapt the duration and content of each section to fit the available class time

Read through Information for Teachers Publication