

Drugs & Alcohol Worksheet

In your groups, talk about your case study.

Case Study

Dan has spent Saturday evening at his friend's house with a group of friends drinking and watching football. Out of the blue, Dan gets a call from his girlfriend, Megan, who has been at a party with her friends. Megan tells him that the party got a bit out of hand, there was a fight and they had left. They had also missed the bus home and there was a long wait for the next one. Megan asks Dan to come and pick them up. He doesn't hesitate and goes to get them. In the car, Megan realises Dan has had a bit too much to drink. He seems overconfident and is driving too fast, particularly around bends. She begins to feel anxious but doesn't say anything.

Why did Dan drive?

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What should he have done?

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Why didn't Megan say anything?

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Safe Drive Stay Alive

Your action plan

For each of these situations, draw an arrow to the action you will take. You can pick more than one action for each situation. You don't need to use all the actions.

Situations

I am offered a lift by a driver I fancy but I know they have been using drugs

A friend asks me to give them a lift after I have had a drink

I am offered drugs when I know I have to drive the next morning

I've missed the bus and a friend offers me a lift but I know they have been drinking

I'm late for work and need to drive but I was drinking last night and I'm probably still over the limit

Actions

Remember that I'm not the sort of person who puts my friend's lives at risk

Think about how I'd feel if we crashed and I was disfigured

Remind myself that being late is better than being arrested

Think about how my life would be affected if I had a criminal record for drink or drug driving

Remember the emotional pain and suffering that road crashes cause

Your idea.....