Positive Choices — Drug and Alcohol Information
Get informed, stay smart, stay safe

Quick activity

Understanding Standard Drinks: Class Activity



Evidence ratings:

This resource has undergone expert review. See our Help/Q&A section for more details.

Year: Year 7–8

Targeted Drugs: Alcohol

Tags: OurFutures, standard drinks

Time Allocated: 1 lesson

Links to National Curriculum:
ACPPS073 (Yr 7–8)

Origin: Australian

Cost:
Free

Attachments

Understanding standard drinks worksheet Understanding standard drinks answers

Developers

Previously known as Climate Schools, **OurFutures** was developed by researchers based at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney, Australia. See the OurFutures website for more information.

Format

Individual worksheet.

Preparation

Print or electronically share the attached class worksheet "Understanding Standard Drinks".

Activity

Individual Activity:
Students complete the "Understanding Standard Drinks" worksheet. Encourage them to use the Standard Drinks Chart provided in the worksheet.

This activity could be completed as a homework activity. You may wish to later provide students with the "Understanding Standard Drinks Answers" document for them to check their work.

Benefits

- Understanding and ability to apply the concept of a standard drink.

Evidence Base

Secondary teachers reviewed this and other OurFutures activities, with 92.3% rating these activities as good or very good. This particular activity was among the most popular activities selected for implementation by teachers.

The benefits of implementing individual activities from OurFutures has not been examined. The benefits of implementing the entire 6 session OurFutures program has been supported by multiple research studies, see OurFutures: Alcohol Module.

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