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

Video

With and Without (Alcohol)



Evidence ratings:

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

Year: Year 7–8, Year 9–10, Year 11–12

Targeted Drugs: Alcohol, Drugs (General)

Tags:

Time Allocated: Partial lesson (under 45mins)

Links to National Curriculum:
ACPPS072 (Yr 7–8), ACPPS073 (Yr 7–8), ACPPS074 (Yr 7–8), ACPPS089 (Yr 9–10), ACPPS090 (Yr 9–10), ACPPS095 (Yr 9–10)

Origin: Australian

Cost:
Free

Available

This video is available on YouTube.

Watch 'With and Without'

Developers

- Linked Up program and high school students from South West Sydney
- Filmotion Productions
- Drug and Alcohol Multicultural Education Centre
- Outloud (formerly Bankstown Youth Development Service)

Summary

Video length: 1:27

This short video provides information about the effects of alcohol by showing two alternative scenarios in a day in the life of a student. The first version shows the student after drinking alcohol and the second after not drinking. The video was a collaboration between developers of the “Linked Up” health and wellbeing program for culturally and linguistically diverse students and youth from a high school in South West Sydney. The video’s message is highly relevant as alcohol is one of the most commonly used drugs among Australian youth. The video can be used as a conversation starting point around the physical and mental effects of alcohol use. Students were involved in every part of the video process and the youth featured in the video are from culturally and linguistically diverse backgrounds.

Expected Benefits

- Increased knowledge of alcohol-related health effects and harms.
- Increased knowledge of alcohol-related social effects and harms.

Evidence Base

Expert Review*:
The video was developed by a credible and respected organisation who are experts in multicultural drug and alcohol issues. It is highly relevant to the cultural context of Australia and has been developed using best-practice co-design methodologies working together with students from culturally and linguistically diverse backgrounds. Whilst the effectiveness of the video itself has not been tested, information provided in the video about the effects of alcohol align with the evidence base regarding what is known about alcohol.

* Review provided by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.

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