



PHUZA WIZE
DRINK SAFE. LIVE SAFE.

Grade 7 Learner's Book

Dealing with alcohol safely



Violence prevention through alcohol reduction

This book is part of the Phuza Wize – Drink Safe. Live Safe – campaign to encourage people to drink less alcohol, and so reduce alcohol-related violence. The Phuza Wize – Drink Safe. Live Safe – campaign aims to:

- provide information about how alcohol affects our health and safety
- raise awareness of what people who choose to drink can do to drink responsibly
- work with the police, community police forums and other community groups to make alcohol-free zones around schools and other places in their neighbourhood
- encourage owners and managers of taverns, shebeens and bars to take action to make their establishments safer places for people to drink.

The Soul Buddyz Clubs are an important part of the Phuza Wize – Drink Safe. Live Safe – campaign. If we all work together we can make a difference and create safer communities!

For more details about the campaign contact:

www.phuzawize.org.za or www.soulcity.org.za/Tel: 011 341 0360



The Soul Buddyz Team would love to hear what you think of this book, and any ideas you have about the campaign. Contact us on: Tel: 0860 283 399, Email: info@soulcity.org.za, Write to: PO Box 462, Douglasdale 2165, Johannesburg, South Africa

Don't Drink and Drive



About this book

As you read this book you will find out:

- how alcohol affects people
- what you can do to protect yourself, and others, from the misuse of alcohol.

Before you start check out the competition activity on page 13. The activities in this book will help you to get some ideas for the competition. Keep a notebook and pencil nearby so you can write down your ideas before they fly away. You may also use your ideas in another Soul Buddyz Club project in the future.

Remember,
learning is a
journey – enjoy
the ride!

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Except for the one on page 12, the stories in this book are not about real people, but they are based on real experiences that people have with alcohol.

Websites that were used as sources of some of the information in this book: <http://www.cyh.com> (Children, Youth and Women's Health Service); <http://kidshealth.org>; accessed 20 April 2010.



Alcohol – the facts

*Many young people say it's cool to drink alcohol.
Use these pages to find out some of the facts
about alcohol and then decide what you think.*

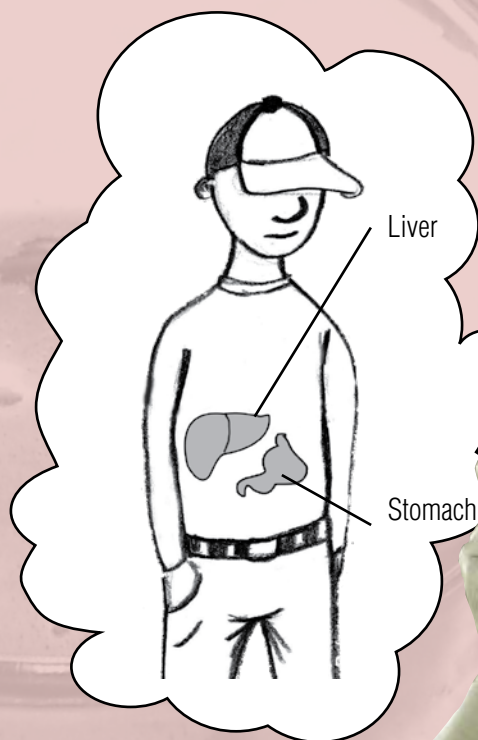
Alcohol and your body

The alcohol in a drink goes from the stomach into the blood system and to the brain. Alcohol is a drug. It makes the nerve cells in a person's brain work more slowly. The liver is the part of the body that breaks down the alcohol and helps to clear it from the body. However, children's livers are still developing and cannot do this.

If a person regularly drinks a lot of alcohol their body can get badly damaged, especially their brain and liver.

A small amount of alcohol may make a person feel relaxed. If they drink too much alcohol, they will begin to lose control of their body. They may also behave in a strange way, do silly things or become violent.

Often people do not realise that alcohol is affecting their body. If they carry on drinking they may think they can still do things properly, like drive a car, but they can't.



Too much alcohol may make a person:

- walk unsteadily
- be unable to see properly or to speak clearly
- feel angry or sad
- do things that they regret afterwards
- become dependent on alcohol (addicted).

People who are HIV positive need to be very careful about drinking alcohol. Alcohol can make it harder for their bodies to fight HIV.

Activity 1 Do your own research

- Do any of your friends or family drink alcohol? If so, ask one or two of them to tell you why they drink it. Did they ever drink too much alcohol? How did it make them feel?
- Have you ever drunk alcohol? If you have, think about why you did it. How did it make you feel?
- Write down in your notebook what you found out.

Children's bodies are more affected by alcohol than adults' bodies. Read what happened to Thulani.

Thulani's experience



Thulani's parents had a party. Lots of people were drinking and dancing. Thulani pretended to help collect the glasses and bottles. But he was secretly drinking the alcohol left in them.



Thulani's mother found him lying on the floor, unconscious. The alcohol had poisoned him. Thulani was taken to hospital quickly, and he got better. Many children are not so lucky.

Alcohol poisoning

If a person drinks a lot of alcohol very quickly they can get alcohol poisoning. They become unconscious and may vomit. They must be taken to a hospital quickly. Alcohol poisoning is very dangerous.

Some signs of alcohol poisoning

- The person is unconscious – they look as if they are asleep, but they don't respond when you try to wake them up.
- The person is breathing very slowly, less than eight breaths a minute.
- The person's skin is cold and bluish – signs that their body is not getting enough oxygen.

Some young people get alcohol poisoning because they play drinking games. Games that encourage people to drink a lot of alcohol very quickly are dangerous.

If a pregnant woman drinks alcohol, the alcohol can damage her baby before it is born. It can cause the baby to have a mental or physical disability.



Under the influence of alcohol

In South Africa, many people are affected by the unsafe use of alcohol – even if they do not drink alcohol themselves. Here are some examples of how alcohol puts people at risk.

Alcohol and road safety

'My sister was crossing the road when she got hit by a car. The driver was drunk and did not stop at the red robot.'

'My uncle always went to the tavern on Saturday night. One evening he had too much to drink. He was walking home but could not walk straight and went into the road. A car skidded to a stop just inches away from him. The driver, who was sober, was shocked but at least he had stopped in time.'

Alcohol and unsafe sex

'I woke up next to a girl I didn't even know! I'd had a lot to drink the night before. I could not remember what had happened. It turned out that we'd had sex – without using a condom! I will have to have an HIV test.'

'I didn't really want to have sex with my boyfriend. But one night we went to a party and I had a few drinks – those sweet drinks that don't taste like alcohol. I agreed to have sex. We forgot to use a condom. I got pregnant.'

Alcohol and violence

'My dad often comes home drunk from the shebeen. When he's drunk he gets angry at little things. Sometimes he hits my mom.'

People who are drunk are more likely to get into violent situations and get hurt.

Research studies show that most victims of violence in urban areas of South Africa had high levels of alcohol in their blood.

Drunk pedestrians and drunk drivers can cause road accidents.



Activity 2

Is alcohol misused in your neighbourhood?

- Have you heard stories like the ones on this page?
- If people choose to drink, what do you think they can do to protect themselves and other people? You will find some ideas on page 5.
- What do you think would encourage people in your area to drink sensibly? Make a list of your ideas.

Sensible drinking

Sensible drinkers are careful about when they drink alcohol, and they never drink too much. They are in control of their bodies – not the alcohol! They know that their own safety, and the safety of people around them, depend on it.

Here are some things that adults can do to drink sensibly. It is safer for children not to drink alcohol at all. Children's bodies are still growing and they cannot process alcohol in the same way as adults' bodies.

Stay within the limits

For an adult a safe limit is one drink in one hour, and not more than two drinks in one evening. Children can be affected by drinking less than this, **so there is no safe limit for children.**

One drink means a drink that has one unit of alcohol in it. One unit of alcohol is about 10 ml of pure alcohol, called ethanol. It takes the body of an average healthy adult about one hour to break down one unit of alcohol.

Some types of alcoholic drinks are stronger than others and contain more alcohol. Each of the drinks in this picture contains one unit of alcohol.



You cannot always tell how strong a drink is by its taste. Sugar and fruit flavours hide the taste of alcohol.

The strength of alcoholic drinks is shown on the outside of the bottle or can. It is usually given

as the percentage of Alcohol By Volume (ABV). The higher the percentage the more alcohol the drink contains and the stronger it is.

Drink slowly, eat some food

Alcohol gets to the brain quickly if a person drinks quickly. The alcohol also reaches the brain faster if the person has an empty stomach. Therefore it is safer to:

- drink alcohol slowly
- eat some food before drinking.

Never drink and drive

A person should never expect to be able to drive safely or operate dangerous machines after drinking. Their reactions will be slower and this can cause accidents.

If a group of friends go out together, one person can volunteer not to drink and drive the others home. Or call a taxi.

Respect other people

Never make another person drink alcohol if they choose not to. Avoid playing drinking games.

Activity 3

Investigate under-age drinking

With some friends, talk about your answers to the questions below.

- The law says that no one can sell alcohol to people under-18 years old. Do you think this is a good law? Why/why not?
- Do children in your area drink alcohol?
- Where do they get it from?
- What do you think can help children to make safer choices about alcohol? Make a list of your ideas.

Making your own choices about alcohol

Knowing the facts about alcohol can help people to make safe choices about drinking. But sometimes it's hard to say 'no' to alcohol. On this page you will find some ideas that can help you to stand up for what is right for you.

Under pressure to drink...



Have you ever been under pressure from your friends to drink alcohol? What did you do?

Trying out new things is part of growing up. But experimenting with alcohol and other drugs can lead to big problems later.

Many young people decide not to drink alcohol, and their friends respect their choice. You can learn how to say 'no' to alcohol in a positive way that will not make you look silly or weak in front of your friends. Here are some ideas:

Tips for saying 'no'

- look directly at the person
- speak in a firm voice, be polite, be casual
- avoid giving explanations – or a lesson about the dangers of alcohol

- be prepared – practise a few good lines, for example:
'No thanks, I'll get myself a coke.'
'No thanks, I don't want to.' And move on to do something else.
'No thanks, I'm in training for a big soccer match.'

Your response may encourage others who also don't want to drink alcohol. You could be the leader who sets a new trend!

Activity 4

Be prepared to say 'no'

Draw a comic picture to show yourself at a party being offered a drink. Draw a speech bubble and write in it what you would say.

The power of advertisements

Have you ever wanted something because you've seen it advertised? Advertisements are all around us – on billboards, in newspapers, in magazines, TV and radio. They influence the choices we make about what we want and what we buy. Sometimes we buy things that we do not really want or need, but because we like the other things the advert is showing.

Companies make adverts to sell their products. Understanding adverts and what they are really saying – or not saying – about a product, is an important skill. It can help us to make choices about what's right for us.



Activity 5 Analyse alcohol adverts

Look out for advertisements for alcoholic drinks on TV, newspapers or magazines, or billboards. Choose one that you like and write about it, using a form like this.

Do you think there should be alcohol adverts at events that children watch? For example, soccer matches? Why/Why not?

Advert for _____

I saw the advert: on TV ☐ in a newspaper ☐ in a magazine ☐
on a billboard ☐

I liked this advert because: _____

The main message of the advert is: _____

Facts about alcohol that were in the advert: _____

Other things that the advert was saying, or ways in which it could be misleading: _____

Activity 6 Identify alternatives to drinking alcohol

Here's what some people say about why they drink alcohol:

'At a party it's easier to dance and chat to people after a drink.'

'A drink helps me to relax after work.'

'I drink because my friends do it – I don't want to be left out of the fun!'

'I drink when I'm sad. It helps me to forget my problems.'

Think of things that people can do to relax, have fun and cope with their problems without drinking alcohol. Write down your ideas.

When I feel shy or nervous, I get courage from: _____

What I do to have fun and relax: _____

Things that make me feel better when I'm sad: _____

Less alcohol, less violence

Alcohol can lead to violent situations. To help to avoid these we can reduce the misuse of alcohol and control anger.

Mamello learnt that alcohol on a school trip can cause serious trouble. Here's her story.

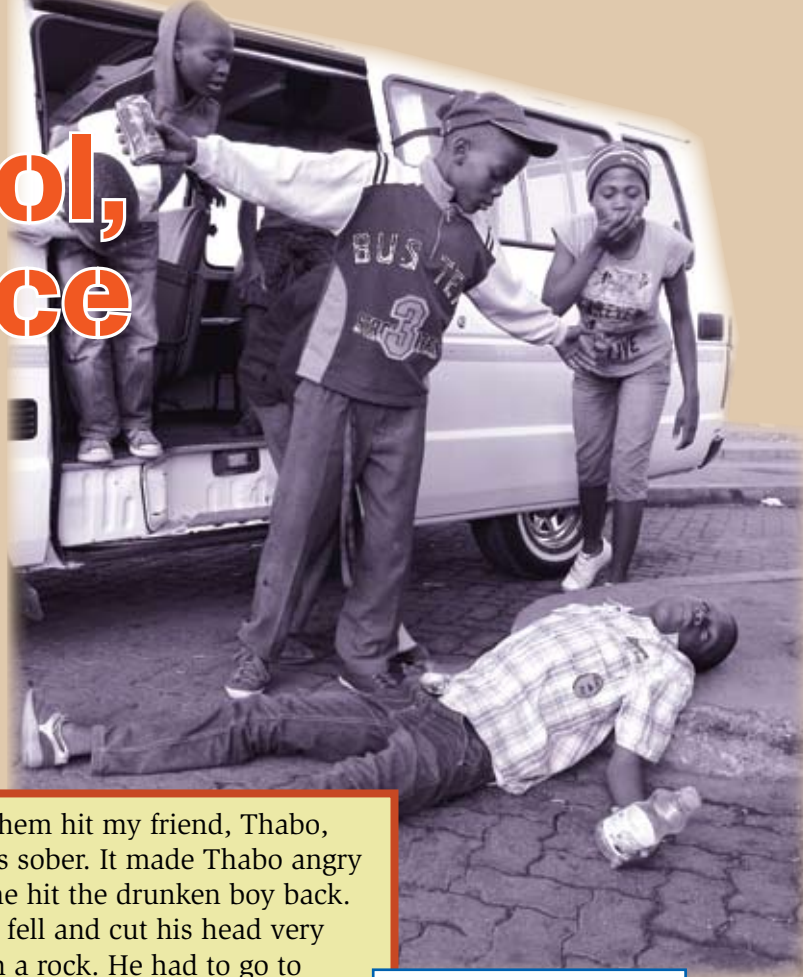
Mamello's story

'On our last school trip, some boys had mixed alcohol in their cold drink bottles. They drank it on the bus. I smelt the alcohol, but I didn't say anything.

Later the boys started behaving badly. There was a big fight and people got hurt.

One of them hit my friend, Thabo, who was sober. It made Thabo angry and so he hit the drunken boy back. The boy fell and cut his head very badly on a rock. He had to go to hospital to get stitches. The next day the drunk boys and Thabo were suspended from school.

If only we'd done something to stop the violence ...'



Action to avoid violence on the school trip

To stop the boys drinking ...

1. Mamello tells the teacher about the alcohol. The teacher takes the drink away from the boys and pours it on the ground.

To stop the violence getting worse ...

2. Thabo does not hit back, but just walks away saying: 'There's no point fighting with drunks.'

Activity 7

Suggest ways to reduce the misuse of alcohol and violence

1. Read Mamello's story.
Why do you think the boys brought the alcohol on the school trip? Has anything like this happened in your school?
2. Read the ideas for avoiding the violence on the school trip. If it was your class on the school trip, which action would you choose? Why?

With a group of friends:

- Talk about what can be done to reduce the misuse of alcohol at school. For example, what makes it difficult, or easy, for a learner to report the misuse of alcohol to a teacher? Write down your ideas.
- Think about the last time you saw a fight at school. What started it? What do you think could have stopped it? Do you think it is easy or difficult for someone to turn away from a fight? Why?
- One idea to reduce the misuse of alcohol is to create alcohol-free zones – places where alcohol is not allowed. What do you think of this idea?

Less violence means less bloodshed from fights. This may reduce the risk of HIV infection, as one way that HIV is spread is by HIV-infected blood getting into the blood of another person.

Protecting yourself from violence

Alcohol makes people do things that they would not normally do. They may tease people, say bad things and cause fights. It is not a good idea to argue with a drunken person, it is safer to stay out of their way until they are sober.

Thandi tells us what she does when her mother drinks too much:

‘My mother gets angry when she drinks. I know that she is not angry with me. But it’s best to keep out of her way. I go to another room until she sobers up.’

If you live with a person who regularly gets drunk and makes you feel unsafe, tell an adult that you trust about it. You can also call **Childline 08000 55 555** or one of the organisations listed on page 11.

Control anger

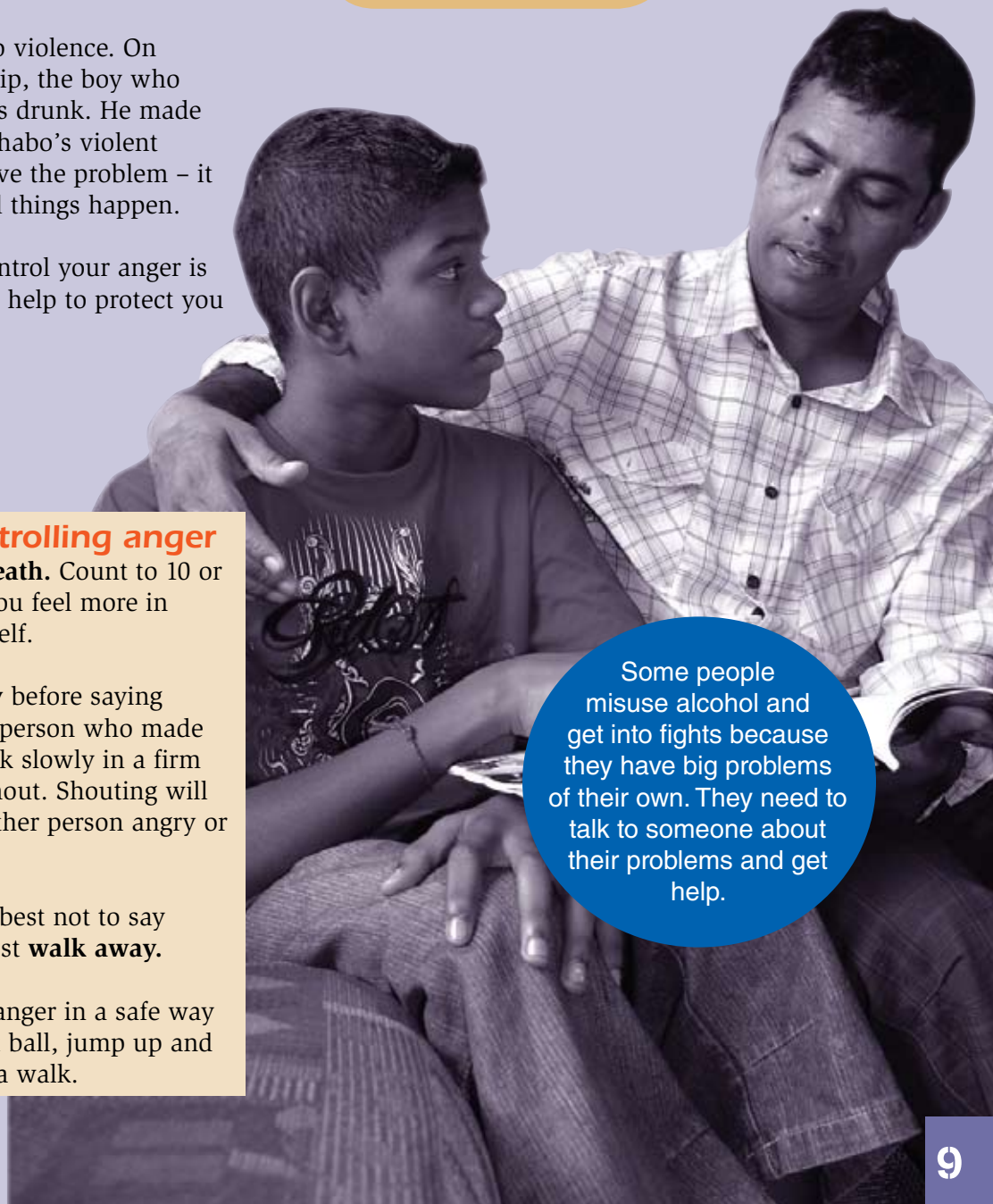
Anger often leads to violence. On Mamello’s school trip, the boy who started the fight was drunk. He made Thabo angry. But Thabo’s violent reaction did not solve the problem – it just made more bad things happen.

Learning how to control your anger is a useful skill. It can help to protect you from violence.

Ideas for controlling anger

- **Take a deep breath.** Count to 10 or even 20, until you feel more in control of yourself.
- **Think carefully** before saying anything to the person who made you angry. Speak slowly in a firm voice. Do not shout. Shouting will just make the other person angry or upset.
- Sometimes it is best not to say anything, but just **walk away**.
- Get rid of your anger in a safe way – squeeze a soft ball, jump up and down or go for a walk.

Some people misuse alcohol and get into fights because they have big problems of their own. They need to talk to someone about their problems and get help.



Coping with a drinking problem

These pages give some ideas for what you can do if you, or someone you know, has a problem with alcohol.

What is a drinking problem?

A person has a drinking problem when their use of alcohol regularly causes trouble for themselves or their family and friends. This may include arguments or fights, being late for school or work, not doing homework properly, driving accidents and health problems.

What you can do if someone you know has a drinking problem

Many people who have a drinking problem cannot see it. They may blame other things for their problems and find it hard to accept that alcohol is the real cause. This can make it difficult for their friends and family to help them.

If someone you love has a drinking problem, it is important to remember that **it is not your fault**.

It is also important that you **talk to an adult that you trust** about the problem. For example, a teacher, a relative, a pastor or the school counsellor. Read what Francina did, on page 11.

If you do not know anyone you can talk to, call Childline or another of the organisations listed on page 11. They are trained to help children to cope with such problems.

Alcohol addiction

Some people get addicted to alcohol. This means that their body starts to depend on alcohol and expects to get it every day. If their body doesn't get alcohol it gives them problems, as if it is screaming for the alcohol. This condition is called alcoholism.

A person who is addicted to alcohol needs professional help to get better. After they have recovered, they cannot drink alcohol as they may get addicted again.

An idea

Whenever you have big problems, it helps to get your feelings out. If you don't feel like talking to anyone, try to write down your feelings or draw pictures to show how you feel.

Activity 8 Support each other

- If you have a relative or friend who has a drinking problem, find other children who have a similar experience. Form a support group to help each other. It helps to know that you are not alone, that other people have similar problems. You can learn from each other about different ways to cope with the problem, and identify adults who can help.
- You may also find stories of what people did to cope with their drinking problem. Sharing these with other people may give them ideas of what they can do.
- Make a small poster that gives the contact details of organisations that help people to deal with a drinking problem, or help their families and friends. Put your poster on a school or community notice board.



Francina's story

'My friend Selby kept telling me to talk to someone about my dad. After a while I decided to talk to my aunt. I told her how I feel when my dad comes home drunk. How I can't sleep properly because I worry about him. How whenever I try to talk about it he just shouts at me.

I felt better after talking to my aunt. I don't feel so alone now. My aunt said that dad has to take charge of himself and his drinking problem. She thinks it might help if my uncle speaks to him. My uncle also used to drink too much. He joined a support group and that really helped him. Now he never drinks.'



Signs that a person may have a drinking problem

If a person has more than one of these signs, they may have a drinking problem:

- memory loss (blackouts) from drinking
- often has hangovers (headaches and feeling unwell after drinking)
- drinks more than their friends
- often drinks alone
- says they will not drink today, but still ends up drinking
- friends or family members who often worry or complain about their drinking

If you think that you have a drinking problem:

- talk to someone you can trust
- get help from a professional – contact Childline, or one of the organisations listed below.

Many people feel ashamed or embarrassed to talk about a drinking problem. But talking about it is a first step to dealing with it.

Organisations that can help

South African National Council on Alcoholism and Drug Dependence (SANCA)

Tel: 011 781 6410

www.sancanational.org.za

Helps people to get better from a drug addiction. Also provides support for their families.

Al-Anon and Al-Ateen

Helpline: 0861 25 26 66

National office: 021 595 4508

www.alanon.org.za

Supports families and friends of people who have a drinking problem.

Lifeline

Helpline: 0861 322 322

Childline

Helpline: 08000 55 555 – landline calls are free
www.childlinesa.org.za

The following organisations help people who have a drinking problem to find other people who have had similar experiences. Being in a support group helps many people to deal with their addiction.

Alcoholics Anonymous (AA in SA)

Helpline: 0861 435 722

www.aanonymous.org.za

Narcotics Anonymous South Africa

National 24-hour helpline: 083 900 69 62

www.na.org.za

Making safer drinking places

This page shows what owners of taverns, shebeens and other drinking places can do to reduce some of the problems caused by drinking.

A responsible tavern owner

Cindy owns a tavern in Soweto. Cindy is a member of the South African Liquor Traders Association (SALTA) which is a partner of the Phuza Wize – Drink Safe. Live Safe – campaign. Cindy follows the 10 points of a safer drinking place that Phuza Wize encourages. She says that they have helped her to manage her tavern responsibly.

Cindy keeps to these rules because it is good for business. Her customers prefer her place to other taverns, which are often dangerous. At weekends Cindy sometimes closes her tavern before midnight because she does not want to deal with people who are too drunk. For Cindy, it is better to be safe than greedy for drunk people's money.

Cindy also has some extra rules of her own. She does not:

- serve teachers during school hours
- serve alcohol to police in uniform
- play loud music during exam time because children in the area are studying.

It is illegal to sell alcohol without a license from the national, or provincial, liquor authority, which is also known as the Liquor Board.

The story about Cindy's tavern (not her real name) has been adapted from Soul Xpression, Issue 1, page 6, Soul City, Johannesburg, 2010



Phuza Wize – Drink safe. Live Safe – says that a safer drinking place:

1. Does not sell alcohol to drunk people.
2. Does not sell alcohol to people under the age of 18.
3. Does not sell alcohol to women who are clearly pregnant.
4. Also sells food and non-alcoholic drinks; and makes water available.
5. Has good lighting, clean toilets and security.
6. Is not too crowded, with no more than three people per square meter.
7. Has a clearly defined area inside and outside.
8. Encourages customers to not drink and drive.
9. Displays safe sex messages and condoms.
10. Closes by midnight on Friday-Saturday, and by 8pm on other days.
Opens at 2pm on Sundays and 1pm on other days.

Activity 9

Do a survey of a drinking place in your area

1. Make a list of things that you would expect to find in a safe drinking place (for example, notices about opening hours, not serving to children).
2. With an adult that you trust, go to a drinking place in your area. Do not go at night, or when the place is very busy. Take your list of things to look for. As you find them, tick them off on your list.
 - How safe do you think the place is?
 - What do you think can be done to make it safer?

Idea

Write out your recommendations to give to the manager, or owner, of the drinking place. Your action may help them to make their drinking place safer.

Competition!

To enter the competition:

Write a drama to tell the story of a group of people who took action against the misuse of alcohol. Write it for people who live in your community, to show what they can do to make your area safer.

Competition guidelines

- You can write your drama in any South African language.
- The drama must take between 10 and 15 minutes to act out. It should be in three parts.

Things to include in your drama

1. The three parts to your drama:
Scene 1 needs to explain why the group took action, the problem they wanted to solve. It needs to get people's attention, so they sit up and listen to the drama.
Scene 2 needs to show what the group did, the people or other groups they involved, and how they dealt with any challenges. Some ideas for action are given on this page – but you will probably have lots of your own!
Scene 3 needs to show the results of the action and how it made the area safer. Also show what the group learned from their experience – some tips or suggestions for other groups who want to take similar action.
2. Some facts about alcohol and how it affects people.
3. Descriptions, or pictures, of the place for each scene, for example in someone's home, under a tree in the school grounds, in a tavern.
4. Titles of any songs or music that you will use, descriptions or pictures of costumes or other things your actors will need (props).
5. Any pictures you may need to help you tell the story. You can draw your own pictures, or cut out pictures from magazines or newspapers.

Send your entry to: The Soul Buddyz Team: PO Box 462, Douglasdale 2165, Johannesburg, South Africa
Or Email: info@soulcity.org.za
Closing date for the competition: **23 September 2010**

How your drama will be assessed

The competition judges will give points for:

- correct facts about alcohol and how it affects people
- creativity – new, fresh ideas
- clarity – your writing and pictures need to be clear for judges to read
- practicality – your ideas for action need to be practical, something that individuals or a community group can do without a lot of money or resources

You can also send in any notes or background information you collected as you worked through this book. But the judges will not assess these.



Win a place on the
Soul Buddyz Leadership
Camp in KwaZulu-Natal,
December 2010.

What do you think makes a good leader?

Here are some ideas ...

honesty

hard working

a good communicator

a good listener

respect for others

trustworthy

a commitment to helping others

Some ideas for action to reduce the misuse of alcohol:

- tell one other person about the risks of alcohol
- listen to a friend who may have an alcohol problem
- start a campaign to make a school an alcohol-free zone
- encourage people to drink sensibly or to make a decision to say 'no' to alcohol.

The day the show came to town

Characters

Ma Setjeo the dressmaker; Thandi the policewoman; Bob the guitar player; Fred an old man who lives in the village

Scene 1

A cold evening, outside a house in a village. The sun is setting over the fields.

Fred, dressed in a warm coat and carrying an umbrella, comes out of the house. He looks down the road. He sees some drums and a guitar in the middle of the road! 'Hey, is anyone there?' ...



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