

Unit 3 2009

Buddyz learn about alcohol, and take action



Buddyz learn about alcohol, and take action

Heyta Buddyz heyta!

Thousands of years ago, before there were even big villages or towns, people began to brew and drink alcohol. Today, alcohol is still part of many communities' traditional ceremonies and celebrations.

Around the world, and in South Africa, there are different views that people have about alcohol. Some people refuse to drink it at all.

Small amounts of alcohol are not harmful for most adults. But larger amounts make people drunk.

Alcohol is a drug. When you misuse it, you no longer think clearly. You take risks. You say and do things you would not say and do if you were sober. This often leads to violence.

For example, people often fight with each other when they drink too much. Children get beaten up. Terrible accidents happen at work, at home and on the roads. Many people die because of alcohol.

People often take risks when they are drunk. For example, they may have sex with someone, but they wouldn't have done so if they were sober. Also, because they are drunk, they may not use condoms. They could get, or pass on, HIV or other sexually transmitted infections. Girls and women can get pregnant.

This unit gives you ideas about how to stop the violence, and the other harmful things, that happen when people misuse alcohol. This unit also encourages you to think about what choices and decisions you will make in your own life about alcohol.

One thing is for sure, though. Alcohol is not good for children or teenagers. It can harm your brain and the way you grow.

Learn and take action, Buddyz. The future is yours.

Stay safe! Act safe!

*The Soul Buddyz
Club Team*

Children
must not play
in alcohol
drinking places.



Alcohol is not good for children or teenagers. It harms your brain, and the way you grow.



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Goals for this unit

Goals are things that you plan to achieve.

Done



1. Learn more about alcohol misuse. ☐
2. Look at how there is a link between alcohol and violence. ☐
3. Identify the messages that alcohol adverts send out, and what really happens with alcohol. ☐
4. Think about how our communities can be made safer for children. ☐
5. Learn new tools to cope with difficult situations involving alcohol. ☐
6. Remember our dreams and goals. ☐
7. Do a project that will help to make a difference to reduce alcohol misuse. ☐

The Soul Buddyz Club Team would like to say a big thank you to the clubs that gave us permission to work with them and take photographs for this unit: Roseterville Central Primary School, Aha Setjhaba Public School

Thank you!



1. What alcohol does to your body

We will need *one meeting* for this activity.

Our *goal for this activity* is to learn more about alcohol.



The facilitator and the club chairperson will read and lead this activity. The secretary will help with writing notes.

Step 1

I am going to read the letter from the Soul Buddyz Team on page 2, and then I will read the goals for this unit on page 3.

Step 2

Buddyz, let's chat. What do you think alcohol does to a person's body and mind? Please can the club secretary write down Buddyz' points.

Step 3

I am going to ask a few Buddyz to help read out the information box called *Facts: What alcohol can do to you*. We can see if it has any extra points that we didn't think of.



Facts: What alcohol can do to you

Alcohol is a drug called ethanol. You can find out more about ethanol from your science educator. There are many things that alcohol does to your body. Here are some of them.

- Alcohol makes the messages from your brain travel more slowly to the rest of your body. This makes you react more slowly to danger.
- Alcohol affects your balance so that you can't walk on a straight line, or drive straight.
- Alcohol stops you from thinking clearly. You act less responsibly.
- Alcohol makes you less shy. You will say and do things that you would not say or do if you were sober.
- Alcohol puts you at high risk for something bad happening to you. It also puts you at risk of doing something bad to someone else.
- Alcohol is like any other drug. If you become addicted to it, you need to drink more and more to get to the same level of drunkenness.

When is a person drunk?

- You are drunk when you have lost control over what you say and do.

A lot of alcohol over a long time can make you die too young

How does alcohol damage your health?

Alcohol:

- destroys your brain cells
- causes damage to your liver
- causes cancer
- causes stomach problems
- causes high blood pressure and strokes

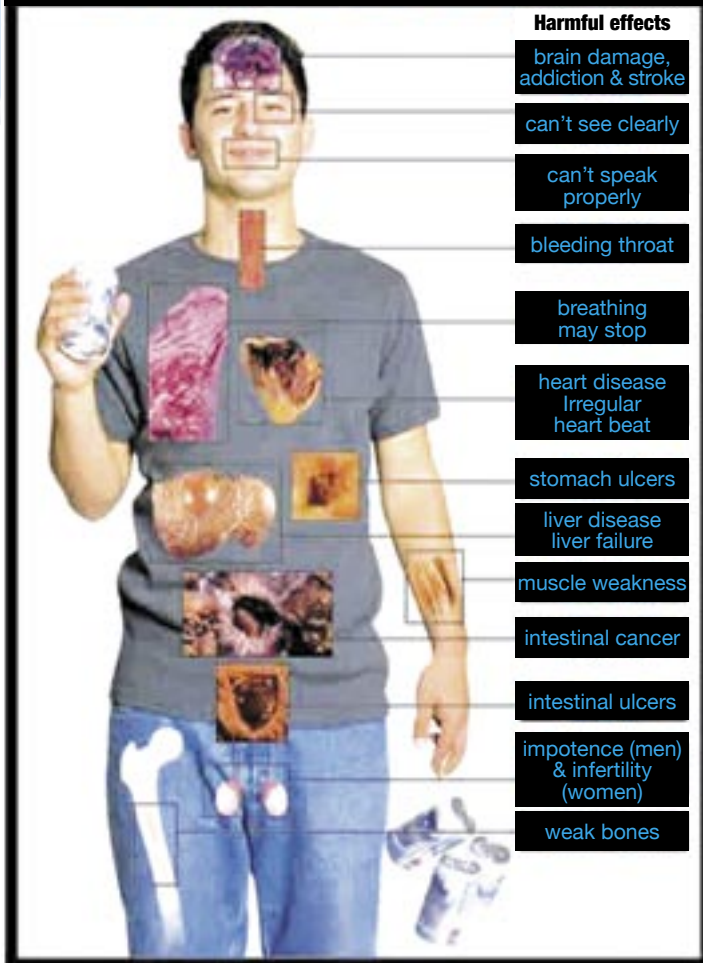
Alcohol misuse or abuse

Alcohol misuse is when you use alcohol in a way that causes you harm, or you harm others.

Alcoholism is a disease

If you get to a point where you cannot live without alcohol, you are alcohol dependant, or an alcoholic. Alcoholism is a serious disease.

The harmful effects of alcohol



Step 4

The club chairperson will read out the information box called *Alcohol and young people*.



Alcohol and young people

Even small amounts of alcohol can harm teenagers. When you drink alcohol you put yourself in danger. This is because your body is still young and developing. When you are young, you are also less experienced. It is more difficult to handle dangerous situations where there is alcohol involved. There are many dangerous situations that drinking alcohol puts you in, including rape and unsafe sex.

The law in South Africa

In South Africa, it is against the law to buy alcohol if you are under 18 years of age. It is against the law to sell alcohol to people under 18 years of age.

The law in the USA

In the United States of America (USA) the legal age limit for drinking alcohol is 21 years.

If you start to drink alcohol at a young age, you are more likely to suffer a serious illness when you are older.

What do you think the legal age to drink alcohol should be? Talk about it, Buddyz.



Let's wrap!



It is important that we know what alcohol does to the body. Knowledge is power. It helps us to make good choices in our own lives.

Next activity: We are going to find out more about the violence that often happens when people drink alcohol.



2. The link between alcohol and violence

We will need **two meetings** for this activity.

Meeting one is to learn more.

Meeting two is to report back on what we have found out. We will do research and interviews as well.

Our goal for this activity is to understand the link between alcohol and the violence and trauma that happens in our communities.



The facilitator will read and lead this activity.

Meeting one

Step 1

I am going to read you some quotes from people who were interviewed about alcohol and violence. Then we can talk about what they said.



Stories about alcohol and violence

'When you are drunk, one tends to be violent. You become short-tempered. When somebody steps on your toes, you don't talk to that person. What you do is fight him – something you were going to avoid when you are sober.' This was said by a man from a town in Gauteng.

'As parents, especially we men, when you come home under the influence of liquor, most of us, we harass our wives in front of our children. It has a negative impact on the child because your child might become violent to other children, or to his family when he grows up.'

This was said by a man from a rural village in Limpopo.

'Sometimes parents drink and come home *poep drunk*. Then they start yelling and shouting vulgar words at you. So if you have to stay home as the child you can't take it. Then you say, "Ma, please don't make noise. Stop shouting and swearing. You are disturbing me. I am busy studying. Do you hear me ma?" She will go on swearing and swearing.' This was said by a teenager from the Northern Cape.

Step 2

It is good that this unit will help us to make a difference with this big problem. I am going to read out some information called *Some facts about alcohol and violence*.



Some facts about alcohol and violence

Blood tests show that about 80% of the people who die from getting injured in fights have alcohol in their blood.

If you get drunk, you put yourself at high risk that someone may hurt you.

Step 3

Let's go and visit some special people, like a social worker, health worker, police officer, and traffic officer, to ask them about alcohol misuse in your community.

Examples of questions to ask

Questions to ask everybody

- What problems does alcohol cause in our community?
- How does alcohol affect young people like us?
- What different things can be done about the problem of alcohol?

Police officers

- Can you give us some examples of road crashes and fights that have happened because of alcohol?
- Can you tell us of other crimes that happen because of alcohol?
- When do the problems linked to alcohol most often happen?

Social worker

- What problems does alcohol cause in families?
- Do you have suggestions to help children cope with alcohol and violence in their families?

Health workers, like nurses and doctors

- Can you tell us about some of the alcohol-linked illnesses and injuries you have treated?
- When do they most often happen?

Meeting two

Buddyz, let's talk about what we found out from the people we interviewed about alcohol misuse. All of the information will help us to think of a good project to do for this unit.



Alcohol causes lots of problems in our families and communities. It is very hard to live with these problems. Organisations, like Alcoholics Anonymous, can help you and your family. There are contact numbers on the back page.

Next meeting: We are going to think about alcohol adverts, and we're going to make our own adverts about alcohol.



3. Adverts vs. reality

We will need **two meetings** for this activity. **Meeting one** is to find adverts for alcohol. **Meeting two** is to make our own **real** adverts about alcohol. We will also need time to go to places to put up our posters.

Our goals for this activity are that we will:

- ◆ understand what messages alcohol adverts try to get us to believe
- ◆ make posters that show the reality of alcohol, and how life can still be fun and relaxing without alcohol.

We need:

- ◆ magazines, newspapers, photos of billboards
- ◆ paper to make posters
- ◆ things to write and draw with
- ◆ glue.



A Buddy will read and lead this activity.

Step 1

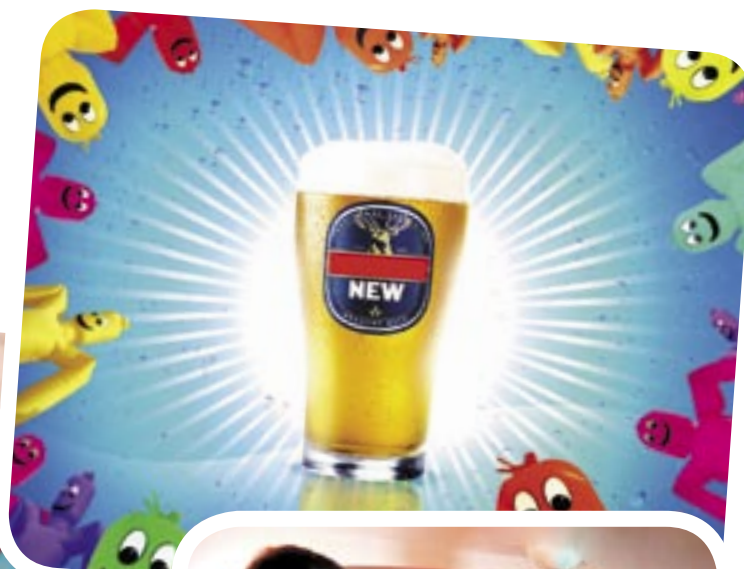
Put your hand up if you've seen an advert for alcohol on TV, at movies, on billboards, in the newspapers, or heard one on the radio. Please take turns to tell us about the adverts you have seen. Say what message you think the adverts try to get us to believe about alcohol.

Step 2

Let's talk about the messages that alcohol adverts send to people who see them. Then let's talk about what we know happens in our families and communities because of alcohol.



Alcohol adverts make it seem that you can't have fun without alcohol. This is not true.



Step 3

We are going to work in small groups to make awesome posters.

Our posters must show two things in one poster. First, we show what the alcohol adverts say is great about alcohol. For example: Beer helps you to look cool, relax, and have fun. Second, we give our message about what alcohol really does. For example: Beer helps you to get angry, fight, and get hurt.

Our posters will turn the message of the alcohol company adverts around.

Step 4

Let's think up ideas for our posters, plan and then make them. While we are making our posters, let's talk about where we want to put up our posters.

Step 5

It's time to get permission to put up our posters in different places. Let's go!



~~Beer helps you to look cool, relax, and have fun.~~

get angry, fight, and get hurt.



Let's wrap!



We are making a difference already! Our posters will spread a different message to the alcohol adverts we see. They will spread the message about the dangers of alcohol.

Next meeting: We will look at how children can be protected from people who misuse alcohol.



4. Children need safe spaces and places

We will need two meetings to complete all the steps in this activity.

Our goal for this activity is to think of ways that children can be protected from people who misuse alcohol.



The facilitator will read and lead this activity.

Meeting one

Step 1

I am going to ask a Buddy to read a short story called *Gijima! – a young girl's story*.



Gijima! – a young girl's story

Mbali's father sends her to the shebeen every day when he comes home from work. 'A quart of my usual,' she knows he will say. 'And be quick. Gijima! I am very thirsty.'

Mbali hates the journey to the shebeen three houses away, and she drags her feet along the dusty road. Outside the shebeen, men who hang around there try to touch her. 'Hey you, don't be so cheeky. I'll get you,' they tell her when she frowns and pulls away from them. They smell of booze and they bend in all directions, like river reeds in the wind.

Once, it was even worse. While she was waiting to be served, a drunken man pulled his gun out to shoot another man he was arguing with. He knocked Mbali over onto a metal chair. The large bruise on her arm and her sore ribs lasted for a long time and stopped her playing in her netball team. She often rubs the scar where a broken bottle cut her knee.

Sometimes, just before her father comes home, she runs next door, and

climbs up the big mango tree in the neighbour's back yard. Her neighbour, Mama Dlamini, does not mind. When Mbali's father asks, she shakes her head and replies that she hasn't seen Mbali around at all. And when he leaves, Ma Dlamini comes over to the tree, and they talk in whispers about how things are.

But today, Mbali does not climb the tree next door. Instead, she goes to her room.

'Mbali? Aren't you gone yet?' Mbali's father shouts. 'You can finish your homework when you get back.'

But Mbali knows that homework will be impossible. When her father is drunk he orders her around all night. She can't take any more zeros for homework at school.

'Gijima, I said!' shouts her father.

Today, that is exactly what Mbali has decided to do. But not to the shebeen to buy beer for her father. From her room she collects her rucksack packed with her clothes, and picks up her school bag.

'Don't worry. I'm going right now, baba,' she calls from the door, and slips out quickly before he sees her. She gently closes the door, and starts to run.

Step 2

Buddyz, let's talk.

- What do you think of Mbali's story?
- Do you think that many children have to put up with going to a bar, shebeen, or tavern, like Mbali had to for her father?
- Do you think that many alcohol sellers are happy to sell alcohol to people under the age of 18?
- What do you think Mbali will do?
- How would you like the story to end?



Mbali leaves home with her bags.

Group topics

Spend 15 minutes in your group discussing the questions.

Group 1:

What can be done about bars, shebeens and taverns that:

- sell alcohol to people under 18 years old?
- are close to our schools and our homes?

Group 2:

What could be done to help parents understand that children should:

- not be sent to buy alcohol
- not be asked to fetch alcohol in the home
- be protected from situations where there is alcohol misuse and verbal or physical violence and trauma?

Group 3:

- What can our school do to help other children deal with the pressure from other children (and sometimes adults) to drink alcohol?
- If grade 7 learners usually have parties for leaving primary school, what can our club do to raise awareness about the risks and dangers of having alcohol at parties?

Meeting two

Step 1

I want you to get into three groups. I am going to give each group a topic to discuss. Please ask a Buddy in your group to take notes and report back to all of us.

Step 2

Okay, Buddyz, it's report back time. Please tell us your group's ideas. This will help us to think of a project to do for Activity 7.

Let's wrap!



It may seem to us like the problem of alcohol is bigger than the world's biggest mountain. Let's remember that you get to the top of a mountain by taking one step after the other. We can make a difference, even with one step.

Next activity: We are going to learn new ways, we call them tools, to handle difficult situations.



5. New tools to use in difficult situations

We will need *two meetings* to complete this activity.

Our goal for this activity is to learn new ways to help each one of us handle difficult situations.

Step 2

I'd like to ask each Buddy to try out at least one tool before the next meeting.



The facilitator will read and lead this activity.

Meeting one

Step 1

I am going to ask different Buddyz to read out the information called *Tools to help you*.

Meeting two

Would any Buddy like to share how it went with using the tools we learnt about? Only share if you want to. We mostly want to find out if the tools worked.



Tools to help you

A hammer is a useful tool, nè? You use it when you want to knock nails into wood or a wall. There are other kinds of tools that you can use to help you in difficult situations. Here are examples of tools.

An 'I' statement is a tool

You use an 'I' statement when you want someone to understand how you feel. You use an 'I' statement to tell someone what behaviour you want them to change.

Example: I feel angry when you ask me to buy your beer for you. I feel scared at the tavern because men try to touch me. I don't want to be sent to the tavern any more.

Can you think of some more examples? Let's share them with each other.

A letter is a tool

Sometimes we can write a letter to explain to the person how we feel, and what we want them to do differently.

A 'walk away' is a tool

In some situations, there is no point in talking to the person who is upsetting you. For example, there is no point in talking to someone who is drunk. Often they just want to argue and fight. Walk away from someone who is drunk, even if it is your mother or father. Go and find a safe place to be. Talk to them when they are sober. If they don't listen, get help from a responsible adult.

'Get help from an adult' tool

There are situations where you need the help of a responsible adult. Can each Buddy think of some situations like that? Can each Buddy think of someone they would turn to for help?

Let's wrap!



Let's try to use our new tools to handle difficult situations better. We have a responsibility to ourselves to change our lives for the better.

Next activity: We are going to think about our own dreams and goals.



6. Remember your dreams and goals

We will need *one meeting* to complete this activity.

Our goal for this activity is to make a rainbow to remind us of our dreams and goals.

We need:

- to cut circles out of cardboard
- coloured pencils to draw rainbows
- string, wool, or cotton
- to read out the letter from the Soul Buddyz Club Team.



A Buddy will read the letter from the Soul Buddyz Club Team, and the chairperson will lead this activity.



Dear Buddyz
(we ♥ you all!)

We all know that alcohol abuse is not a simple problem to solve. It is not like fixing a pothole in the road.

Alcohol is a drug that people often use in a way that does not cause harm. But people who misuse or abuse it harm themselves and others. There are organisations, like Alcoholics Anonymous (AA), that help alcoholics. They also help friends and family members of alcoholics. You will find some contact details on the back cover.

The future is in your hands, Buddyz. When you have dreams and goals for yourself, it helps you to make the right choices and decisions.

We want every Buddy to draw a rainbow. Write your dreams and goals for next year, and for when you are an adult, below the rainbow. You can think of a different dream or goal for each colour of the rainbow. Hang your rainbow where you can see it every day. Keep remembering your dreams and goals.

If you misuse alcohol, you may find that your dreams end up in the bottom of an empty bottle of alcohol.

We know you will make a difference with your projects that you will begin in the next activity. Buddyz are like candles shining in the dark. When all clubs work on projects, you light up the whole country!

Love
The Soul Buddyz Club Team





7 Project time!

Hi Buddyz! Your project is your special work for this unit. It shows everyone how you have made a difference. Here are some ideas for what you could do for your project. But if you have another project idea of your own, that's cool too.

Draw a map of your community that shows where the places are that are unsafe because of alcohol misuse. On your map also show places where children need parks or fields so that they can play safely. Present your map to your local councillor and the police. Tell them what you think can be done to make your community a safer place to live.

- Collect alcohol adverts and take photos of billboards with alcohol adverts.

- Discuss the messages they send.

Complain to the Advertising Standards Authority if you think that any of the adverts send the wrong message and are untrue. Their contact details are:

PO Box 41555, Craighall 2024

Fax: 011 781 1616

E-mail: complaint@asasa.org.za

Please send the Soul Buddyz Club Team a copy of your complaint.

Do a survey with teenagers in your school. Find out what they know about the dangers of drinking alcohol. And find out what they think the legal age for drinking alcohol should be.

Organise a debate at your school about alcohol. Invite other learners to take part.

Arrange for your club to visit your local community radio station. Tell them about the work you have done, and learnt about, in this unit. Ask them to host a talk show about alcohol.

Make a place in your school where children can go to and feel peaceful.

Make a big advert that shows the bad effects of alcohol.

Help to make learners, teachers and parents aware about what the alcohol laws say.

You need to:

- get information about the alcohol laws
- think of ways to share that information, for example, you could make posters, write pamphlets, and ask your local radio station to help with your awareness campaign.

Buddyz, do it!

Send in a project to the Soul Buddyz Club Team that explains:

- What you have learnt about alcohol.
- What you did to make a difference to reduce the violence and trauma that people who misuse alcohol cause.
- Who you worked with.
- What good happened because of your project.

Also send photos, drawings, posters, letters, and anything else that shows what you did, and how you did it!

The Soul
Buddyz Club Team
needs your projects
in their office by 12
October 2009

Send your project to:

The Soul Buddyz Club - Unit 3 Project
PO Box 462, Douglasdale, 2165,
Johannesburg, South Africa

Dear Soul Buddyz club facilitator

We hope you've had a great year with your club. Along with the hard work, we hope you and your Buddyz have made time to keep fit and have fun!

This unit

This unit is sure to raise lots of emotions for the Buddyz and those whose lives they touch through their work. After all, how many of us can say that our lives have not been affected by alcohol misuse, in some way?

Many of us:

- Have lost loved ones in road accidents caused by drivers, passengers or pedestrians being drunk.
- Live in families that have been devastated and destroyed through having one or more alcoholic family member.
- Have been hurt, physically or emotionally, in other ways where the root cause has been alcohol.

We share your pain – and the nation does – and that is why Soul City has identified alcohol misuse in our campaign to bring down the levels of violence in South Africa. This unit has an important place in the campaign. Thank you for taking it on.



We have sent you the Soul City booklet called *Alcohol and you*. This booklet has lots more information about alcohol misuse. You can share it with your colleagues and friends, and also with the Buddyz when they work on this unit.

For our children, especially

Children often grow up to follow in their parents' footsteps. This is fantastic, where parents and significant caregivers are positive role models. But, sadly, this is not every child's home experience. Boys and girls who grow up in homes where their parents abuse alcohol think this is normal. They often go on to abuse alcohol themselves.

Through our Soul Buddyz clubs, we can play a part in breaking these negative cycles. We can help to change the social norm around alcohol abuse. We can do this through raising awareness, and through taking action in different ways.

Here are some of the messages to reinforce with your Buddyz:

- Alcohol causes harm to yourself and others. Share your knowledge.
- Make good decisions for yourself.
- Believe in yourself. Dream of a bright future for yourself.
- Get help from a caring adult if you get hurt emotionally or physically.
- Don't accept disrespect.
- Believe that if everyone works together, even in small ways, we can make a difference.

How to run a successful unit

- Involve the club's leadership when you prepare for meetings before they happen.
- Promote as much child participation as you can.
- Encourage your Buddyz to support, care for, and help each other.
- Make fun and excitement part of club life.

Good luck and many thanks!
The Soul Buddyz Club Team

Alcohol misuse - there are many organisations that offer help

Buddyz, you can add in organisations in your community that help. You can make posters about the information in this unit, and share it with others.

Many of the organisations have offices in all the provinces. If you use the Internet, go to these websites. They have lots of helpful information. Some have online support. Some can visit you.

Family and Marriage Association
of South Africa (Famsa)
Phone number: 011 975 7107
Website: www.famsa.org.za

Alcoholics Anonymous Helpline
Phone number: 0861 HELPAA (435 722)
Website: www.aaanonymous.org.za

Police
Phone number: 10 111

Lifeline
Phone number: 0861 322 322

Childline
Phone number: 0800 055 555
Website: www.childlinesa.org.za

Department of Health:
Mental Health and Substance
Abuse Directorate
Phone number: 012 312 0477

Arrive Alive
Website: www.arrivealive.co.za

South African National Council on
Alcoholism and Drug Dependence (SANCA)
Phone number: 011 781 6410
Website: www.sancanational.org.za

Soul City has a very good magazine called *Alcohol and you*. It has lots of information about alcohol misuse. You can call 0860 11 5000 to find out how to order this free publication.

The Soul Buddyz Club Team's contact details are:

Phone: 0860 283 399

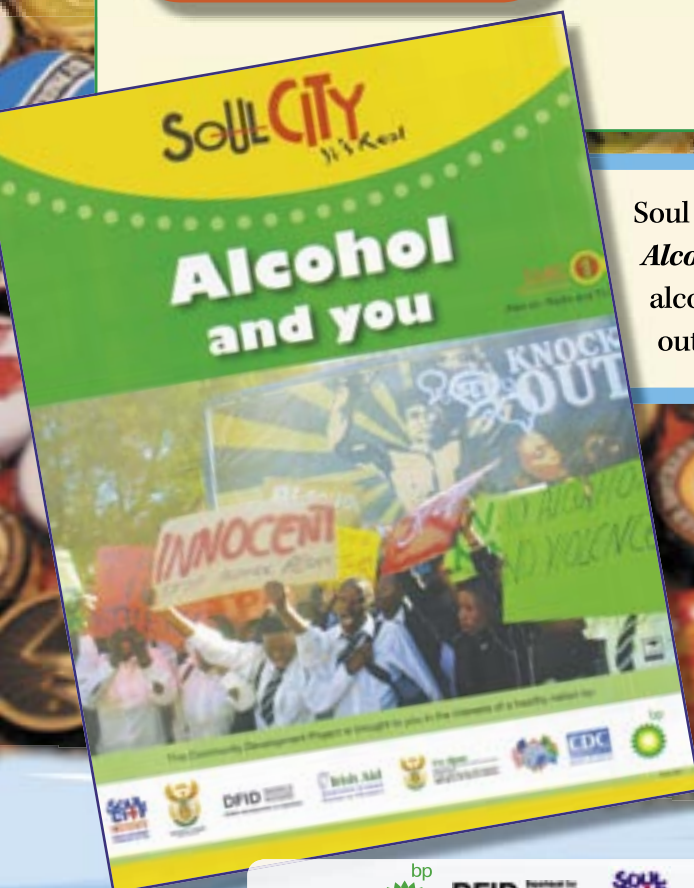
E-mail: info@soulcity.org.za

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