

## Session Four

### From a Child's Point of View Understanding Alcohol Abuse

#### Goals

1. To increase participants' awareness of reasons why people drink.
2. To increase participants' awareness of the affects of alcohol on the body and the effects of drinking on parenting practices.

#### Materials

VCR/DVD Player and monitor, flip chart, magic markers, the "Alcohol and Kids Don't Mix" video/DVD, the Nurturing Ways Educational Handout titled, "From a Child's Point of View!" and the "Families and Alcohol Use Questionnaire" (both located in Appendix A of this manual)

#### Time

1 ½ to 2 hours

#### Procedures

1. Welcome the group by introducing yourself, your place of employment and job title, and the overall theme and purpose of the session. Share the following information:
  - a. The session will last approximately 1 ½ to 2 hours.
  - b. The session will open with an Icebreaker. Parents will get a chance to discuss their responses with each other.
  - c. The group will view a short video/DVD and discuss what they saw.
  - d. Information will be presented about the theme of today's session.
2. Discuss any particulars you may have regarding the session, i.e. restroom location, possible breaks, snacks, parking, etc. Respond to any questions the group may have.
3. Begin by asking participants to form small groups of approximately six people. Groups larger than six will cause the smaller groups to have to wait, or will not give members of the larger group sufficient time to talk.
4. Write the following Icebreaker on the flip chart and ask participants within the groups to take turns responding to the statements:

My name is \_\_\_\_\_.

Growing up as a child in my family, the messages I received from my parents regarding alcohol and drugs, etc. were \_\_\_\_\_

The model they presented me was \_\_\_\_\_.
5. Process with the larger group the issues they hope to learn from the session. Write the issues on the flip chart. This is a good time to clarify any misconceptions participants may have.

6. Hand out the "Families and Alcohol Use Questionnaire" (located in Appendix A of this manual). The questionnaire is designed to help participants increase their awareness about their drinking and the drinking patterns of other family members. The questions are designed to promote personal reflection and thought. Allow parents about 10 minutes or less to complete the questionnaire. Form smaller groups and ask parents to respond to the following:

One awareness that I have as a result of completing this questionnaire is \_\_\_\_\_.

Allow 20 minutes for parents to process the question.

7. Distribute the Nurturing Ways Educational Handout titled, "From a Child's Point of View" (located in Appendix A of this manual). Review the following information:
- The two types of alcohol
  - Incidence data of alcoholism
8. Review the information on *Why People Abuse Alcohol*:
- Parental history
  - Heavy drinking or use
  - Genetic factors
  - Psychological problems
  - Enabling
9. Show the video/DVD titled, "A Child's Point of View." After the program, review the facts and process the questions that follow the program with the larger group. Encourage people to share their responses.
10. In small groups, have adults share how they felt when the significant people in their lives drank: parents discussing the "sick" relative; when people were grumpy "the morning after," etc.
11. Ask participants to locate the information on *Effects of Alcohol on the Body* and *Effects of Alcohol on Parenting* in the Nurturing Ways Educational Handout. Review the information with the group.
12. End the session with an informal snack time where parents can meet each other and find supportive resources. Don't forget to mention next week's session, focus, and the time and location of the training.
13. Congratulations on a job well done!