

**Level 2 Certificate for Youth Health Champions**

**Level 2 Award in Understanding Alcohol Misuse**

**Learner Assessment Workbook**

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| **Candidate Name Candidate Registration No.**  Candidate Declaration: *I confirm that I have read and understood the RSPH Plagiarism statement and that all of the accompanying work is my own work. I have identified all relevant sources of information that I used in producing this assignment and this is contained within the assignment.*  **Candidate Signature** **Date** |
| **Internal Assessor Comments**  Please use this space to comment on the strengths and weaknesses of the submitted assignment.  Internal Assessor Signature Date |

**Learning Outcome 1: Understand factors that result in people misusing alcohol**

Assessor Initials

* 1. Describe THREE social factors that could result in the misuse of alcohol

**Task 1**

**You should discuss with others in your group the social factors that could result in individuals misusing alcohol.**

**From the box below choose THREE social factors that could result in misuse of alcohol and describe how or why these may result in the misuse of alcohol.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Advertising** | **Media** | **Socio-economic Status** | **Availability** |
| **Education** | **Culture** | **Employment** |  |

|  |  |
| --- | --- |
| **Social Factor** | **Reason why or how it can result in the misuse of alcohol** |
|  |  |
|  |  |
|  |  |

1.2 Outline THREE factors that are individual-specific which could lead to the misuse of alcohol

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**Task 2**

**From the table below, pick THREE individual-specific factors which could lead to the misuse of alcohol. Outline each factor and briefly explain how it could lead to alcohol misuse.**

|  |  |  |
| --- | --- | --- |
| **Parents** | **Age** | **Family** |
| **Peer Pressure** | **Friends** | **Self- esteem** |

|  |  |
| --- | --- |
| **Individual Factor** | **What is this factor and how can it lead to alcohol misuse?** |
|  |  |
|  |  |
|  |  |

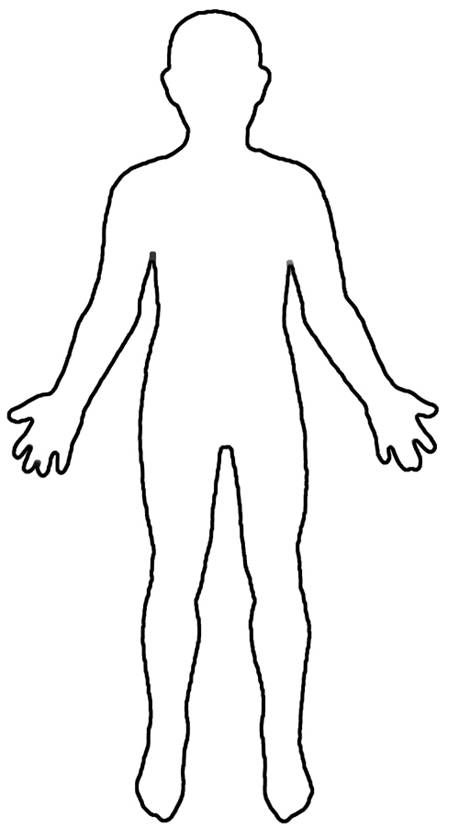
**Learning Outcome 2: Understand the personal and social consequences of alcohol misuse**

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**2**.1 Outline THREE direct effects on health of alcohol misuse

**Task 3**

**Use the body picture below to outline THREE directs effects on health of alcohol. Select three of the body parts sign-posted below and enter the effect of alcohol in the space provided.**



Genitals

Brain

Internal organs;

(Heart/liver/kidneys/spleen, pancreas/stomach/intestines/etc

Oesophagus

Voice box

Lungs

Skin

Reproductive system

Face/mouth

**2.2 Identify THREE possible indirect effects on health due to the**

**misuse of alcohol**

2.2 Identify THREE possible indirect effects on health due to the misuse of alcohol

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**Task 4**

**From the table below, pick THREE possible indirect effects on the individual due to the misuse of alcohol. Outline each factor and briefly explain how it could affect health.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Diabetes due to weight gain** | **Unprotected sex** | **Unwanted sexual activity** | **Foetal alcohol syndrome** |
| **Victim of Crime** | **Increased risk of infections** | **Appearance of ageing** | **Poor nutrition** |

|  |  |
| --- | --- |
| **Possible Indirect Effect** | **How can this affect health?** |
|  |  |
|  |  |
|  |  |

2.3 Identify THREE effects on family members, friends and wider society due to the misuse of alcohol by individuals

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**Task 5**

**Identify and describe in the space below, THREE effects on family members, friends and society due to the misuse of alcohol by individuals**.

|  |
| --- |
| Effect 1 |
| Effect 2 |
| Effect 3 |

**Learning Outcome 3: Know how to provide help and support to the individual**

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* 1. List THREE agencies/organisations which provide services for individuals affected by alcohol use and outline the services provided

**You are provided with a case study of an individual affected by alcohol misuse. Discuss the case study in your groups and then carry out tasks 6, 7 and 8 with reference to your case study.**

**Task 6**

List **THREE** external services the subject of your case study can go to or look up online for additional help**. At least two of these should be local services**. For each service that you have listed, give a brief description of the service / help it provides.

|  |  |  |
| --- | --- | --- |
|  | **Name of service and description of service / help provided** | **Is this service Local or National?** |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |

* 1. Describe THREE ways by which an individual could be encouraged to reduce their risk of harm from alcohol misuse

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**Task 7**

**You are the Health Champion, talking to the individual in your case study. Discuss the case study in your group and answer the following questions.**

**What is the name of the intervention you could carry out then and there?**

**How would you begin this intervention? (Circle ONE answer):**

1. By tutting loudly and telling her she is drinking way too much
2. By giving her the facts about a unit- and the recommendations for safe use
3. By immediately referring her to a counsellor

List **THREE** things the individual can do to help to reduce their drinking

|  |  |
| --- | --- |
| **1** |  |
| **2** |  |
| **3** |  |

* 1. Identify THREE barriers to changing behaviour with regard to alcohol and how these can be overcome

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**Task 8**

**For THREE of the barriers to behaviour change listed below, give a brief explanation of the barrier in terms of alcohol misuse and suggest a way that the individual in your case study can overcome the barrier**.

|  |  |  |
| --- | --- | --- |
| **Peer pressure** | **Denial** | **Addiction** |
| **Low self-efficacy** | **Lack of Motivation** | **Culture** |

|  |  |  |
| --- | --- | --- |
| **Barrier** | **Explanation** | **How to overcome barrier** |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |

**Internal Verifier/ External Verifier**

|  |
| --- |
| **Internal Verifier**  I have internally verified this assessment workbook and agree with the assessment decisions.  **Signed:**  **Name:**  **Date:** |
| **External Verifier**  I have verified this assessment and **AGREE/ DISAGREE (delete as appropriate)** with the assessment decisions.  In the event of disagreement with the assessment decision, please state reasons for disagreement below.  **Signed:**  **Name:**  **Date:** |