

**RSPH Level 2 Award for Young Health Champions**

**(Unit 4 Understanding Alcohol Misuse)**

**RSPH Level 2 Award in Understanding Alcohol Misuse**

**Learner Workbook**



**How to use this Learner Workbook**

RSPH has developed this Learner Workbook to enable learners to provide evidence that the assessment criteria for the RSPH Level 2 Award for Young Health Champions (Unit 4 Understanding Alcohol Misuse) or the RSPH Level 2 Award in Understanding Alcohol Misuse have been met. Centres must ensure that the learner signs the declaration on the next page to confirm that they have read and understood the RSPH plagiarism statement.

The workbook should be signed where indicated by the Internal Assessor and Internal Verifier to confirm that the learner has met the assessment criteria and learning outcomes within this workbook. Further guidance for tutors and assessors can be obtained from the tutor guide version of this workbook.

The Learner Workbook is editable meaning that text can be inputted and saved.

Centres should refer to the RSPH External Verification Procedure before submitting assessed learner work for external verification.

The RSPH plagiarism statement, tutor guides for the workbook and External Verification Procedures can be obtained from the Centre Area of the RSPH web-site.

|  |
| --- |
| **Learner Name Learner Registration No.**  Learner 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 any relevant sources of information that I have used in supporting my responses this workbook and these are cited within.*  **Learner Signature** **Date** |
| **Internal Assessor Comments**  Please use this space to comment on whether the submitted workbook has met the assessment criteria.  **Internal Assessor Signature Date** |

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

* 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

**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?** |
|  |  |
|  |  |
|  |  |

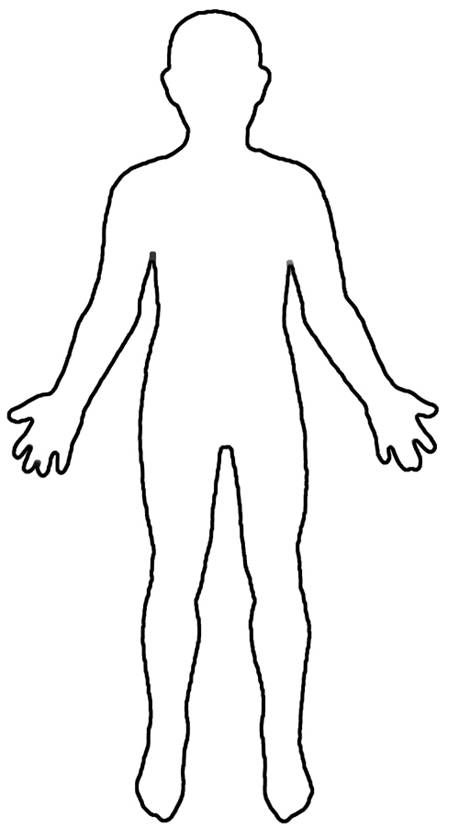
|  |  |  |  |
| --- | --- | --- | --- |
| **Assessment Decision and Feedback** | | | |
| **Internal Assessor** | | | |
|  | | | |
| Assessment Criterion 1.1 | | Met | Not met |
| Assessment Criterion 1.2 | | Met | Not met |
|  | | | |
| Comments / feedback | | | |
|  | | | |
| Learning Outcome Achieved | | YES | NO |
|  | | | |
| Name | Signature | Date | |

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

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

**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

**Task 5**

**Identify and describe in the space below, THREE effects of the misuse of alcohol by an individual. Consider family members, friends and society**

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Assessment Decision and Feedback** | | | |
| **Internal Assessor** | | | |
|  | | | |
| Assessment Criterion 2.1 | | Met | Not met |
| Assessment Criterion 2.2 | | Met | Not met |
| Assessment Criterion 2.3 | | Met | Not met |
|  | | | |
| Comments / feedback | | | |
|  | | | |
| Learning Outcome Achieved | | YES | NO |
|  | | | |
| Name | Signature | Date | |

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

* 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

**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 would you do/say to the individual at that time? How do you start the conversation?**

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

**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. |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Assessment Decision and Feedback** | | | |
| **Internal Assessor** | | | |
|  | | | |
| Assessment Criterion 3.1 | | Met | Not met |
| Assessment Criterion 3.2 | | Met | Not met |
| Assessment Criterion 3.3 | | Met | Not met |
|  | | | |
| Comments / feedback | | | |
|  | | | |
| Learning Outcome Achieved | | YES | NO |
|  | | | |
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**Internal Verifier declaration**

**Internal Verifier**

I have internally verified this assessment workbook and agree with the assessment decisions.

**Signed:**

**Name:**

**Date:**