

OBJECTIVE	This is a great activity to help understand the effects of alcohol and drugs on young people's reactions. In a visual practical way it creates an opportunity for those taking part to discuss what alcohol and drugs can do to the human body, especially when out and about with your pals at the weekend.
EQUIPMENT	Two remote controlled cars, some tape, one set of beer goggles and a stop watch.
TIME	10 minutes to 30 minutes.
METHOD	<p>Begin by marking out a creative fun relay course on the space you are planning to use with the tape. Make sure there is plenty of room and try and make the course as easy as possible... this will help keep the race going.</p> <p>Give one of the relay teams a set of beer goggles and ask them to wear them when it reaches each person's turn to take part.</p> <p>Once set up and once you have explained what you are asking them to do begin the race keeping time till the last team finishes. As well as recording the final time also take a note of the time the first relay team finishes. After the race you should have 2 completely different times, the beer goggle team will be significantly longer and this will help you with the discussion.</p>

POINTS FOR DISCUSSION

Once the race has been completed you will have the opportunity to discuss the times and start to explore reasons for such a difference. As the facilitator try and get the young people to identify the negative influence alcohol or drugs could have on different situations;

- Hanging around on the street
- Trying to get home safely
- Being involved in an argument

All of the above are great situations to discuss and linking it to the relay helps the young people understand how a situation can turn bad very quickly.