



ACT SMART ONLINE

TEACHER GUIDE

OUR MANIFESTO

Our manifesto embodies our beliefs on how we tackle underage drinking and the sense of empowerment we want to create in young people.

ACT SMART IS A LIFE-CHANGING EDUCATION

TACKLING UNDERAGE DRINKING WITH POSITIVE THINKING

TO CREATE A GENERATION PREPARED FOR PEER PRESSURE AND ARMED AGAINST NEGATIVE INFLUENCE

KNOWLEDGE IS POWER

WHEN YOU'RE STRUGGLING WITH DOUBT AND INDECISION BE PRIMED WITH INFORMATION AND UNDERSTANDING

AND WHEN THE WORLD INEVITABLY THROWS OUT CHOICES BE READY TO MAKE AN INFORMED ONE

ACT SMART. ALCOHOL EDUCATION TO EMPOWER A GENERATION

ABOUT ACT SMART

Young people have a right to an alcohol education that is honest, empowering, and inspiring. We want to be a voice of positive change for ten million young people by 2030. Act Smart is active in over twenty-five countries around the world.

WHAT IS ACT SMART ONLINE?

Fresh, fun and engaging, Act Smart Online combines engaging drama with interactive learning and discussion. It tells a powerful and realistic story of young people and alcohol. Learners are encouraged to ask themselves, 'What if that was me?'

LEARNING OBJECTIVES

Students observe, explore and reflect on vital underage drinking themes:

- The social and emotional causes
- The impact on young lives
- Social influence and decision making
- Where and how to help yourself and others

HOW TO USE ACT SMART ONLINE

INDIVIDUAL STUDENTS

- Students can be sent a link to the course, sign-up anonymously and complete it in their own time
- For individual users the course is 60 – 90 minutes in length, including more film and interactive elements
- Students complete a simple anonymous survey at the beginning and end of the course
- Useful links to additional support, advice and information are provided at the end
- Students can download their own certificate to show they've completed Act Smart Online

WHOLE CLASS SESSIONS

- You can deliver the course in the classroom using the 'For Teachers' button on the homepage
- This will take 45 – 60 minutes using an interactive whiteboard, or laptop and projector
- The course includes engaging filmed episodes, timed discussions, and character interactions
- You can have multiple sessions active and resume incomplete sessions where you left off
- Polling activities will show class progress, with a personalised class certificate to download

DELIVERING WHOLE CLASS SESSIONS

If you're leading a whole class session, get the best out of the experience by following the advice below:

BEFORE THE LESSON

- Register and set up your teacher account on Act Smart Online
- Run through the course to familiarise yourself with the content and functionality beforehand
- Make sure you think Act Smart Online is appropriate for your target age group

YOU WILL NEED

- An internet-connected computer & appropriate audio-visual setup
- Access to Act Smart Online, logged into your teacher account
- Access to a keyboard and mouse/touch-pad for inputting class polling results, class name, and navigating the course

TIPS AND ADVICE

- For the polling activities, use our [Heads Down Hands Up](#) activity to make student answers anonymous
- Help the discussion activities become as interactive as possible, with students discussing ideas in pairs or groups, before class feedback
- Use a volunteer to decide which questions to ask during the interactive video-chats. If you have more time available, ask the group to vote for the most popular choice
- Act Smart Online can be delivered in as little as 45 minutes and fits comfortably into 60-minute lesson
- It's easy to extend the course over another lesson, by allowing more time for group discussion activities
- Don't forget to download a personalised certificate with the class name at the end of the course!

EMBED THE LEARNING

The experience will engage students on the issue of underage drinking. Why not continue the learning? Here are some simple ideas you can deliver in class.

QUIZ

Create a quiz for students on alcohol and its dangers. Include questions about what happened in the Act Smart story including the consequences of drinking alcohol for each character.

GRAPHIC DESIGN / ART

Students can champion the dangers of underage drinking by creating posters or online adverts. Encourage them to use the challenges and dilemmas the characters faced in the story.

DRAMA

Use the storyline as inspiration for students to create their own scenes, adverts, and plays around underage drinking. Help them to explore peer pressure and create alternative endings to Act Smart!

CREATIVE WRITING

Students imagine they are a friend or relative of a character at a point in the film. What might they advise them in an email or letter? Or they can write a newspaper article about the incident at the end of the story.

COMPETITION

Young people often have the best ideas. Run a competition where they compete to create campaigns on the dangers of underage drinking, showcasing their work to others.

MEDIA

Students can re-create scenes from Act Smart on film or make a documentary about the dangers of underage drinking.

