



This is a free internet version of poems and songs from the GLUG alcohol education workpack.

These can be found in their full format in:

GLUG Book 2
TURN YOUR LIVER INTO STONE
poems story-rhymes songbook music

Teachers' notes can be found the end of this document

To obtain your copy of the GLUG WORKPACK:

e mail

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Not a hug

Alcohol is a drug
Not a germ, not a bug
Not a sailboat or a tug
Alcohol is a drug

Alcohol is a drug
Not your granny's coffee mug
Or the hole your dog just dug
Alcohol is a drug

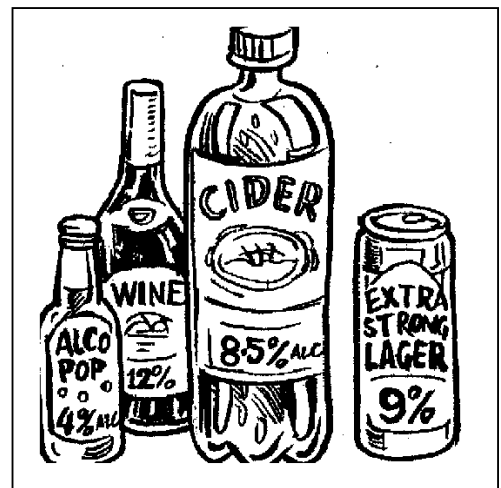
Alcohol is a drug
Not the water going glug
Everytime you pull the plug
Alcohol is a drug

Alcohol is a drug
Not a train, choo-choo, chug-chug
Not the milk that's in the jug
Alcohol is a drug

Alcohol is a drug
Not your brother being smug
When he's eaten half a slug
Alcohol is a drug

Alcohol is a drug
Not a kiss, not a hug
Not Aladdin's magic rug
Alcohol is a.....

DRUG





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Drugs and Whisky

This is the story of a girl
Who took some drugs and whisky
She was going dancing with her mates
And she was feeling frisky

Her mother told her "Don't be late,
And get a taxi home
And don't have any alcohol
You know you are too young."

She told her mates, down in the pub
Just what her mum had said
They laughed "Well, don't drink lager,
Just have alcoholic lemonade."

The oldest friend went to the bar
With money from his wages
He bought beer and slooch for everyone
And lied about their ages

Then as they walked off to the club
All ready for the thrill
One friend put a tablet in her hand
Saying "Jenny, try this pill."



Drugs and Whisky

"What is it?" Jenny laughed out loud
"Have you been buying drugs?"
"It's only ecstasy, it's not strong
Do you think we're all mugs?"

She popped the pill into her mouth
As they walked through the town
She took a glug of cider
To help her wash it down

Soon all of them were dancing
To the music's driving beat
But Jenny was feeling thirsty
So she went and found a seat

She drank blue lightning, full of ice
She thought it made it wetter
Then David passed her a little bottle
"Here, drink this and you'll feel much better."

"Oh David, what is this?" she laughed
"I hope it's nothing risky..."
"Of course not, see if you like the taste
It's only a drop of whisky."



Drugs and Whisky

Jenny drank the whisky down
It seemed to burn her tongue
Then she was back in the flashing lights
Dancing faster than anyone

Her favourite song was crashing out
As she spun round and round
And then the spinning wouldn't stop
She tumbled to the ground

They dragged her outside, though her mates
Didn't want to leave the dance
Her eyes were staring, her breathing funny
Someone called an ambulance

They rushed her to emergency
Her friends they went as well
A nurse asked "What has she been taking?"
But they were too scared to tell

A doctor greased a long clear tube
So that it would slip
Right down her throat into her tummy
Then they put her on a drip



Drugs and Whisky

A sort of sludge came oozing up
From deep inside her tum
The doctor said "Her blood's full of drugs
The damage might be done."

All that night and the next two days
She was on life support
The doctor checked her blood and wrote
Some things in his report

Her mother cried her eyes out
She thought her child would not survive
Her mates thought that they'd never
See their friend again, alive

But on the third day when her mum
Thought she would die of worry
Jenny half opened both her eyes
And whispered "Mum, I'm sorry."

Her mum just held her, kissed her cheek
She didn't even scold her
She said "I don't mind you drinking
Just leave it till you're older."



Drugs and Whisky

"I thought I was clever mum
I thought I was being cool
I took that stuff and now I know
That I was just a fool."

And when her mates saw Jenny
They thought she was a stranger
Her eyes were yellow, her skin was grey
But at least she was out of danger

The doctor spoke to all her mates
Considering their tricks
And asked them if they realised
That drink and drugs don't mix

The nurse, she spoke to Jenny's friends
And gently asked them whether
They really thought it was such fun
Taking two strong drugs together

And Jenny learned the hard way
She admits she was mistaken
She didn't expect the deadly effect
Of the drink and drugs she'd taken



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DRUGS and WHISKY

think about....talk about

1. Where was Jenny going with her friends?
2. How did she feel about it?
3. What did her mother tell her? Did she listen?
4. Where did she meet her friends? Do you think this was a good idea?
5. What did her friends think about her mum's instructions?
6. What did her friends suggest Jenny have to drink? Why?
7. Who bought the drinks? Why?
8. What sort of drinks did they have in the pub? Was this a good decision?
9. Do you think they were old enough?
10. How old must you be to buy alcohol in a pub? In a shop?
11. What else did a friend offer Jenny? Was this fair? kind? stupid?
12. What did Jenny swallow with the tablet? Was this a good decision?
13. What did David offer Jenny to drink? Was Jenny sure about this?
14. What happened to Jenny when she started dancing again? Why?
15. What treatment did Jenny get at the hospital? Do you think this was fun?
16. Was Jenny's life in danger?
17. How did Jenny's mum feel? How did Jenny's friends feel?
18. Had Jenny thought about the risks she was taking? Why not?
19. Do you think that Jenny and her friends acted responsibly? Why not?
20. Do you think Jenny's body was poisoned? What did the doctor and nurse say?

things to do

1. How old do you think Jenny was?
2. Can you draw a picture of Jenny?
3. Can you draw pictures of some of Jenny's friends?
4. Can you draw pictures of Jenny having fun?
5. Can you draw a picture of Jenny in the hospital?
6. Can you tell the story of Jenny in your own words?
5. Can you make this story into a comic?
6. Can you make up a play about Drugs and Whisky?
7. Read poems 1 and 2 in Book 2. Talk about the ideas in the poems.
8. Write a poem or a rhyme about Jenny.
9. Look at song 11 in Book 2. Talk about the ideas in the song.
Listen to the tape and sing along.
10. Look at song 12 in Book 2. Talk about the ideas in the song.
Listen to the tape and sing along.
11. Make up your own song or a rap about Jenny.
Think about the alcohol she had taken.
Did it help her to make good decisions?

The Really True Jogging Song

Boot Camp Training March

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GUITAR

G C G C G

They say that al- co- hol is fun (rpt) say that al- co- hol is fun

C G C G

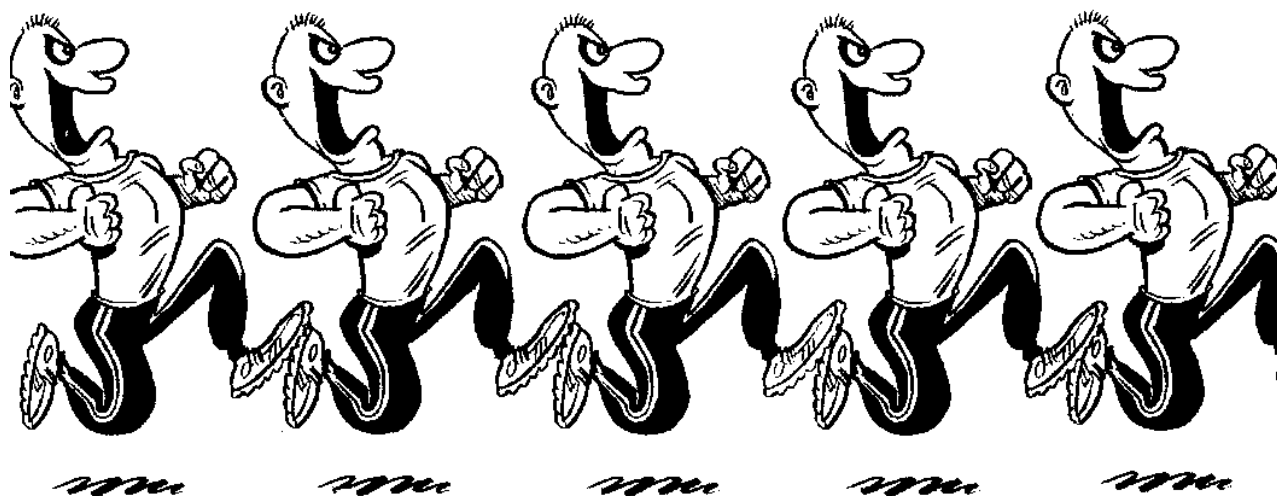
is this true for ev- ery- one (rpt) is this true for ev- ery- one

C G C G

al- co- hol can hurt your liv- er (rpt) al- co- hol can hurt your liv- er your

C G C G

brain can shrink and your fing- ers shiv- er (rpt) brain can shrink and your fing- ers shiv- er



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The Really True Jogging Song

They say that alcohol is fun (repeat)
Is this true for everyone (repeat)

Alcohol can hurt your liver
Your brain can shrink and your fingers shiver

A lot to drink can make you sad
It makes some people really mad

I gotta stay safe now don't you doubt it
I'll find out much more about it

Alcohol is not for me
Until I'm old enough to see

Just a taste if mum agrees
Then I'll have a cola please

Units are the right amount
We know what's safe so let us count

For women it is two a day
Three for men, yes that's O.K.

Count those units as you pour
Or you'll end up needing more

It's a drug that's very strong
That is why we sing this song

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Would you take a chance

Bright / Fun "Gospel" style

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GUITAR

C G C

If a thing could hurt your bo- dy would you take a chance if a thing could hurt your

D G C F

bo- dy would you take a chance would you take a chance if it hurt your face dribbled your blood all

Ab7 C G C

o- ver the place if a thing could hurt your bo- dy would you take a chance would you

G C D G

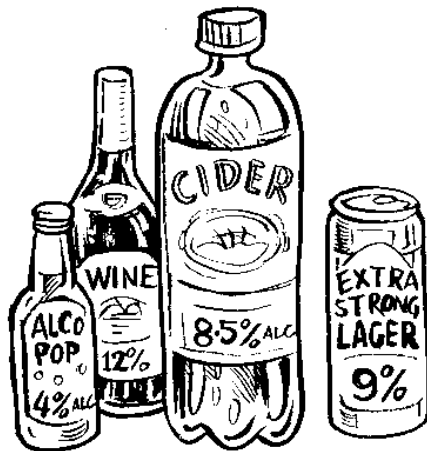
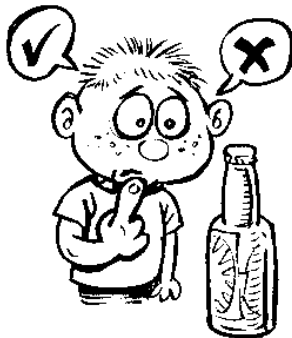
would you would you take a chance would you would you would you take a chance would you

C C7 F Ab7

eat the wrap- per off a choc- late bis- cuit do you think that you would risk it if a

C G C

thing could hurt your bo- dy would you take a chance (if a)



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Would you take a chance

If a thing could hurt your body, would you take a chance
If a thing could hurt your body, would you take a chance
Would you take a chance if it hurt your face
Dribbled your blood all over the place
If it hurt your body, would you take a chance

CHORUS

Would you, would you, would you take a chance
Would you, would you, would you take a chance
Would you eat the wrapper off a chocolate biscuit
Do you think that you would risk it
If it hurt your body, would you take a chance

If a food could hurt your body would you take a chance
If a food could hurt your body would you take a chance
Would you put something bad inside your tummy
If it made your guts feel funny
If it hurt your body, would you take a chance

If a drink could hurt your body would you take a chance
If a drink could hurt your body would you take a chance
Would you take a chance on a bottle of fizz
Alcohol's a drug, that's what it is
If it hurt your body, would you take a chance

If a drug could hurt your body would you take a chance
If a drug could hurt your body would you take a chance
If it hurt your brains and it made you fat
If it stopped you being happy, are you ready for that
If it hurt your body, would you take a chance

notes for teachers

a life skills approach to alcohol issues

This book is divided into three sections:

Poems

Stories in Rhyme

Songs

The pieces are devised to enable us to investigate, evaluate, develop our understanding of and formulate our response to, a wide variety of issues surrounding alcohol use and misuse.

These materials are lively, engaging, serious and funny. They permit us to gain insight into the range of instances of social, psychological and physical harm in which alcohol misuse is implicated.

They encourage children to validate their perceptions and help stimulate children to reveal, as well as to clarify, their own thoughts and feelings.

All of the issues are approached and investigated in a style which children and adults will find attractive, challenging, empathetic, exciting and fun.

These materials may be used:

- 1 as a starting point for project work
- 2 on their own, to investigate single issues
- 3 linked to other materials in Book 2
- 4 linked to materials in Books 1 and 3

Discussion of the themes and issues is vital before children proceed to further work. Please see "**Think About....Talk About**" format in Book 1.

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POEMS

1. not a hug
6. charlie bentley
7. the crash
8. pixies and elves
9. what U do U do
10. lager louts
11. only mugs glug drugs
12. all the money's gone
13. that's alright
14. drunk again
15. I would like to be like U
16. sandra wasn't sure
17. acrostic poems
18. bad dad
19. well done Jemima
20. very good at that
21. friends
22. why can't you
23. if you make a mistake
24. what happened today

SONGS

1. turn your liver into stone
2. the really true jogging song
3. units in your beer
4. the best thing
5. can I join the gang
6. I know what I'm doing
7. all the adverts try to do
8. stay alive rap
9. ility rap
10. no thank you
11. the blood song
12. would you take a chance

STORIES IN RHYME

1. the morning after the night before
2. drugs and whisky
3. rasheed's problem
4. jack and jill