

## CHILDREN'S DEPARTMENT

### Glenda Amos - World Director

The world leaders at the United Nations summit in September 2015 passed an Agenda for Sustainable Development. It included 17 Goals which it aims to achieve by 2030. These goals cover social, environmental and economic areas. Alcohol proves to be a major obstacle to achieving many of these goals. The activities for this unit highlight some of the problems that alcohol causes to individuals, communities, nations and economies.

For more information see:

<https://www.un.org/sustainabledevelopment/>

<http://iogt.org/the-issues/alcohol-facts/>

Be involved - get the SDGs in action app:

<https://www.sdgsinaction.com/>

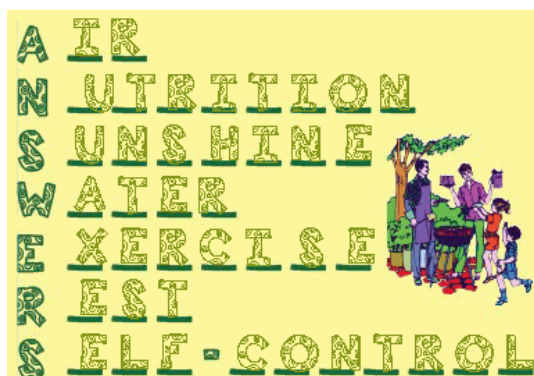
### **Introduction - Principles of Health**

**Activity 1:** Bible Code Verse - Well Wishes -  
3 John 1:2 (1 page)

**WISE WELL WISHES**

Use the musical code to work out John's message to his friend.  
3 John 1:2 NIV

**Activity 2:** ANSWERS Health Principles & Game (2 pages)



Have you discovered the ANSWERS for a healthy life? Write them on page 1	FOOD CHOICES Use alcohol and drugs! Go back to the start.	SELF-CONTROL Use moderately and in balance those things that are good.	TOO MUCH REST Stayed in bed all day! Don't be a sloth! Go back to 42.	SELF-CONTROL Say "No!" to the things that harm your body. Make wise choices.
<b>END</b>	49	48	47	46
NO EXERCISE Sat inside watching TV all day - Go back to 34	41	42	43	44
REST 8 hours sleep a day is the best!	40	39	38	37
BAD SUNSHINE No hat or sunscreen, was sunburned - go back to 34	31	32	33	34
SUNSHINE Helps to kill bacteria & changes chemicals in our bodies into vitamins.	30	29	28	27
NUTRITION Eat a good balance of fruit, grains, nuts, vegetables & protein foods.	20	19	17	16
LACK OF AIR You smoked a cigarette - go back to 1	11	12	13	15
<b>START</b>	1	2	3	4
				5

*Illustration of a hand holding a pen, pointing to the game board.*

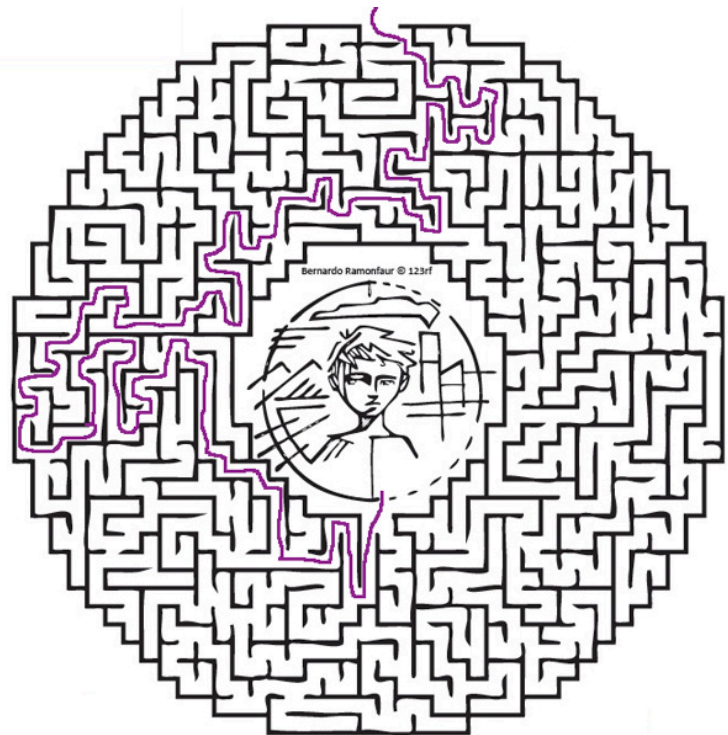
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Activity 3: Word Find - Healthy Life (1 page)

**UN Sustainable Development Goals & Alcohol**

Activity 4: SDG 1.1 No Poverty Maze  
 activity sheet. (1 page)



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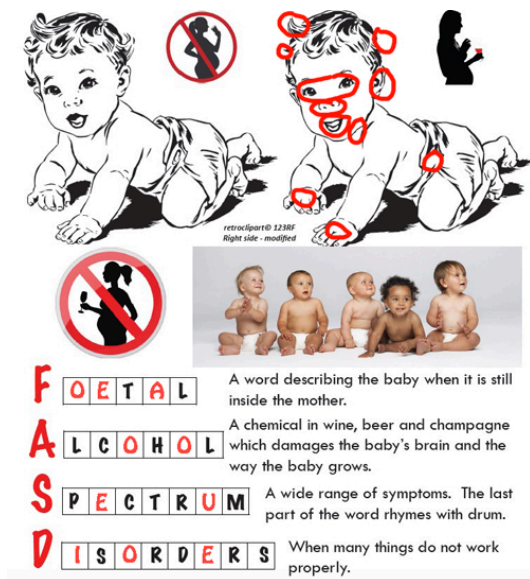


**Activity 5:** SDG 2.1 No Hunger matching exercise - Food used to produce alcoholic drinks. (1 page)

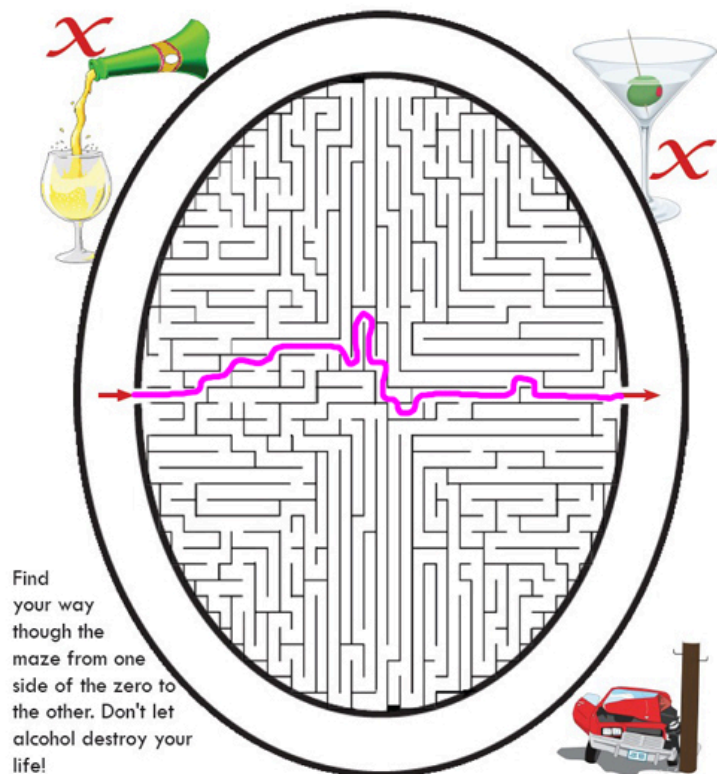
**Answers:**

- Cherries - wine
- Apples - cider
- Grapes - wine
- Sugar cane - Rum
- Rice - Beer
- Corn - beer, whisky
- Rye - beer, whisky, vodka
- Potatoes - beer, vodka
- Barley - beer, gin, whisky
- Wheat - beer, vodka
- Juniper berries - Gin

**Activity 6:** SDG 3.1-3.2 Good Health - FASD - Find the differences, and fill in the blanks (1 page)



**Activity 7:** SDG 3.4-3.6 Good Health - Zero alcohol maze (1 page)





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Activity 8: SDG 4.1 Quality Education - Maths additions and coded messages (2 pages)

### 4 QUALITY EDUCATION



20.18.16.24.27.29  
FAMILY  
 23.26.10.27.26.21.13.26.15 -  
NEGLECTED -  
 21.12.24.27.15.19.26.23  
CHILDREN  
 31.25.19.30 25.19  
WORK OR  
 18.21.13 18.22 21.18.19.26.19.22  
ACT AS CARERS.





23.25 19.26.22.25.17.19.21.26.22  
NO RESOURCES  
 20.25.19 14.25.25.30.22 25.19  
FOR BOOKS OR  
 11.26.23.21.24.27.22  
PENCILS.



27.26.18.19.23.24.23.10  
LEARNING  
 11.19.25.14.27.26.16.22 15.17.26 13.25  
PROBLEMS DUE TO  
 20.18.22.15  
FASD.

Colour Images from:  
 1. <https://sites.google.com/a/tapa.tp.edu.tw/modern-day-slavery/child-labor/child-labor-in-south-asia>  
 2. Mosby's Medical Dictionary, 9th edition. © 2009, Elsevier.

### 4 QUALITY EDUCATION



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Do the maths equations on the left.

Use the answers to work out the coded messages below and on the next page.

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Activity 9: SDG 5.1 - 5.2 Gender Equality - Word Find and Hidden messages on Domestic Violence  
(2 pages)

## 5

GENDER  
EQUALITY



DO FOR OTHERS  
WHAT YOU  
WOULD LIKE  
THEM TO DO  
FOR YOU.  
MATTHEW 7:12

SHOW RESPECT TO  
EVERYONE 1 PETER 2:17A

V	N	D	O	F	O	G	N	R	O	T	K	S	H	E
I	E	R	S	W	E	E	R	H	I	T	I	T	A	T
C	M	Y	O	N	M	U	W	H	L	U	L	O	D	L
T	O	I	D	K	E	T	H	L	E	M	T	P	O	D
I	W	E	O	F	T	C	E	P	S	E	R	S	I	D
M	R	R	O	Y	O	D	U	D	I	G	N	I	T	Y
S	L	R	I	G	I	M	A	T	T	H	E	W	U	
P	:	1	2	S	U	M	H	O	D	N	W	R	N	E
E	N	V	S	P	N	P	P	E	I	C	A	C	I	T
A	E	I	F	J	K	O	T	O	A	O	O	M	D	E
K	T	O	R	O	I	L	V	E	R	M	R	Y	E	O
N	S	L	I	K	N	I	N	E	F	T	D	I	A	S
O	I	E	E	E	D	T	P	O	A	O	A	E	S	T
E	L	N	S	L	E	R	L	M	E	R	N	:	2	:
X	I	T	D	Y	Y	T	C	E	7	A	S	A	T	Y
A	"	N	S	O	A	O	S	H	U	R	T	I	N	G
M	O	"	C	B	H	T	H	I	T	T	I	N	G	
P	O	A	L	O	V	I	A	L	R	E	S	P	E	C
L	R	E	L	C	V	I	O	L	E	N	C	E	C	O
E	H	T	H	R	E	A	T	E	N	I	N	G	O	L

SAY "NO" TO  
ALCOHOL!



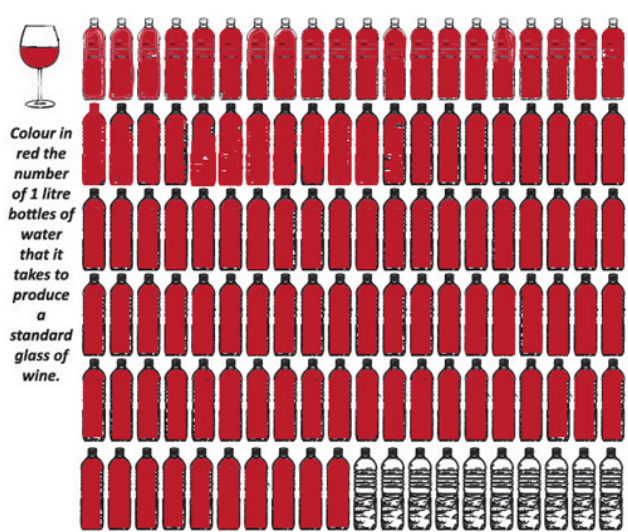
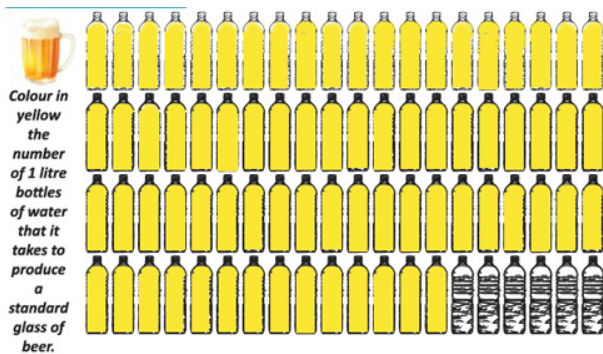



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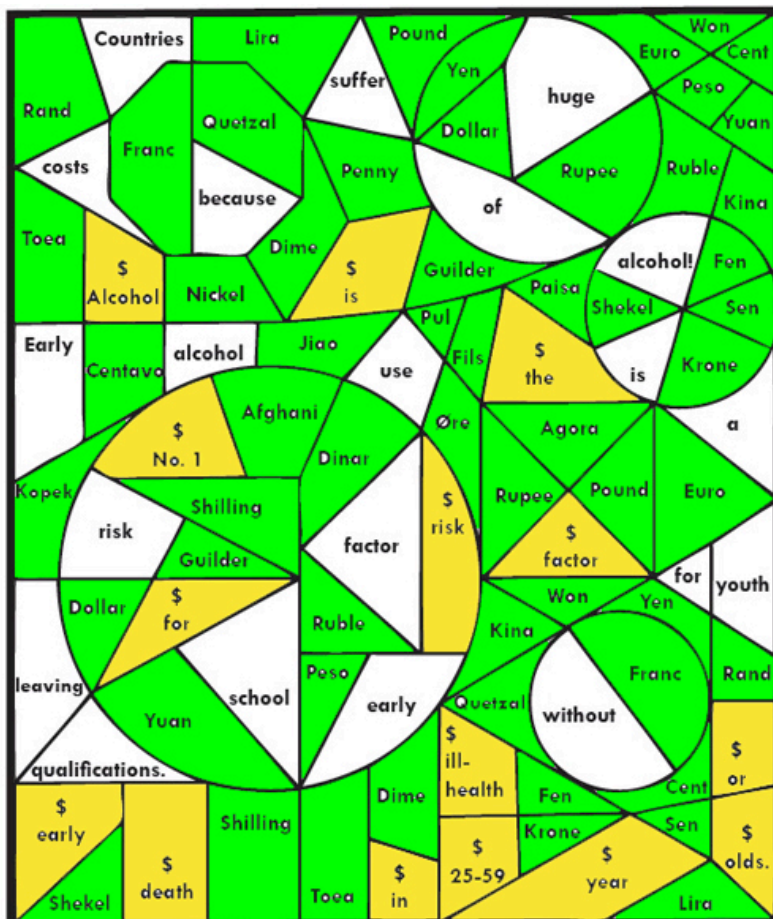
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Activity 10: SDG 6.1 Clean Water & SDG 12:2,3 & 8 Responsible Consumption Alcohol production water footprint (2 pages)

For information go to <http://www.project-platforms.com/files/productgallery-new.php>



**Activity 11:** SDG 8:2; 8:6; 8:8 Good Jobs and Economic Growth - Coloured messages (1 page)



*Answers:*

Alcohol is the No. 1 risk factor for  
 eil-health or early death in 25 - 59  
 year olds.

Countries suffer huge costs because of alcohol!

Early alcohol use is a risk factor for youth leaving school early without qualifications.

Some countries -

South Africa - rand

Italy - lira

Britain - pound

European countries - Euro

Japan - Yen

Russia - ruble

India - rupee

## PNG - Kina

Australia, NZ, USA, - Dollar

Norway - Krone;

China - Yuan; Israel - Shekel, etc.



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Activity 12: SDG 11.7 Sustainable cities and communities & SDG 16.1-16.2 Peace and Justice - Dot to dot and circle message (1 page)



**11 SUSTAINABLE CITIES AND COMMUNITIES**

Road accidents, binge drinking and violent crimes are more likely to occur in communities where there are alcohol outlets. Speak out against increasing alcohol outlets or sale hours and help to keep your community safe.

Start at the red arrow and join the dots from 1-70 to discover a symbol of peace.



Starting at the blue arrow, with the letter "I", go around the circle to the right taking every second letter or punctuation to discover what Jesus said about peace. (John 14:27 NLT)



**16 PEACE AND JUSTICE**

I AM LEAVING YOU WITH A GIFT. PEACE OF MIND AND HEART AND THE PEACE I GIVE ISN'T LIKE THE PEACE THE WORLD GIVES SO DON'T BE TROUBLED OR AFRAID.



If you would like to do an origami dove with the children please see instructions at:

<https://www.instructables.com/id/Origami-Peace-Dove/>

<http://www.origami-instructions.com/origami-dove.html>