

Effects of alcohol

**Alcohol is a depressant drug which slows the body down.
It can make you feel different depending on:**

1. How you feel at the time
2. When you drink
3. Where you drink
4. How much you drink
5. Who you are with

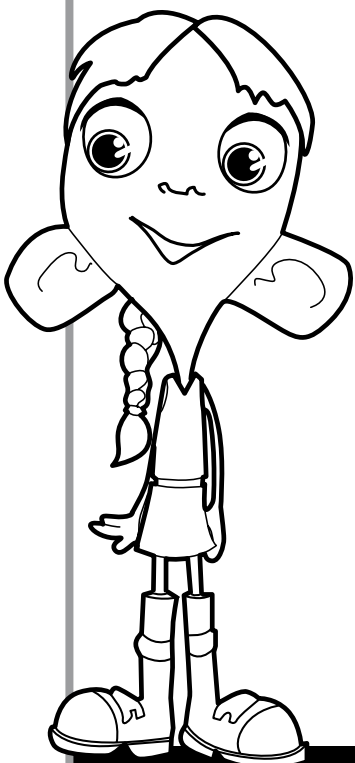
What to do:

Discuss each of the points on Activity Sheet 3A with your child and try and work out together why these all have an effect on the body and on your alcohol consumption (answers on a separate sheet).

How does drinking alcohol affect the way your body works?

Look at Activity Sheet 3C.

Write the correct effect under each diagram.

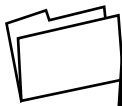




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Effects quiz

- 1.a Why do you think alcohol can make you feel happier or make you feel down?
- 1.b Why do people think alcohol will help solve their problems?
- 1.c How do you think a hangover might make a person feel?
2. Would drinking on an empty stomach affect the way alcohol reacts with your body?
3. Why do you think it might be easier to drink more alcohol at home than in a pub?
4. Does drinking alcohol affect both men and women in the same way?
- 5.a Can you think of different situations which might affect the amount of alcohol you drink?
- 5.b Do you think other people can influence you to drink more or less?

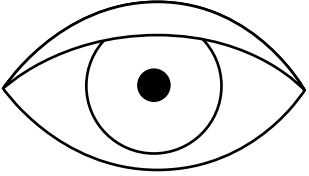
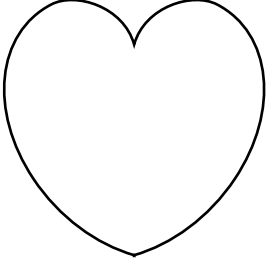
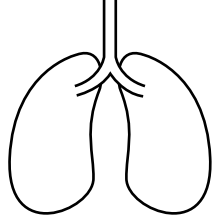

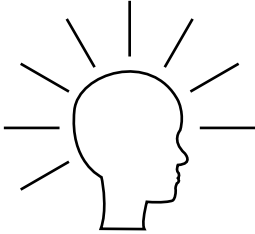

Start

Effects quiz Answers

- 1a. Sometimes alcohol can help you to feel happy - other times it can make you feel down, it depends very much on how you are feeling when you drink it.
- 1b. Getting drunk to help you cope with problems doesn't help because the problems are still there when you sober up - and they can be made worse by getting drunk!
(Passing out when you're drunk makes you an easy victim. You could have your money, your mobile and your new trainers stolen. And worse things could happen.
Alcohol can make your common sense leave for a while which means you can get into all sorts of problems - fights, risky things you'd never do when you were sober.)
- 1c. Hangovers can make you feel ill for a couple of days, your work could be seriously affected and in extreme situations you may have to take time off work or school.
2. Your body will still need to break down the alcohol that you drink whether you eat or not. Although eating before drinking does have the effect of slowing down the rate of absorption of alcohol. This means the alcohol is slower to enter the bloodstream than on an empty stomach. However it stays in the body for longer.
3. Pubs use special measured glasses to pour out the correct amount of alcohol. Most homes don't and so a measure at home could be twice as much as one served in a pub. Also once a bottle is opened at home it is easier to continue drinking.
4. Women have a lower proportion of water in their body weight than men so it is easier for them to get drunk faster. On the whole women tend to weigh less than men and it is also thought that women's bodies break down alcohol more slowly than men so alcoholic drinks have a longer lasting effect.
- 5a. The mood a person is in can affect the amount of alcohol they drink. Sometimes people may drink more if they are alone and feeling upset or depressed.
Others may be out celebrating a special occasion and get carried away with the crowd and drink more than intended.
- 5b. Sometimes friends and peers can try and make you feel silly if you don't do what they want. It's good to feel okay and say no. You can find more information on the lookout alcohol website if you look in the school and click on the two children. You will find out how to use the broken record technique to stay in control and be comfortable saying no.

Write the correct effect under each diagram.

Effects on the body

 <p>.....</p>	 <p>.....</p>	 <p>.....</p>
 <p>.....</p>	 <p>.....</p>	 <p>.....</p>

<p>Eyes – pupils contract</p>	<p>Energy – may start to feel tired and less alert</p>	<p>Body Temperature – drops</p>	<p>Coordination – May struggle to walk properly</p>	<p>Breathing – may become more difficult</p>	<p>Heart rate – slows</p>
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General - risk taking, discuss with your child the sorts of risks they think people might take e.g.

- Might get into trouble with the police especially if found drinking alcohol in a public place
- How safe are they walking home alone?
- They could become aggressive and get involved in a fight
- May get involved in an accident or become a victim of violence