

Aim

- I can explain the impact of alcohol on the body.

Success Criteria

- I can describe the parts of the body affected by alcohol.
- Most will be able to explain the short and long term effects of alcohol abuse
- I can explain how scientific evidence can change ideas.

Drugs



What are drugs?

Can you give examples?

Are all drugs bad?

How do you know?

Drugs and Alcohol: The Facts

Alcohol

Alcohol is a drug produced from grains, fruits and vegetables when they are put through a process called fermentation.



Alcohol is a legal drug but there are restrictions and recommended limits on its use.

- Children under 5 should never drink alcohol unless it is in a prescribed medicine.
- It is not recommended that anyone under 15 drink at all.
- An adult may buy a drink for a 16 or 17 year old to drink with a meal.
- Only adults (aged 18 or above) are allowed to buy alcohol.

Why do people drink?

It can slow the body and make people feel more relaxed. It is seen as a sociable thing to do in some countries.

What are the positive effects?

Drinking small amounts of alcohol can have some health benefits for **adults** such as helping to prevent blood clots in arteries.

Why do people drink?



Social influence

In UK alcohol plays an important part in ones social lives "Pub Culture"

Peer pressure

Personal problems

Fitting in social groups

**Reasons
why people
drink are.....**

Trying to act grown up

Job loss

Stress relief

Escapism

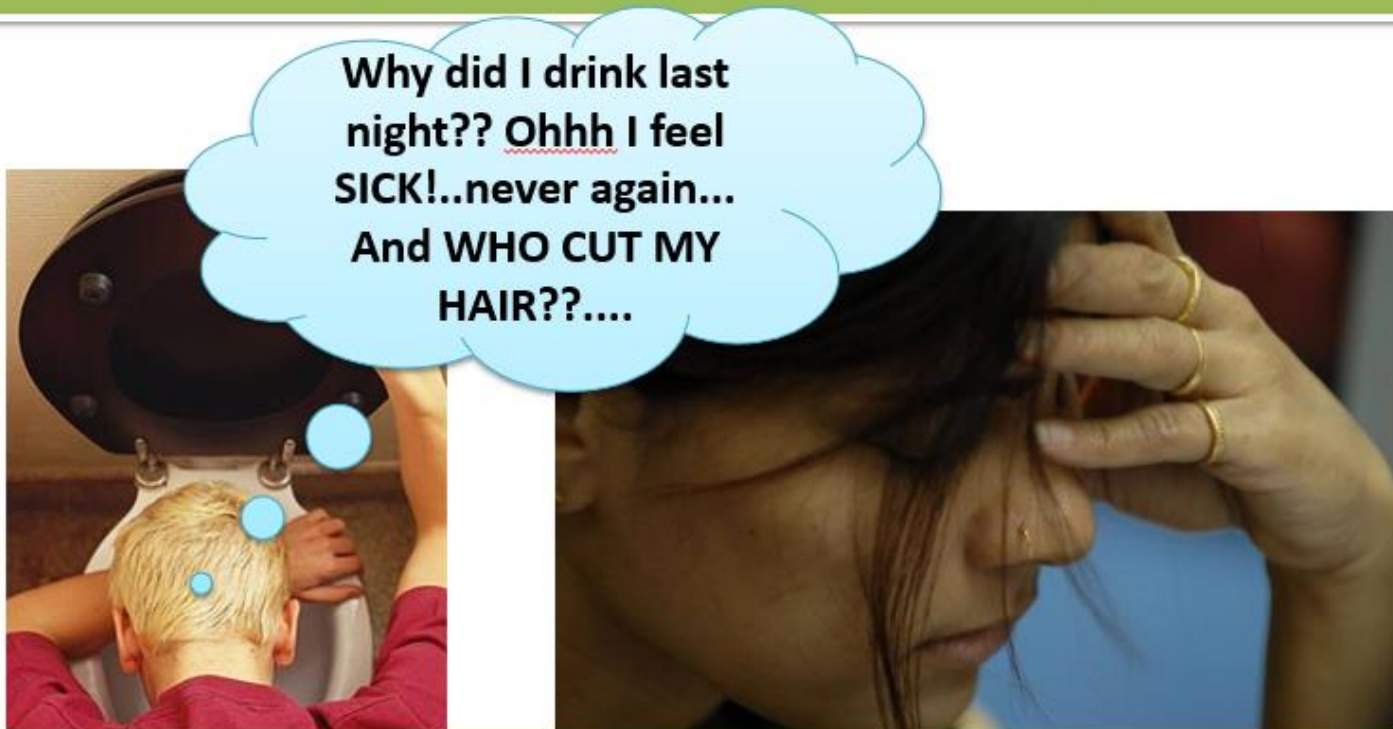


Describe what you see in this picture

Great Party!! I am having
so much FUN!! Yeahh!!! I



What do you see in these pictures?



**Drinking alcohol is socially accepted in many cultures and can be pleasurable in moderation.
However, alcohol is addictive and excessive drinking causes many illnesses and problems.**

Drugs and Alcohol: The Facts

Alcohol

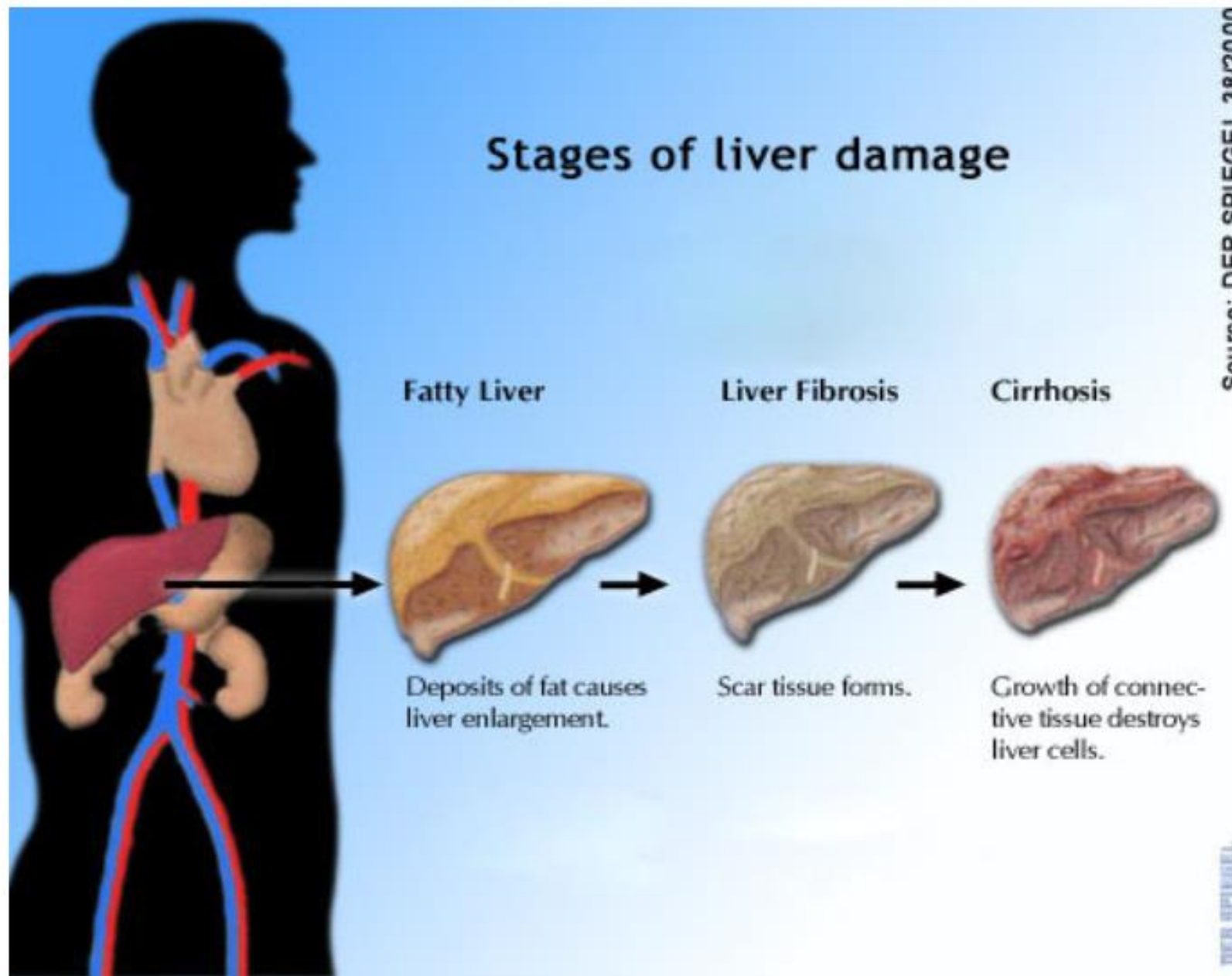
What are the problems with drinking too much?

- Loss of impulse control. This means a person may do silly or dangerous things that they would not normally do.
- Loss of control over speech and movement.
- Memory loss.
- It can increase aggressive and violent behaviour.
- It can make people feel very unwell when the effects wear off. This is called a 'hangover'.

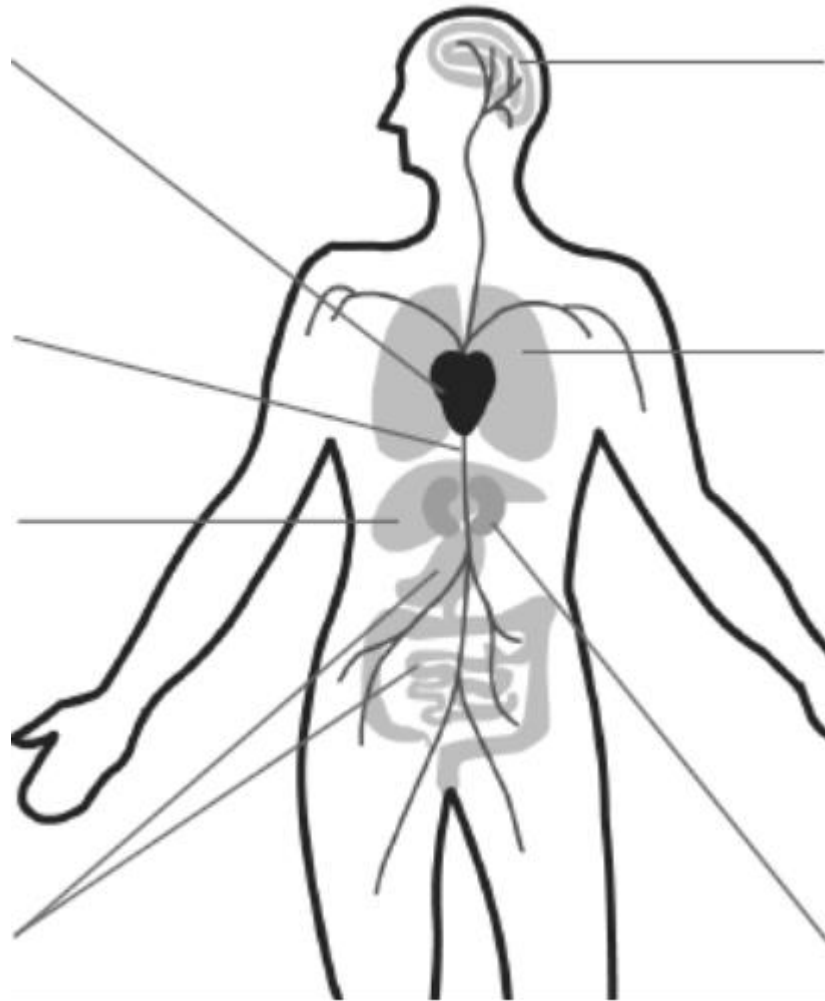
What can happen if you drink too much over many years?

- High blood pressure.
- Stomach cancer.
- Liver damage or cirrhosis (liver failure).
- Addiction and withdrawal (the symptoms of which can be fatal).

Stages of liver damage



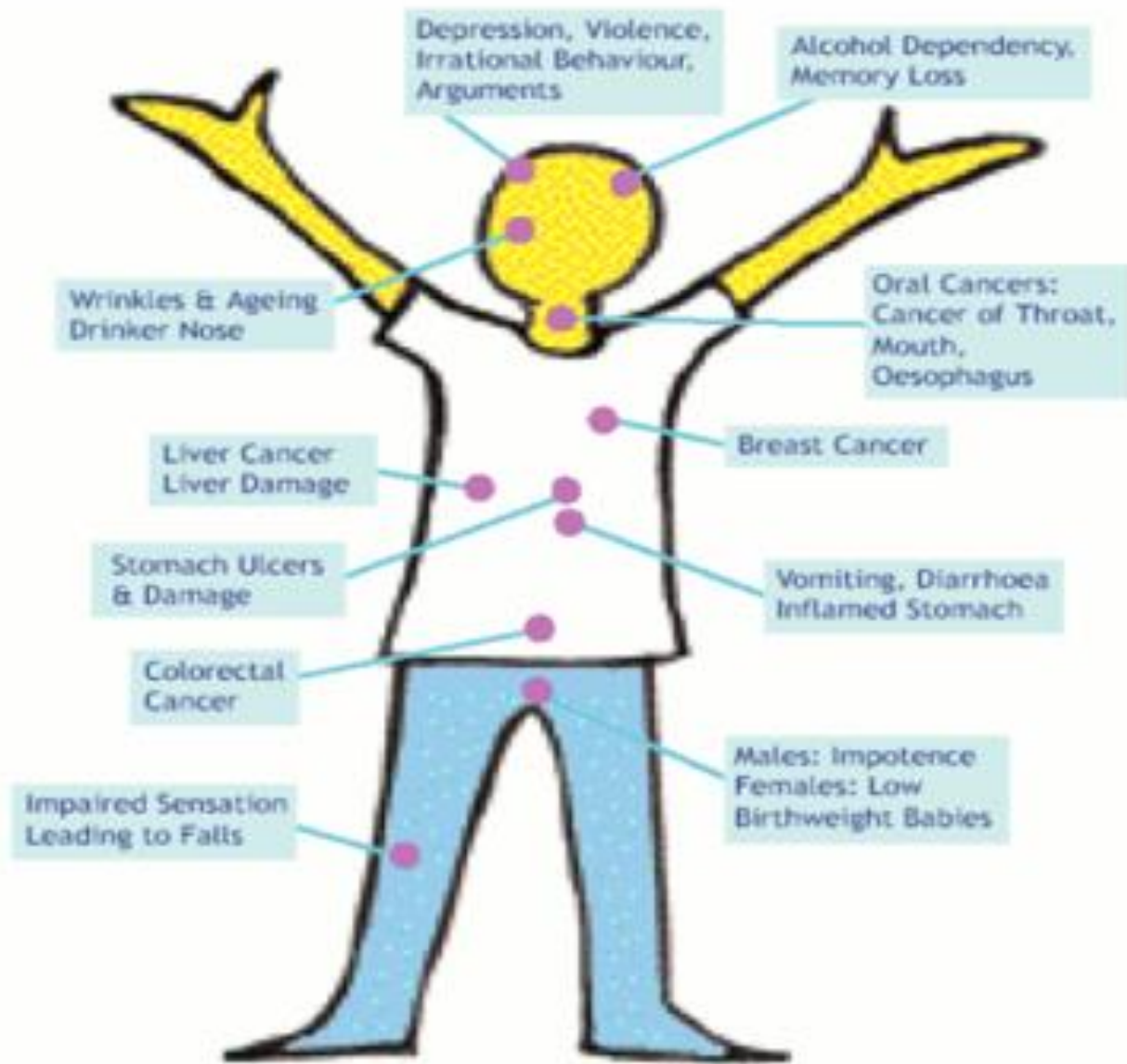
Task 1 – draw the outline of the body. Annotate to show the effects of alcohol on the body.



The effects of alcohol abuse...

- Liver damage (Cirrhosis)
- Obesity
- Reddened skin
- Stomach ulcers
- Heart disease
- Depression
- Insomnia
- High blood pressure
- Memory loss
- Confusion
- Alcohol dependency
- Mouth, throat, breast cancer
- Lack of money







Activity 2:



- In a table, sort under the heading “short-term” and “long-term” the effects we just looked at.



Answers to activity 2



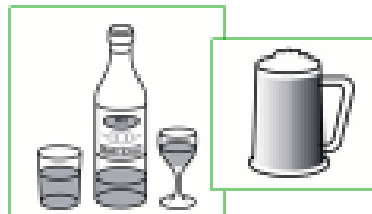
Effects of alcohol abuse

Short-term effects

- Feeling good
- Loss of self-control
- Lack of inhibition
- Lack of money
- Social relationships destroyed
- Slow reaction time – brain areas affected

Long-term effects

- Alcohol dependence
- Cirrhosis of the liver
- Vulnerability to accidents
- Depression
- Weakened immune system – more infections
- Damage to brain – can lead to coma followed by death



Plenary

- Name **three** effects of alcohol abuse
- Explain **one** long-term effect of alcohol