

# Focus: What are the impacts of alcohol?

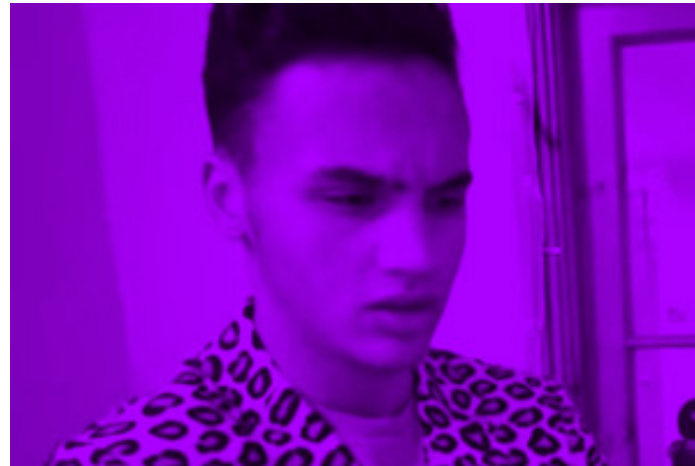
## Objectives

1. Describe the reasons why people drink alcohol.
2. Identify and assess the risks of underage drinking
3. Suggest strategies to manage peer pressure around alcohol misuse and identify sources of guidance and support.

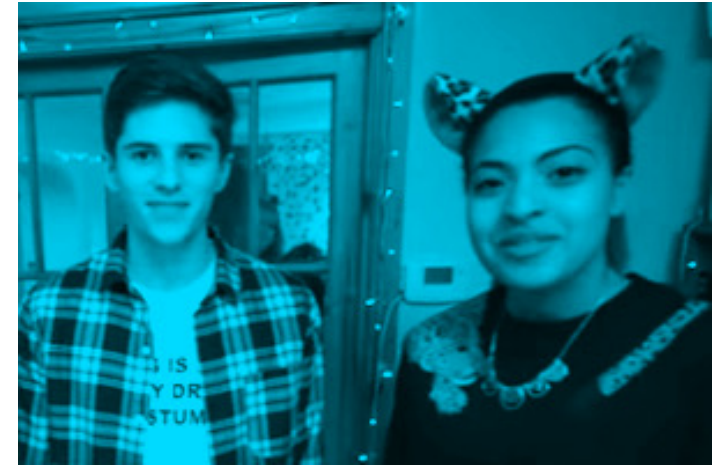
# Mind-map and discuss



Why do some people like drinking alcohol?



What are the possible negative effects of drinking alcohol?



What facts do you already know about alcohol?

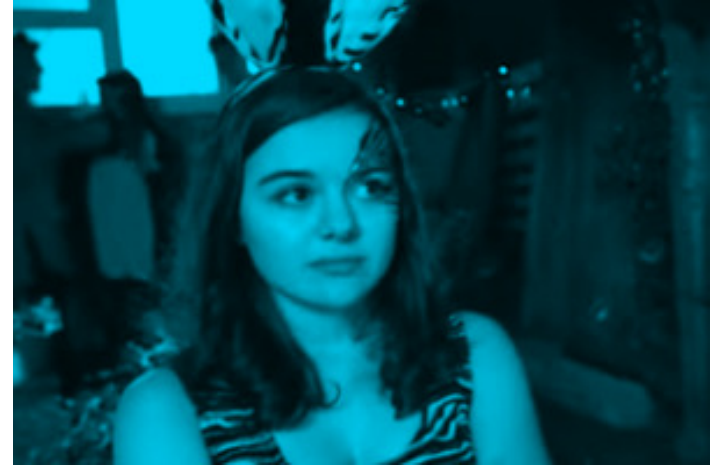
# Mind-map and discuss



What are the reasons that some young people choose to drink?



How can it make them feel?



What are some of the risks associated with underage drinking?

# Watch the clip

Learn about Joe's story and the impact of **binge drinking**.



# Answer the following:

From the clip you've just watched about Joe's binge drinking, answer the following in your book:

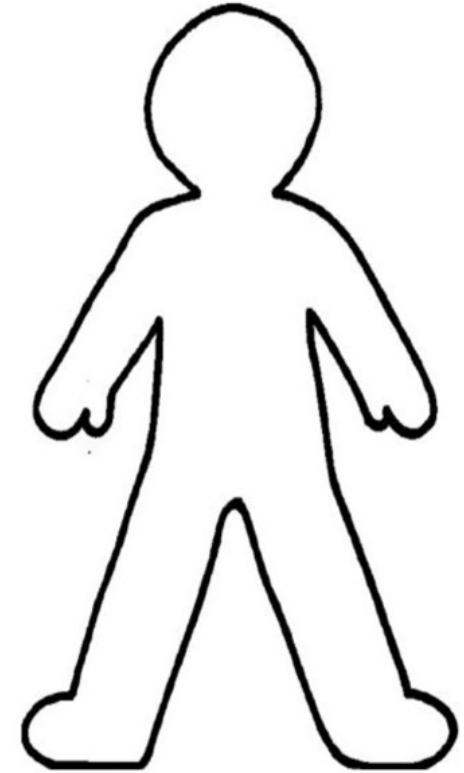
1. Do you think it was right for Joe's brother to give him alcohol? Why?
2. What are some of the short-term side effects of Joe excessively drinking alcohol?  
(physical/emotional/social)
3. What do you think the long term impacts could be for Joe because of his drinking?

# Impacts of alcohol

**Use the information from the NHS, and your own knowledge, to label the person in your book.**

**Start by drawing an outline of the human body (needs to be almost a page)**

- Inside the body label the physical health problems
- Inside the head label the emotional effects on the individual
- Outside the shape assess how alcohol misuse can effect those close to the person drinking heavily





# The cost of alcohol to society

**£21 Billion**

**£11 billion**  
alcohol-related crime

**£7 billion**  
lost productivity through  
unemployment and sickness

**£3.5 billion** cost to NHS

# Dealing with pressure

Why might some people pressure others into drinking?



How could you manage peer pressure?



# Further support



If you, or anyone you know needs support in this area, speak to a trusted adult, a teacher, tutor or head of year. You can also get support from the NHS or Talk to Frank at:

<http://www.talktofrank.com/drug/alcohol>