

SECTION 3 ALCOHOL AND ITS EFFECTS (PHYSICAL AND SOCIAL)

TEACHER NOTES

Short-term effects of alcohol on the body (Science/environmental studies 11-16 worksheet 3)

Target age group: 11 - 16 year-olds

Structure: 1 written lesson

ICT opportunity: Internet research

Preparation: Download/photocopy [The short-term effects of alcohol on the body](#) sheet

Internet access to talkaboutalcohol.com/interactive-body/

Objectives

- o To show that the abuse of alcohol affects a person's health.
- o To show the short-term effects of alcohol on body functions.

Notes

Internet research could be done at home.

What happens to alcohol in the body? (Science/environmental studies 11 - 16 worksheet 2)

Target age group: 11 - 16 year-olds

Structure: 1 written lesson

ICT opportunity: Internet research

Preparation: Download/photocopy [What happens to alcohol in the body](#) sheet (at least 1 between 2)

Internet access to talkaboutalcohol.com/interactive-body/

Objectives

- o To show what happens to alcohol when it enters the body.
- o To show how alcohol leaves the body.

Notes

Internet research could be done at home.

Long-term effects of alcohol on the body (Science/environmental studies 11 - 16 worksheet 6)

Target age group: 11 - 16 year-olds

Structure: 1 written lesson

ICT opportunity: Internet research

Preparation: Download/photocopy [The long-term effects of alcohol](#) sheet/ [How too much alcohol affects the body](#) sheet.

Internet access to talkaboutalcohol.com/interactive-body/

Objectives

- o To show that the abuse of alcohol affects a person's health.
- o To show the long-term effects of alcohol on body functions.

Notes

Internet research could be done at home.

You, friends and strangers (PSHE 11 - 14 worksheet 3)

Target age group: 11 - 14 year-olds

Structure: 1 or 2 lessons depending on student ability

Preparation: Download/photocopy [You, friends and strangers](#) sheet.

Objectives

- o To highlight the likely effects of alcohol on young people, physically and behaviourally.
- o To highlight the possible consequences of drinking.
- o To understand that drinking alcohol, especially too much, can easily have consequences for other people as well as the drinker.
- o To help young people consider their responsibility towards others.

All tasks

Direct students to our Online Learning Zone talkaboutalcohol.com, especially the Fact Zone.

N.B. A series of short 4 films, BBC2 Learning zone Just a few drinks film clips, can be used as part of Alcohol and it's effects teaching.

Alcohol and the community (PSHE 14 - 16 worksheet 7)

Target age group: 14 - 16 year-olds

Structure: 1 to 3 lessons

Preparation: Download /photocopy [Alcohol and the community - What is the impact?](#) sheet.

Access to the Internet for research if possible.

Objectives

- o To consider the contribution of a product to a market economy from different angles, including the effects on individuals as well as the wider community.
- o To recognise the difference between social, 'sensible' drinking and excessive 'drinking to get drunk'.
- o To distinguish between fact and opinion
- o To form opinions through reasoned argument and debate.
- o To take an informed, objective viewpoint on what constitutes sensible drinking.