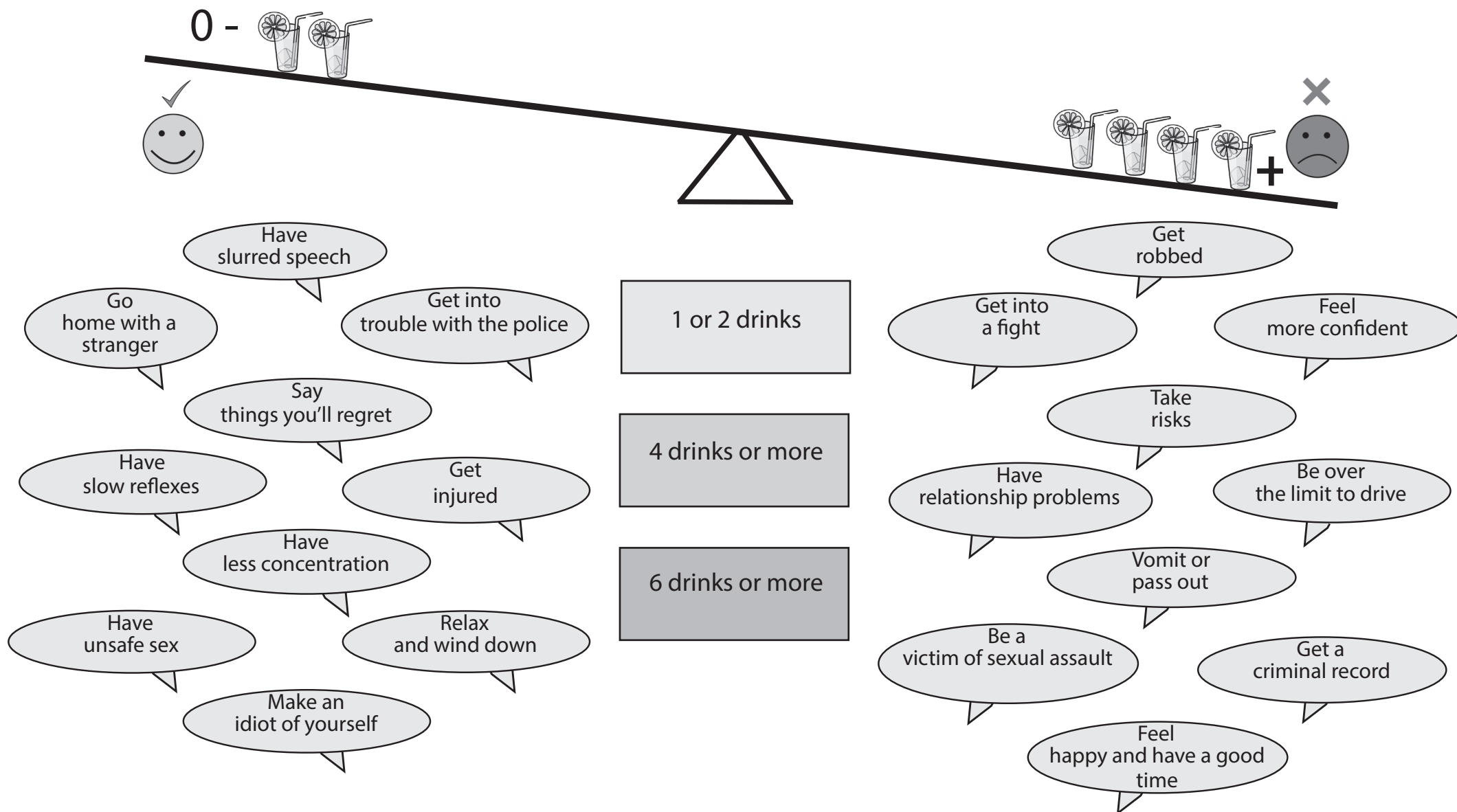


# How much is too much? - Getting the balance right



Note: the short term effects of alcohol vary from person to person according to your weight, sex, age, whether you've eaten, whether you're tired, on medication and many other factors.

- 1) Draw lines between the number of drinks and their likely effects
- 2) Does how quickly you drink alcohol make a difference?
- 3) Give three examples of when adults shouldn't drink at all.

