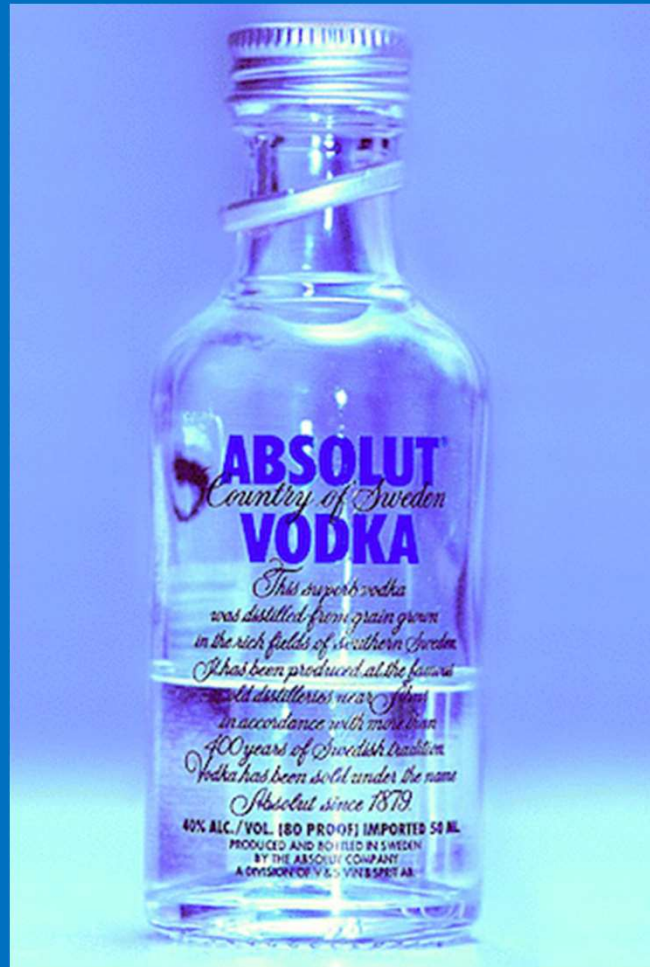




Alcohol

Delivered by Halton Health Improvement Team

Alcohol



What do you know about alcohol?

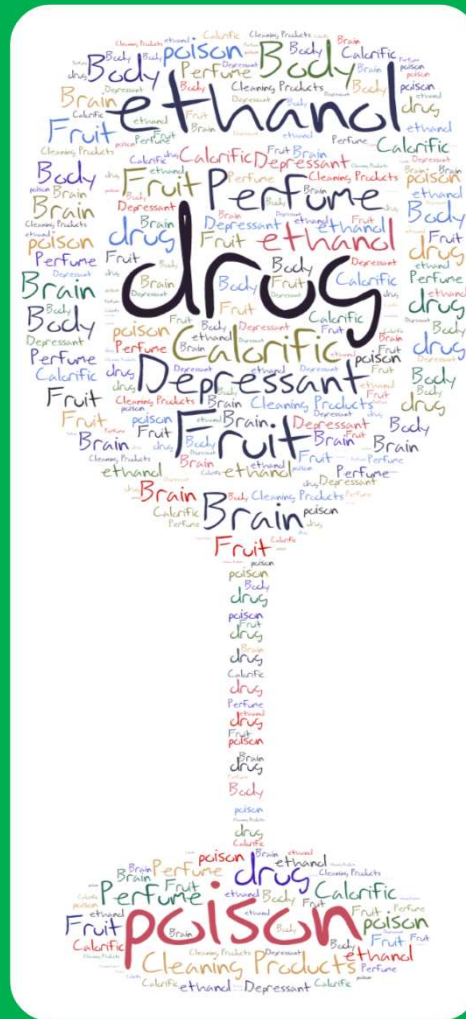


The facts about alcohol..

Alcohol is a depressant drug that slows down the brain

Alcohol can be made from any grain, fruit or vegetable which contains sugar or starch

Alcohol is a poison

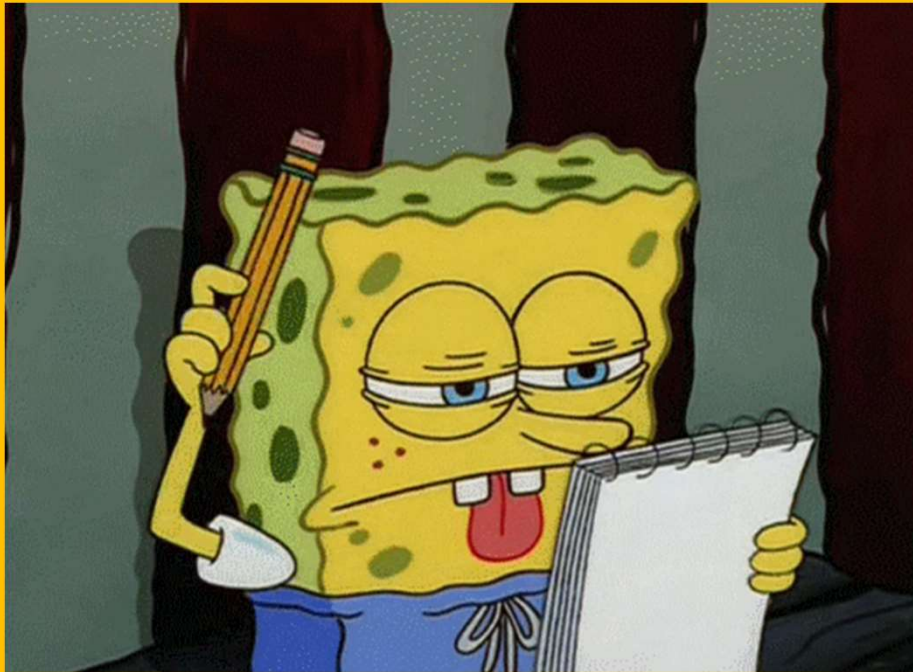


Alcohol is full of empty calories

Alcohol affects every part of the body

Alcohol is found in perfumes, aftershave, antiseptics and some cleaning products

Why do young people drink alcohol?



They think it gives
them a grown up
look

Think it makes
them feel good

Nothing else to do

To forget
worries/stress

Curious about
how alcohol
makes you feel

It's cheap and easy
to get hold of

They might be
dependent on
alcohol

Because they
shouldn't (risk
taking behaviour)

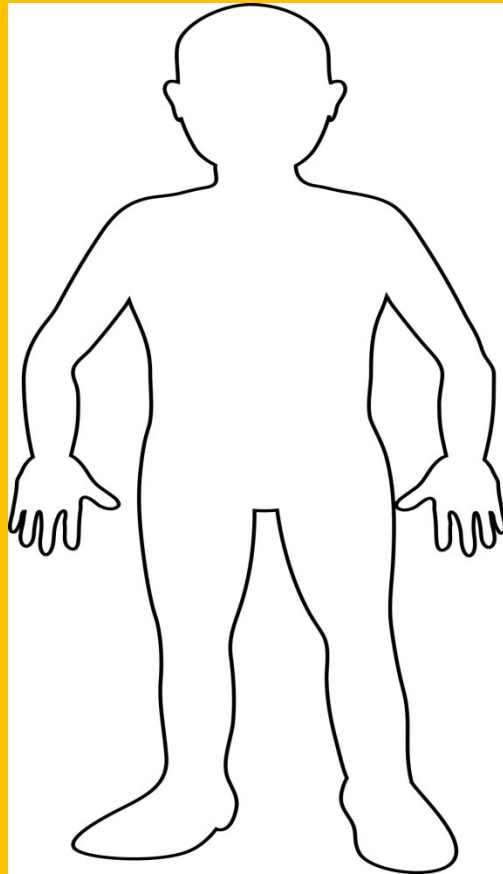
Think it helps
you to
sleep/relax

Because they
like it

They think it gives
them confidence

Because Friends
drink it

Activity – Body maps



Draw on your
body map how
alcohol can affect
our bodies

Short Term Effects of Drinking Alcohol

- Hangovers
- Don't sleep well
- Headaches
- Blurred Vision
- Vomiting
- Dehydration
- Stomach Pains
- Pass out
- Sweating
- Diarrhoea
- Alcohol Poisoning



- Giddiness
- Accidents
- Anti-social behaviour
- Arguments
- More Trusting
- Assaults
- Get into fights
- Can't concentrate
- Falling over

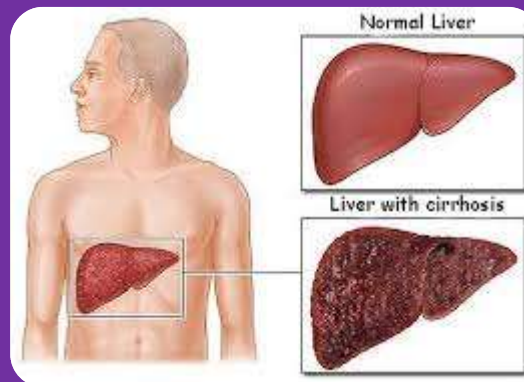
Long Term Effects of Drinking Alcohol

Liver damage

Alcohol dependence

Mental Health
Problems

Damage to pancreas



Brain damage

Memory loss

Stomach
problems



Cancer of the mouth,
throat and
oesophagus

Weight gain

Damage to your baby

Alcohol Poisoning

- Alcohol poisoning happens when a lot of alcohol has been drank in a short time (Binge drinking)
- If this happens then the alcohol impacts on your central nervous system and slows your breathing and heart rate and gag reflex.
- The bodies reaction to a poison (alcohol) is to get it out of your system, therefore vomiting occurs, however the gag reflex is relaxed after too much alcohol and if some one is by themselves and lay on their back, they stand the risk of choking on their vomit.



Recovery Position









D.

Adjust the upper leg so that both the hip and knee are bent at right angles.

Phone 999 or 112 for an ambulance and continue to check airway and breathing.



Alcohol and the law

UNDER 16

- Can go in to a pub with an adult if the premises allows and can only drink non-alcoholic drinks

AGED 16-17

- Can drink beer, wine or cider at a table meal if bought by an adult

The Law...

**UNDER 18
TRYING TO BUY
ALCOHOL**

Alcohol will be
confiscated and
parent/carer contacted

**SOMEONE OVER
18 BUYING
ALCOHOL FOR
SOMEONE UNDER
18**

Can be fined given
unlimited Fine

**ADULT IN A PUB
OR SHOP SELLING
ALCOHOL TO
SOMEONE UNDER
18**

Can be given unlimited
fine

Beer Goggles



Dealing With Situations



What have you learnt?

