

Learning Objectives: Know what alcohol is and understand the risks and effects to the body Understand that drug use can become a habit which can be difficult to break

What have I already learned?

Peer pressure can be split into either positive peer pressure or negative peer pressure. Aggressive or inappropriate behaviour can have a negative impact on others Feelings range from a range of intensities which are experienced when dealing with different situations.

Resisting peer pressure



Holly Park's helping hands



Key Information

What does alcohol do?

Alcohol changes the way that your brain works, which means that after drinking you may do silly things. Some of these things may be dangerous, as alcohol can stop you thinking about what might happen. This can make it very dangerous to do things like driving, which is why it is against the law to drink and drive. In smaller amounts though, alcohol can be enjoyed by grown-ups.

What does the law say?

It is illegal for anyone under 18 to buy, or try to buy alcohol in the UK. It is also illegal for an adult to buy or attempt to buy alcohol on behalf of someone under 18.

Is alcohol bad for your body?

People who drink alcohol a lot for a long time often damage important parts of their body like their brains, heart and liver. It only takes five to 10 minutes for alcohol to affect the brain, and once this has happened the body takes about one hour to process one unit of alcohol, so you will be affected for a while.

Why do people choose to use or not use legal drugs such as alcohol?

- Some people might drink because It can slow the body and make people feel more relaxed. It is seen as a sociable thing to do in some countries.
- Some people choose not to drink because they know that too much alcohol may cause a person may do dangerous things that they would not normally do.
- They might lose control over speech, behaviour and can have an impact on memory.

Key Vocabulary

Alcohol - Alcohol is a type of drug that changes the way you think, feel or behave.

Drugs - Is a chemical which is given to people in order to treat or prevent an illness or disease

Health - A state of physical, mental, social and emotional wellbeing.

Law - The set of rules that people in a society/country must follow..

Illegal - Permitted by law.

Legal - Contrary to or forbidden by law, especially criminal law.

Mental health - The way someone thinks or feels about themselves and the world around them. It's related to how people cope with life's challenges and stresses.

Myth - Something that is made up or not real.

Resist - To take stand against something harmful or wrong.

