

PSHE - Healthy me

L.O: I understand the effects of alcohol on my body.

Is being healthy only about eating well and doing exercise?

## True or False

1	You have to be 18 to buy alcohol	
2	When you drink alcohol, it takes about 15 minutes to move through your blood stream and into your brain	
3	When you drink alcohol, it can change your behaviour	
4	Only the brain is affected by drinking alcohol	
5	Your brain is mostly made up of water	
6	Most children between 9 and 13 years old drink alcohol	
7	Alcohol affects children's brains and behaviour much more than adults'	

# Answers

1	You have to be 18 to buy alcohol	True
2	When you drink alcohol, it takes about 15 minutes to move through your blood stream and into your brain	False It takes about 30 seconds
3	When you drink alcohol, it can change your behaviour	True
4	Only the brain is affected by drinking alcohol	False It affects every cell in your body
5	Your brain is mostly made up of water	True
6	Most children between 9 and 13 years old drink alcohol	False Most children don't drink alcohol
7	Alcohol affects children's brains and behaviour much more than adults'	True Because their bodies are smaller

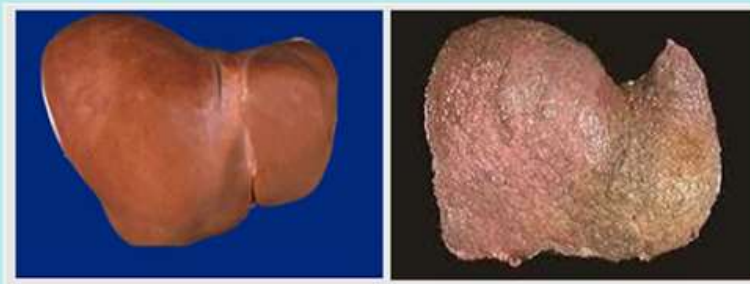
How do you think alcohol can change someone's behaviour?



Why do you think someone might drink alcohol?

## Our liver:

- ★ It holds about half a litre of blood
- ★ Cleans the blood, gets rid of toxins
- ★ We need it to stay alive



- ★ Alcohol has no nutrients in it that our body needs.
- ★ This means our liver has to work extremely hard to get rid of alcohol in our bodies.
- ★ Too much alcohol can damage our liver permanently.

Can you make a poster advertising making good decisions based on what you have learned about the effects of alcohol on our bodies?



Remember to include key facts  
about your liver!

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