

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 **Short term effects on the body** sheet

Internet access to talkaboutalcohol.com

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

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.

Investigating the dehydrating effects of alcohol (Science/environmental studies 11 - 14 worksheet 4)

Target age group: 11 - 14 year-olds

Structure: 1 practical lesson (it could be more than one lesson if it is used as a basis for practical investigation).

Preparation: Download/photocopy **Investigating the dehydrating effects of alcohol on the body (11 - 14)** sheet (at least 1 between 2).

Objectives

- o To show the dehydrating effects of alcohol on living cells.
- o Introduction to practical investigation.

Investigating the dehydrating effects of alcohol (Science/environmental studies 14 - 16 worksheet 5)

Target age group: 14 - 16 year-olds

Structure: 1 practical lesson (it could be more than one lesson if it is used as a basis for practical investigation).

Preparation: Download/photocopy **Investigating the dehydrating effects of alcohol on the body (14 - 16)** sheet (at least 1 between 2).

Objectives

- o To show the dehydrating effects of alcohol on living cells.
- o Introduction to practical investigation.

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 **Long-term effects of alcohol sheet/ How too much alcohol affects the body** sheet

Internet access to talkaboutalcohol.com

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/PSD 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.

Alcohol and the community (PSHE/PSD 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.

All tasks

Direct students to **talkaboutalcohol.com**, especially the Fact Zone of the Young People's section.