

WHY ARE YOUNG PEOPLE ADVISED NOT TO DRINK?

PSHE 14-16 WORKSHEET 2

Lots of adults enjoy drinking alcohol and most adults drink sensibly, but laws in the UK are designed to stop young people buying and drinking alcohol until they are 18, unless they are being supervised by their parents. But why should young people think before they drink alcohol?

Here are the views of some people. All the facts that are included are correct, but some of the comments are just people's opinions. Put them in order to show which you think is the best, most persuasive reason through to the least persuasive. (Write 1 beside the best reason, 2 beside the next best reason, etc.)

| Fact/ Opinion | Rank 1 = most important 8 = least important |
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| "You can drink a lot of alcohol in a short time but only start to feel the effects later, by which time it may be too late. Young people don't have the maturity to know when to stop." | |
| "Young people's bodies are still growing. They're affected by alcohol more than adults and alcohol can be dangerous." | |
| "There's enough to cope with when growing up without having to deal with alcohol as well. If teenagers are struggling with problems, alcohol isn't going to help." | |
| 20% of all admissions to hospital Accident and Emergency departments are linked to alcohol and 22% of accidental deaths are alcohol related, many are young men. | |
| "You have to learn to drink alcohol sensibly - to know how it affects you, when to stop, and when it changes your judgement. Until you're a young adult, it's too risky because you may make really serious errors. We're talking about injury and even death." | |
| "Alcohol is absorbed quickly into the bloodstream and travels to the brain. Here it acts as a depressant, slowing down the way in which the brain and body works. It affects thinking and actions and that's when accidents happen." | |
| "There's a lot of pressure on young people to do the same as everyone else so they can end up drinking a lot just to look cool, even if they don't want to." | |
| "Alcohol can make you uninhibited. This can make you say or do things you regret later." | |