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The Facts about Alcohol

ALCOHOL AWARENESS

What drinks contain alcohol?

The table lists a number of different drinks, some of which contain alcohol, while others do not. Put a tick or a cross in the second column to indicate whether you think the drink contains alcohol or not. In the third column indicate when someone would be likely to drink this – it could be a particular time of day or a special occasion.

Drink	Contains alcohol?	When is it usually drunk?
Appletize		
Bacardi Breezer		
Bitter Lemon		
Champagne		
Coffee		
Cola		
Cider		
Dr Pepper		
Ginger Beer		
Grape Juice		
Orange & Lemonade		
Lager		
Red Bull		
Tea		
Tonic Water		
Vodka		
Whisky		
White Wine		

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THE EFFECTS OF ALCOHOL

How do people behave after drinking alcohol? List some different ways in which people might react after they have had alcoholic drinks.

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Look at your list. Some effects you have written may be pleasant; others may be unpleasant. Separate out the effects under the headings, “Pleasant” or “Unpleasant”.

Pleasant/ Acceptable	Unpleasant/Unacceptable

Why do you think people drink alcohol?

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Who would you treat?

Below are 6 characters who have arrived at the local hospital Accident and Emergency Department. Read through the descriptions of their injuries carefully and decide which order you would treat them in. Number them from 1-6, 1 being the person you would treat first.

Name: John

Injury: Broken arm

John is a rugby player and was tackled badly resulting in a broken arm. He is in a great deal of pain, but is trying not to show it.

Name: Simon

Injury: Unconscious

Simon was at a party at a friend's house. He had been drinking quite heavily all afternoon. His friends found him unconscious in the bathroom and couldn't wake him up. He was cold and his breathing was slow so they called an ambulance.

Name: Sarah

Injury: Chronic liver failure

Sarah lives all alone after her family left her. She drinks a bottle of wine each day and whisky before bed to help her sleep. She was in hospital three months ago and was warned that she needed to stop drinking. She just couldn't face it.

Name: Peter

Injury: Serious internal bleeding, broken leg

Peter is a keen cyclist and wears protective clothing. Before cycling home after work he had a few drinks with his colleague who was retiring. Peter pulled out from a side street into the path of a car whose driver had no time to stop.

Name: Amy

Injury: Minor head injury, shock

Amy was the driver of the vehicle that hit Peter. She'd had a couple of drinks at the pub and felt fine to drive. The last thing she remembered was the cyclist pulling out of the side street and the bang. She knows it wasn't her fault.

Name: Tim

Injury: Cracked skull, broken rib, broken nose

Tim had been watching his football team on TV at the local pub. He'd been drinking for most of the afternoon. As he walked home he met a fan from the rival team and got into a fight. The other guy really laid into him.

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Why do people drink? Health Issues

HEALTH ISSUES

The use of alcohol can lead to health problems, some short term and others as a result of regular drinking over a long time.

Mark the following statements true or false.

	True	False
Alcohol is a powerful drug		
Alcohol affects the body straight away		
Alcohol dehydrates (dries out) the body		
Alcohol lowers blood sugar levels		
Alcohol dulls the brain		
In large doses alcohol can lead to coma and death		
Alcohol affects judgement		

Excessive consumption of Alcohol can lead to:

	True	False
Stomach problems such as ulcers		
Cancer of the mouth, throat and gullet		
Liver cirrhosis (permanent damage)		
Brain damage		
Problems with the nervous system		
Sexual problems		
Loss of body hair		

As well as health issues, the regular consumption of alcohol can lead to social issues. For each of the social issues think of an example of how this might be affected.

Social Consequence	How this might happen
Becoming aggressive	
Being arrested	
Problems at school or college	
Being taken advantage of	
Financial problems	
Having an accident	
Family problems	

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Guidelines and the Law

THE LAW

Complete the following table by adding the age according to the law

Law	Age
It is against the law to give alcohol to children under	
It is against the law to sell alcohol to anyone under	
..... year olds are permitted to drink beer or wine in a pub with a meal	
It is against the law for an adult to buy alcohol from an off licence on behalf of anyone under	
The Police can confiscate alcohol from anyone under drinking in a public place	

HEALTH GUIDELINES

Alcohol is measured in units, based on the strength of a drink

As a general rule one unit of alcohol is equal to $\frac{1}{2}$ pint of lager = 1 measure of spirits
= 1 small glass of wine = 1 glass of sherry

The health guidelines say that the health limit for an adult male should be no more than 3-4 units per day up to a maximum of 21 units per week.

REMEMBER – These are limits, not targets

1000 young people die every year because of alcohol – that's death through drunk driving, poisoning and violence.

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Guidelines and the Law ctd.

HEALTH GUIDELINES

The number of units contained in a drink can be found by multiplying the % alcohol content by the volume in litres. Where the volume on the label is given in millilitres (ml) divide by 1000. When given in centilitres (cl) divide by 100.

For example, a 440ml can of extra strong lager with an alcohol content of 9% contains:

$9 \times 440 / 1000 = 3.96$ units of alcohol. This means that the can contains the recommended maximum daily amount of alcohol for an adult male.

Work out the units of alcohol contained in:

	Alcohol Content	Units
70cl bottle of vodka	37.5 %	
275ml bottle of alcopop	5 %	
2L bottle of cider	6 %	
500ml can of lager	5 %	
75cl bottle of wine	13 %	