

# Session 5.2: The dangers of alcohol

## Activity sheet 5.2.1: Alcohol



Read and talk about:

- Alcohol is a **legal** drug. This means that it is not against the law to drink alcohol.
- Alcohol can harm you though especially if you drink a lot of it.
- Alcohol can damage your body and your mind.
- Alcohol can stop you thinking clearly. Sometimes, people do things that can harm themselves or others. They can behave in ways that are unsafe. They can become violent.
- Some people find it difficult to stop drinking alcohol once they start. They can become addicted. This means that they want more and more alcohol. They have cravings and feel bad if they are not drinking. They need to get help to stop.

## **Activity sheet 5.2.2: How much alcohol is safe?**

Doctors say that most people can have small amounts of alcohol. Some people though are not allowed to have alcohol because of the medication they are on. Some people should not drink alcohol because they can't stop once they start drinking.

Write or draw about how much alcohol doctors say is safe for most people. Write or draw how many units are in different drinks.

## Activity sheet 5.2.3: The dangers of drinking too much alcohol

Find out what too much alcohol does to you. Talk about the these illnesses. Put them in the right column:

<b>heart problems</b>	<b>hallucinations</b>	<b>anxiety</b>
<b>depression</b>	<b>liver damage</b>	<b>kidney damage</b>
<b>stomach cancer</b>	<b>throat cancer</b>	<b>psychosis</b>
<b>sexual dysfunction</b>	<b>aggression</b>	<b>lack of inhibition</b>

<b>Physical illness</b>	<b>Mental illness</b>

## Activity sheet 5.2.4: Getting help with alcohol

It is important that if you are drinking too much you get help. Find out where you can get help if you have a problem with alcohol.

Write down where you could get help:





# Certificate of Achievement

**Module 5: Drugs and Alcohol**

You did it!  
*Congratulations*

**You have completed  
module 5**