

Learning Intention:

Today we are: learning how alcohol can impact the body.

So we can: make informed choices about alcohol.

I will know I have been successful: when I can share information about the impacts of alcohol.

In this lesson you have learnt more about the physical, social, and legal impacts of alcohol. Choices about alcohol can affect a person's everyday life.

Assessment Task:

Read each below question carefully and select the most appropriate answer.

Alcohol - Impacts On The Body: Multiple-Choice Quiz

1. How can alcohol affect the brain of a young person?

- a) It helps improve memory.
- b) It slows down brain development.
- c) It has no effect on the brain.
- d) It makes the brain grow faster.

2. Which part of the brain is most affected by alcohol and controls decision-making?

- a) The heart
- b) The stomach
- c) The prefrontal cortex.
- d) The lungs.

3. What is one short-term effect of drinking alcohol?

- a) Improved concentration.
- b) Feeling more awake.
- c) Slurred speech and poor coordination.
- d) Faster reaction times.

4. How can alcohol affect your body over time?

- a) It makes your muscles stronger.
- b) It can damage your liver and heart.
- c) It has no long-term impact.
- d) It helps with digestion.

5. Why is drinking alcohol especially harmful for young people?

- a) Their bodies are too small to handle it.
- b) Their brains and bodies are still developing.
- c) They cannot drink as much as adults.
- d) It tastes bad for young people.

6. What is one way alcohol can harm relationships with friends and family?

- a) It makes you more fun to be around.
- b) It helps you build trust.
- c) It can cause you to have arguments, make poor choices or act in unsafe ways.
- d) It strengthens friendships.

7. What is alcohol poisoning?

- a) Drinking too much alcohol, causing serious health problems like unconsciousness or even death.
- b) Feeling sleepy after drinking a little alcohol.
- c) An illness you catch from contaminated alcohol.
- d) A mild headache after drinking.

8. What is one positive reason to stay alcohol-free as a young person?

- a) You can focus on your goals and stay healthy.
- b) Alcohol is only harmful to adults.
- c) It makes you seem more mature.
- d) Drinking alcohol doesn't matter at your age.