

Alcohol: Effects on the Body

Age Range:

8-11, Years 5+,
KS2

Topics Covered:

Knowledge of Alcohol and
it's effects on the body

Time:

20 - 40 minutes

Equipment needed:

'Alcohol and the Body'
sheet, paper, pens and
pencils.

Learning Outcomes:

- Children have an increased knowledge of the effects of alcohol on the body.
- Children have an increased understanding that some people are addicted to alcohol and other substances.

This supports key concepts for PSHE education in personal wellbeing including:

- Personal identities
- Healthy lifestyles
- Risk
- Relationships

An exercise to increase knowledge about the effects of alcohol on the human body.

Introduction

This exercise uses creative thinking and reflective learning to help young people gain an introduction to the topic of alcohol and learn about the physical effects on the body.

Exercise

This exercise creatively looks at the effects of alcohol on the body as an introduction to understanding the physical effects of alcohol.

You can draw a large stick figure and run this activity as a large group, or ask the children to work in small groups; pairs or individuals and they all create their own stick figure.

Ask the children to think of health risks which alcohol can have and label them around the body to show what part is affected.

Once they have completed this, you may want to allow them to research online or use leaflets to find out more of the health risks that alcohol can have on the body. The group can then revisit their character to add any new knowledge.

On the following page is a list of 6 basic facts which you may want to ensure the young people have added to their stick figures.

Another way of completing this exercise to make it more creative and visual; is by doing a life size figure and use pictures and diagrams of the body parts affected. A diagram is included to help identify where the main affected organs are on the body.

Summary

If the children have completed the exercise, in smaller groups you may want to recap by asking them to share their ideas.

You could also invite someone from a local alcohol organisation to give a talk or provide literature on the effects of alcohol. There are some useful websites such as www.drinkaware.co.uk and www.talktofrank.com that can provide further information.

ALCOHOL AND THE BODY

Body	Effect
Brain	Alcohol is a depressant, which means that it <u>slows down the brain</u> . Drinking heavily over a long period of time can also have long-term effects on <u>memory</u> .
Heart	Long-term drinking is linked to heart problems. Drinking alcohol weakens the heart, making it harder for the heart to pump blood around the body.
Stomach	Alcohol irritates the stomach, so heavy drinking can cause <u>sickness</u> and <u>nausea</u> and sometimes <u>diarrhoea</u> . In the longer term, alcohol is associated with an increased risk of <u>cancer of the stomach</u> .
Liver	Drinking alcohol increases the risk of liver damage, including liver cancer. Damaging the liver will make it harder for the body to process toxins which go through the body.
Pancreas	Heavy drinking can cause pancreatitis, which is when your pancreas becomes inflamed and its cells are damaged.
Weight gain	Alcohol has a lot of calories in it! They are also classed as 'empty calories' so they have no nutritional value.

