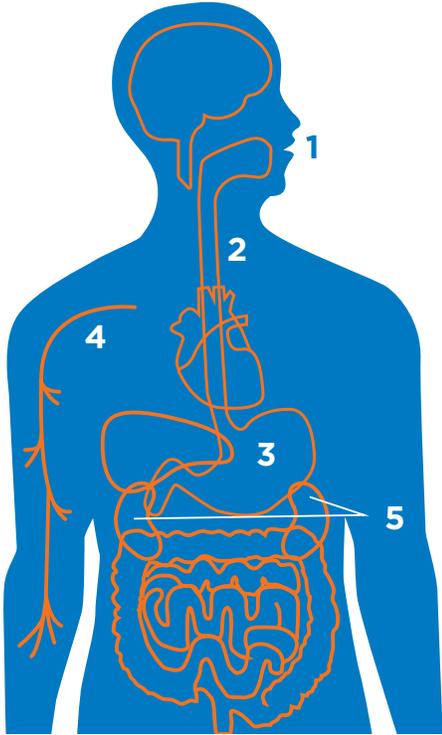


# ALCOHOL'S EFFECT ON THE BODY AND THE BRAIN

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## WHAT DOES ALCOHOL DO TO YOUR BODY AND BRAIN?

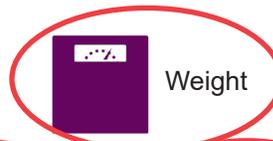


Using the graphic on the left, identify and describe the five steps of what happens when alcohol enters the body.

1. Alcohol is swallowed.  
\_\_\_\_\_
2. Alcohol enters your stomach through your esophagus.  
\_\_\_\_\_
3. Your small intestine and stomach lining absorb alcohol into the bloodstream.  
\_\_\_\_\_
4. The alcohol in your bloodstream travels to other organs in your body, including the brain.  
\_\_\_\_\_
5. The liver metabolizes alcohol, it's processed by the kidneys and then is eliminated from your body through urine.  
\_\_\_\_\_

**BLOOD ALCOHOL CONCENTRATION (BAC) IS:** BAC is the amount of alcohol that is present in the bloodstream.

From the images below, circle which ones affect someone's BAC.





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## KNOWLEDGE CHECK

Answer the following true or false, fill in the black and multiple choice questions.

1. True or False: Alcohol is a stimulant and makes you feel energetic, focused and alert. False
2. Your \_\_\_\_\_ and stomach lining absorb alcohol into the bloodstream.  
A. Kidney  
B. Liver  
C. Large Intestine  
 D. Small Intestine
3. Which of the following correctly defines standard size drinks?  
A. 5 oz beer (12% ABV), 12 oz wine (5% ABV), 1.5 oz of 80 proof liquor (40% ABV)  
B. 5 oz beer (12% ABV), 5 oz wine (12% ABV), 1.5 oz of 40 proof liquor (80% ABV)  
 C. 12 oz beer (5% ABV), 5 oz wine (12% ABV), 1.5 oz of 80 proof liquor (40% ABV)  
D. 12 oz beer (5% ABV), 5 oz wine (12% ABV), 1.5 oz of 40 proof liquor (80% ABV)
4. \_\_\_\_\_ is the excessive consumption of alcohol that brings BAC levels to at least 0.08% in about two hours.  
A. Alcohol poisoning  
 B. Binge drinking  
C. Fermentation  
D. Substance use disorder
5. True or False: The kidney metabolizes, or breaks down, alcohol. The liver

## SPARK A DISCUSSION

While it may be difficult, having open and honest conversations with your parents or guardians is an important part of growing up. Parents can help you process your thoughts and feelings about situations with alcohol that make you feel uncomfortable and can help you understand why alcohol can be dangerous.

Having an open line of communication with your parents can keep not just you, but also your friends, safe. ***With your parent or guardian, identify three ways you can keep an open line of communication.***

**1** Talk about what healthy behaviors are and set expectations of sticking to these healthy behaviors.

**2** Let your parents know where you are at all times and who you are with.

**3** Know that it is okay to ask your parents questions about alcohol and other drugs.