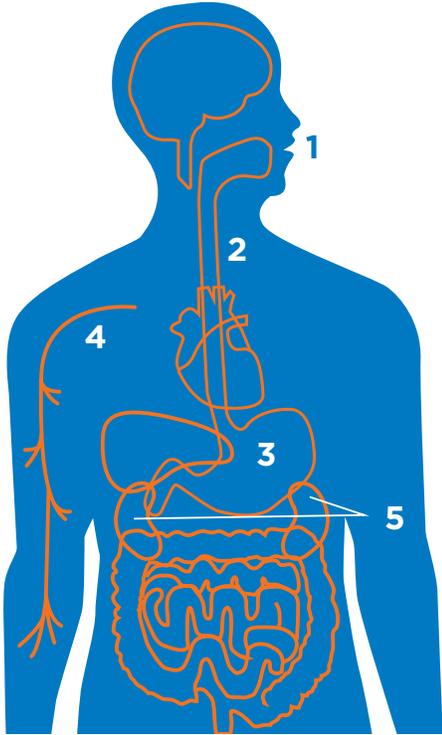


ALCOHOL'S EFFECT ON THE BODY AND THE BRAIN

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. _____

2. _____

3. _____

4. _____

5. _____

BLOOD ALCOHOL CONCENTRATION (BAC) IS: _____

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



Rate of Consumption



Blood Pressure



Weight



Biological Sex



Type of Alcohol



Drug Use



Strength of Drink



Food



Mood



ALCOHOL'S EFFECT ON THE BODY AND THE BRAIN

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.** _____

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 liver metabolizes, or breaks down, alcohol.** _____

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 _____

2 _____

3 _____
