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. ______________________________
   ______________________________
   ______________________________

Teachers and Facilitators: This worksheet is best implemented as a follow up assignment to the BOLT Alcohol, Tobacco and Other Drugs 101 PowerPoint and used with the Virginia ABC Middle School Guide, Learn Alcohol Basics.