



Exploration Activity: Year 9 **QUICK QUIZ**

Approx. Time Required

10 minutes writing in teams and 5 minutes feedback.

The Questions

- 1.** What is a safe amount of alcohol for a young person to drink?
- 2.** Can alcohol affect your academic or sporting performance?
- 3.** Name five **SHORT** term affects that alcohol has on the body or the mind.
- 4.** Name five **LONG** term affects that alcohol has on the body or the mind.
- 5.** How old must you be to buy alcohol in a shop, off-licence, pub or a bar?

The Answers

1. What is a safe amount of alcohol for a young person to drink?

There are no safe amounts for young people.

2. Can alcohol affect your academic or sporting performance?

Yes, it impairs memory, delays muscle repair and affects coordination.

3. Name five SHORT term affects that alcohol has on the body or the mind.

- ★ It can dehydrate the body.
- ★ It can contribute to weight gain.
- ★ It can cause spots.
- ★ It can affect decision making.
- ★ It can negatively affect your mood.

4. Name five LONG term affects that alcohol has on the body or the mind.

- ★ It can cause cancer.
- ★ It can damage the heart.
- ★ It can damage the pancreas.
- ★ It can damage the liver.
- ★ It can cause brain damage in unborn babies.

5. How old must you be to buy alcohol in a shop, off-licence, pub or a bar?

18 years old in the UK.