Don't Drink, Think!
Hi, my name is Sam and I am going to guide you through this leaflet. I hope you like it and find it useful and fun.

Happy reading!

Why have we made this leaflet for you?
This leaflet tells you all about alcohol. Some children drink alcohol at a young age. This leaflet will help you to know more about alcohol and the dangers of drinking.

What is alcohol?
There are many kinds of alcohol used for many reasons. Alcohol added to drinks is made from plants - mostly from grapes or cereal crops. Yeast is used to change sugar in plants into alcohol.

Alcohol was discovered a long time ago - lots of people think it was by accident!

Alcohol and the Law
Laws around alcohol are there to protect you. Because children's bodies are smaller and still growing, they are more easily damaged by alcohol. This is why there are age limits for drinking alcohol.

In some places it is also an offence for anyone to drink alcohol in public, such as in the street or in a park.

Alcohol and the Law
Do the quiz below to find out how much you know. I'll tell you the answers later!

1. It is illegal for a shop to sell alcohol to a person under the age of A. 16 B. 18 C. 21
2. When in a restaurant you may have wine or beer with your meal at 16. True or False
3. It is illegal for an adult to buy alcohol for anyone under 18. True or False

Think, Drink, Don't Hit

What you need to say no because "You need to say no because people drink alcohol for lots of reasons. Children might see drinking as normal."

Confidential confidential and safe to say no, and say no if someone asks. Saying no is the right thing to do. Peer pressure, what you say can change your life.

Wordsworth

**Antioxidants**

Don't be a fool!

There are guidelines for adults who drink. This is to ensure that they drink safely. People can become addicted to alcohol which is very dangerous. Somebody who is addicted depends on alcohol to carry out their day to day activities. This not only damages their health but also affects their work, their daily life and all their friends and family who love and care about.

**Brain**

Alcohol can affect your short term and long term memory. It can affect your concentration and how you learn.

Alcohol can damage glands that produce your hormones. This can cause stunted growth and can affect your development.

**Heart**

Blood takes alcohol to the heart. Heavy drinking, particularly over time, can damage the heart and lead to high blood pressure and a weakened heart. This makes it more likely for someone to have a heart attack or suffer a stroke.

**Liver**

The liver breaks alcohol down into harmless parts. However, the liver can only deal with a certain amount of alcohol every hour. Too much alcohol can strain or damage the liver, causing liver disease.

**Muscles**

Drinking can damage muscle fibres that you need for running, sprinting and jumping.

**Stomach**

Alcohol increases blood flow to the stomach. The lining of the stomach can become irritated, which can cause sickness. Over time this can also lead to painful stomach ulcers.

**Skin**

Alcohol increases blood flow to the skin causing sweats and flushing which means heat is lost from your body – this can lower your body temperature which is very dangerous.

**Brain**

Alcohol can make the blood vessels in your brain swell up, causing pressure and headaches.

**Alcohol can affect your judgement and the way you behave – you can lose control of your emotions. The part of your brain that controls movements and balance is affected by alcohol, this can make you feel unable to walk and write and you might feel unsteady and fall.

Check out these interesting facts below... and don't forget to check your answers to the quiz!

1. Alcohol passes into the blood and is carried around the body. It only takes five to ten minutes for it to have an effect!

2. Girls tend to be affected by alcohol more than boys. Their bodies are smaller and have different amounts of fat and water.

3. Alcohol is a depressant.

4. It is guessed that the effect of alcohol on health costs the NHS £10.5m every year. This does not include the work of 999 services!

5. In Scotland the number of alcohol-related deaths has more than doubled from 4,144 in 1991 to 8,286 in 2005!