



PSHE Knowledge Organiser



Drugs education: Alcohol

Year 8
Term 4

Communication

The Law

If you're under 18, it's against the law:



- for someone to sell you alcohol
- to buy or try to buy alcohol
- for an adult to buy or try to buy alcohol for you
- to drink alcohol in licensed premises such as a pub or restaurant (16+ may have alcohol with a meal)

<https://www.gov.uk/alcohol-young-people-law>

The health risks

Regular drinking and/or binge drinking alcohol increase your chance of:

- mouth cancer, throat cancer and breast cancer
- stroke
- heart disease
- liver disease
- brain damage
- damage to the nervous system
- poor mental health

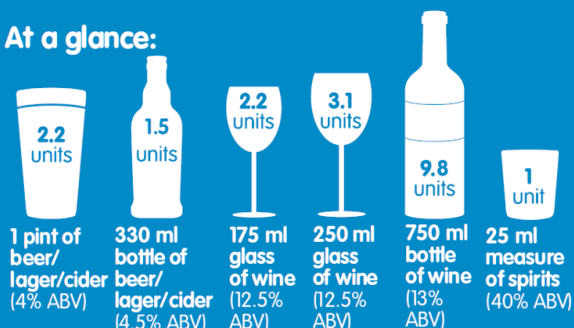
<https://www.nhs.uk/live-well/alcohol-advice/the-risks-of-drinking-too-much/>

Know your limits!

Alcohol content is measured in units and the NHS recommend that adults stick to 14 units over 3 or more days.

<https://www.nhs.uk/live-well/alcohol-advice/the-risks-of-drinking-too-much/>

At a glance:



If you suspect alcohol poisoning

1. Reassure them, keep them warm
2. Check for injuries
3. Place them in the recovery position
4. Monitor their level of response

If you're worried, call 999/112 for emergency help

For all the first aid advice you need, visit [sja.org.uk](https://www.sja.org.uk)



FIRST AID
SAVES LIVES



Definitions

Alcohol – a colourless flammable liquid which is produced by the natural fermentation of sugars and is the intoxicating constituent of wine, beer, spirits, and other drinks.

Alcohol poisoning - Alcohol poisoning can happen when you drink alcohol quicker than your body can process it. It can make you seriously ill and you may need to go to hospital

Binge drinking - The consumption of an excessive amount of alcohol in a short period of time.

Further help and advice

NHS- <https://www.nhs.uk/>

Talk to FRANK-
<https://www.talktofrank.com/>

Drink Aware

<https://www.drinkaware.co.uk/>