

# What does alcohol do?

Many people say they drink alcohol because it makes them feel happy. In fact, alcohol is a depressant, which means that it slows down the body's systems. If we drink too much it can damage the body's organs and affect the memory.

It can also make people do things that they wouldn't normally do, such as getting in a fight or walking into a busy road.

## Activity 1: Alcohol and health - fill in the gaps

When people drink alcohol it goes from the  into the bloodstream and the  carries it to the . Too much alcohol can often  the body. Heavy drinking can cause  and . In the long term, alcohol can contribute to a variety of problems including  disease and brain damage.

## Activity 2:

During Crucial Crew you had the chance to try on some 'beer goggles' that simulated what it feels like to be drunk. How did they make you feel and what are some of the risks?

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To find out more, click on the link below  
<http://www.crucial-crew.org/body.swf>

Visit the [Look Out Zone](#) to play a fun game that will help you remember the facts about alcohol

Fill the gaps answers: 1. Stomach; 2. Blood; 3. Brain; 4. Harm; 5. Sickness; 6. Diarrhoea; 7. Liver