

In the first-box around the image below, write all the possible short-term effects of drinking that you can think of. Try to think of physical effects on the body and also wider risks. Then, in the outer box, write the long-term risks of alcohol misuse on an individual's health and life.

## Long-term effects

### Short-term effects



memory loss

falling out or breaking up with someone

stroke

alcohol dependency

feeling and/or being sick

acne

drowsiness

alcohol poisoning

illnesses related to high blood pressure

regret or guilt about their behaviour

obesity

dizziness

cancer

feeling sociable

accidents and injuries due to falling over

diarrhoea

dental health issues

poor judgments and decisions

a 'hangover' the following day

embarrassment from doing something they wouldn't have usually done

dehydration

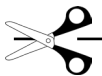
liver disease (cirrhosis)

headache

fertility issues

depression

lack of inhibitions



Some people think alcohol can help them forget their problems

Some people like the taste of alcohol

Alcohol is easily-available

Some people drink because their peers do and they want to fit in

Some songs, films/TV. programmes and sporting events promote drinking alcohol

Some people think alcohol is an important part of social events or celebrations

Some people think it makes them feel happy and confident

Some people think drinking alcohol makes them look cool and feel more grown-up

Some people drink alcohol because they think it will relieve stress

