



# TALK ABOUT ALCOHOL

**PSHE/PSD 11-14  
WORKSHEET 4**

## **FACT OR FICTION?**

Before you try this activity, you might want to look at the Fact Zone section of the Talk About Alcohol website.

Under each statement, write 'true' or 'false' and explain the reason for your choice in one short sentence.

1. You can always sleep off a hangover and feel all right the next day.

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2. It's impossible to know how much alcohol is in a bottle of drink.

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3. A glass of beer, a glass of wine and a shot of spirits contain the same amount of pure alcohol.

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4. Eating a meal before drinking alcohol stops a person from getting drunk.

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5. Drinking plenty of water may reduce the effect of a hangover.

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6. People are more likely to take risks after drinking alcohol.

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7. People who drink a lot of alcohol on a regular basis may become tolerant, and even addicted, to it.

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8. Women tend to be more affected by alcohol than men.

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9. Pregnant women are advised to limit the amount of alcohol they drink.

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10. The excessive consumption of alcohol carries health risks.

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## ANSWERS

1. False. Hangovers can last for a lot longer than just the morning after. Advice for adults is that after a lot of alcohol has been consumed, they shouldn't drink alcohol for another 48 hours to let the body recover.
2. False. The amount of alcohol is usually shown on the drinks container, but you can calculate it yourself.
3. False. It depends on the size of the glass, the strength of the drink (e.g. there are strong beers and weaker beers) and how full the glass is.
4. False. Eating before drinking slows down the absorption of alcohol into the bloodstream, but doesn't stop it.
5. True. Many of the effects of a hangover come about because alcohol dehydrates the body. There is no cure and waiting until it has gone is the only thing you can do. However, drinking plenty of water and keeping off alcohol for at least the next 48 hours helps the body to recover.
6. True. Alcohol affects judgement so, after drinking alcohol, people tend to have fewer inhibitions and this can lead to risky behaviour.
7. True. Someone who regularly drinks an excessive amount of alcohol may have to drink even more to get the same effect, and this can lead to addiction.
8. True. Alcohol is distributed around the body in water. The female body has more body fat and less water than the male body, so alcohol concentrations are higher in females and therefore girls tend to get drunk faster than boys.
9. True. Alcohol crosses the placenta and can harm the developing foetus. This is called FAS (Foetal Alcohol Syndrome).
10. True. If someone drinks a lot in a short space of time they can increase the risk of accidents and injury. In high doses it can result in alcohol poisoning, leading to coma or even death. In the long term, drinking a lot of alcohol regularly can lead to numerous diseases, such as cancer and liver cirrhosis. These can be fatal.