

Think Twice

We are learning about:

Alcohol and how it impacts a person's physical, social and emotional wellbeing.

Strategies to reduce the risk of alcohol-related harms

We can:

- Explain how alcohol is digested, absorbed and removed by the body
- Identify what a "standard drink" is and understand that all alcoholic drinks have different concentrations of alcohol
- Identify alcohol as a drug and describe some of its short and long term effects
- Understand some of the laws governing alcohol and why it is unsafe to drink and drive
- Demonstrate different strategies to resist peer pressure situations and how to seek help and stay safe
- Identify, record and undertake a healthy change in my life

