



Alcohol:
the whole truth

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Drowsy

- Alcohol is a depressant, that means it slows down the functions of the brain and body
- This means your body and brain work at a slower pace which can make you feel sleepy (drowsy) or move slower than normal

she must feel embarrassed



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Embarrassed

- **Drinking alcohol can cause you to say and do things that you wouldn't normally do**
- **This can lead to embarrassment and can effect your self-esteem**

I don't think he did well on his test



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Failing Grades

- **Drinking alcohol can affect your motivation to do things, ability to concentrate and your ability to make good decisions (like study for tests and do your homework)**



Our family

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Family History

- If someone in your family (parent, grandparent, uncle/aunt etc.) had or has a problem with alcohol, it can increase the risk of you having a problem later in life

**Wow!
my head hurts**



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Headache

- **Drinking alcohol makes people go to the bathroom a lot more, which can lead to dehydration**
- **Alcohol also affects the liver's ability to give sugar/energy to the organs and tissues**
- **The brain needs lots of water and sugar to work properly. If you are going to the bathroom a lot, and/or drinking a lot of alcohol, the brain is not getting enough of the water and energy it needs which leads to headaches (otherwise known as a hangover)**