



Alcohol: the whole truth



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THE ONTARIO CURRICULUM – 2010 REVISED EDITION **Health and Physical Education Curriculum Guidelines for Grade 5** **Substance Use, Addictions, and Related Behaviours**

C1.2 Describe the short- and long-term effects of alcohol use, and identify factors that can affect intoxication (e.g., amount consumed, speed of consumption, sex, body size, combinations with other drugs or food, emotional state)

Teacher prompt:

“Drinking even a small amount of alcohol can affect your body. The more you drink, the greater the effects. What are the short-term effects of alcohol use?”

Student:

“Short-term effects can include relaxation but also reduced coordination, higher body temperature, slower reflexes, drowsiness, lowered inhibitions, slurred speech, and problems making good decisions. Becoming drunk, or intoxicated, could lead to vomiting, loss of consciousness, or even alcohol poisoning. If any of these things happen, medical attention is needed.”

Teacher:

“What long-term consequences can result from alcohol abuse?”

Student:

“Addiction, liver damage, financial problems, family or relationship issues, and emotional problems are some of the consequences of long-term alcohol abuse.”

C2.3 Demonstrate the ability to apply decision-making, assertiveness, and refusal skills to deal with pressures pertaining to alcohol use or other behaviours that could later lead to addiction (e.g., smoking, drug use, gambling)

Teacher prompt:

“What might you do if someone is pressuring you to try alcohol or a cigarette?”



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Student:

“I can try to avoid situations where I might be offered alcohol or cigarettes. If I can’t, I can say strongly and clearly that I do not want to participate. I can also mention problems that I’d rather avoid, like bad breath, disease, and impairment – or I can just make a joke and change the subject.”

C3.3 Identify personal and social factors (e.g., emotional, physical, mental, spiritual, cultural, legal, media, and peer influences) that can affect a person’s decision to drink alcohol at different points in his or her life

Teacher prompt:

“How realistic are the messages that we get from the media about drinking alcohol?”

Student:

“On television, you see people having fun, being sociable, and doing cool things while drinking. You do not often see images in the media of someone who has passed out or who has caused a car crash or who is in an abusive relationship because of alcohol.”

Teacher prompt:

“Some adults choose to drink alcohol in social settings or during celebrations. How is this different from a teen drinking alcohol?”

Student:

“It is legal for adults to drink alcohol. Drinking in moderation, avoiding getting drunk, and following the law about drinking and driving are some of the responsibilities that adults who choose to drink alcohol have to accept.”