


ALCOHOL QUIZ

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- **Can Alcohol change your behaviour?**



- YES.

It can make people more likely to get involved in violence, aggression, sexual behaviour, and generally do things you wouldn't normally do. It reduces inhibition and makes people more impulsive and take risks.

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- **Do women and men process Alcohol the same way?**




- No.

Women are advised to drink less because, in general, their bodies don't process alcohol as efficiently as men's. However, you have to keep in mind that everyone's body is different and this depends on age, weight, etc. Young people process alcohol much slower.

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- **Can alcohol damage brain cells?**


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- Yes.

Drinking too much while your brain is still developing can cause long-term problems with memory and attention span. This could mean you fall behind at school and struggle to achieve your full potential.

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- **Does drinking alcohol make you sleep better?**


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- No.

Alcohol interferes with the normal sleep process. When you drink a lot of alcohol close to bedtime, you can go straight into deep sleep, missing out on the usual first stage of sleep, called rapid eye movement (REM) sleep. This may then affect your mood, your emotions, the next day as you have not had a restful nights sleep and woken refreshed.

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- **Mixing alcohol with energy drinks makes you get more drunk.**

- No it does not.

It's easy to interpret the combination of an alcohol-induced buzz and an energy rush from caffeine as a higher level of "drunk." But energy drinks don't actually enhance the relaxed and sociable feeling caused by a few drinks. Instead, caffeine masks the sedative effects of alcohol that often cue people to stop drinking . As a result, people are tricked into thinking they have more energy than they actually do, which can push them to continue drinking (and potentially lead to negative consequences such as getting too drunk or having a terrible hangover the next day)

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- Alcohol laws show that it's ok for young people to drink alcohol.

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- No.

The Department of Health recommends that children aged 14 and under should not drink alcohol at all. It also recommends that young people aged 15-17 should not drink alcohol, but if they do they should always be supervised by parents or other responsible adults, and the amount they drink should always be below the recommended guidelines for adults, which are 2-3 units a day for women and 3-4 units a day for men.