

WHY PEOPLE CHOOSE TO DRINK OR NOT DRINK ALCOHOL

Do you know what alcohol is?

Write down or discuss some of the reasons why people choose to drink alcohol or choose not to drink it.

Think about some of the positive reasons and others which might be risky.

? Special occasion

Parties or celebrating a birthday

? Cost

Is it affordable?

? Taste

Does it taste nice?

? Curiosity

What's it like?

? Religion and beliefs

Is it right?

? Health harms

More risks when underage

? Belonging

Can it make someone feel part of a group

? Keeping in control

Will it increase the chance of regretting behaviour?

? Side effects

Combination with other drugs / medications?

? Who with

Family/ friends/ strangers?

? Responsibility

Looking after the safety of others

? Stress

Will it help cope with stress, or make things worse?

? Romance

Will it make someone attractive or embarrassing?

? Allergy

Possible intolerance to alcohol?

? How much to drink

None / a little / a lot

? Fitness

Will it affect sporting performance?

? Calories

Effect of extra calories in an existing diet?

? Pregnancy

Does it increase the risks?

? Boredom

Is there anything else to do?

? Confidence

Will it help someone to mix and make friends?

? Supply

Is it available without breaking the law?

? Trust

Keeping promises to parents /carers

? School work

Will it affect exam performance or getting a good job?

? Getting hurt

Accidents, fights

? My age

Breaking the law and the potential impact

