

Do Now

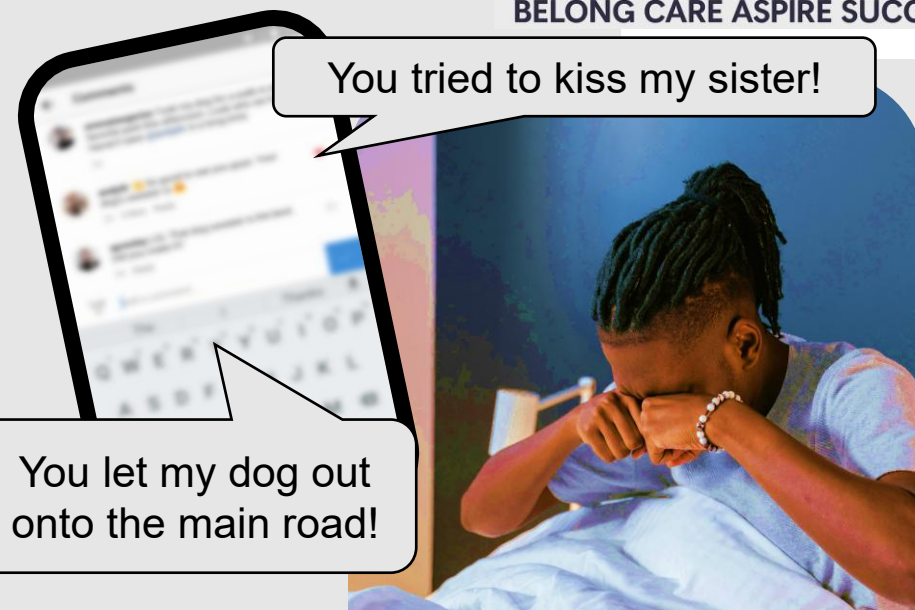
Alcohol – risks, dangers and its effects on relationships



Kyle has woken up to a stream of angry messages. He reads them through blurry eyes. Kyle had far too much alcohol at a friend's house party last night.

'Well, I might have done all of these things I'm being accused of,' he thinks aloud, 'I just can't remember!'

Discuss: Why can't Kyle remember what he did at the party? Should he be worried?



What is alcohol? What happens if we drink too much of it?

If we drink too much alcohol, one thing that happens is... Another can be...

Alcohol – risks, dangers and its effects on relationships



Learning outcomes:

Describe the dangers and risks presented by regular alcohol drinking on our physical health and our relationships.

Explain how alcohol can change our behaviour and make us take more risks.



Alcohol - a liquid which is produced by the fermentation of sugars and is the intoxicating part of wine, beer, spirits, and other drinks.

Binge Drinking - the consumption of an excessive amount of alcohol in a short period of time.

Alcohol – risks, dangers and its effects on relationships



Why are we focusing on alcohol and how it affects our relationships today anyway? Well, there are many good reasons for this. Read the statements below and vote to see if you think they are true or false as a class.
We'll reveal the answers on the next slide.

In England, there are an estimated 602,391 alcohol dependent drinkers.

24% of adults in England and Scotland regularly drink over the chief medical officer's low-risk guidelines.

Alcohol makes us more likely to get angry or aggressive at our partner.

24% of drinkers report finding it difficult to resist a drink if their spouse or partner is drinking.

3 million deaths every year result from harmful use of alcohol. This represents 3% of all deaths worldwide

Alcohol – risks, dangers and its effects on relationships



Let's see how many we were right about. It turns out that this time all but one of the statements were true. Unfortunately, the actual statistic is 5.3% of all deaths worldwide – that's a lot.

In England, there are an estimated 602,391 alcohol dependent drinkers. ✓

24% of adults in England and Scotland regularly drink over the chief medical officer's low risk guidelines. ✓

Alcohol makes us more likely to get angry or aggressive at our partner. ✓

24% of drinkers report finding it difficult to resist a drink if their spouse or partner is drinking. ✓

3 million deaths every year result from harmful use of alcohol. This represents 3% of all deaths worldwide. ✗

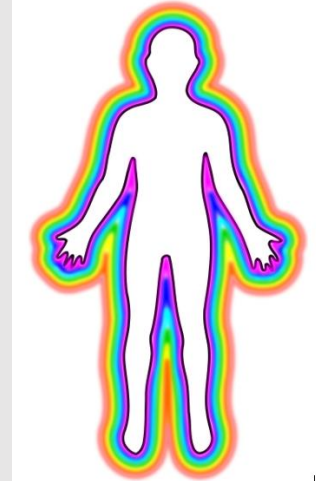
Alcohol – risks, dangers and its effects on relationships



Drinking alcohol not only affects our behaviour at the time through its effects on the mind, but it can also severely affect the body if we drink too much over long periods too.

CLIP TASK

Watch the following clips carefully and as you do, add on to your outline of the body all of the different ways it can be affected. Extra points if you manage to get the liver in the right place exactly!

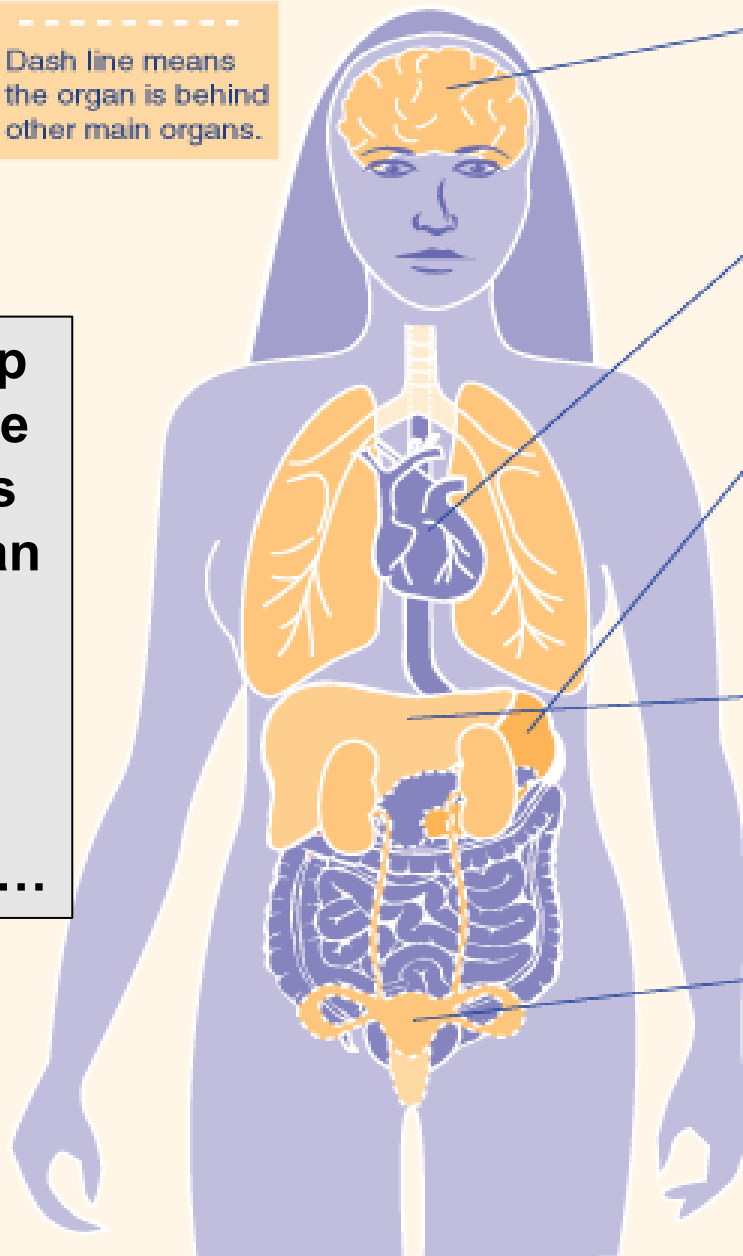


- 1) <https://www.youtube.com/watch?v=8FYfUp2CS10>
- 2) <https://www.youtube.com/watch?v=Et9uWaspCAU>

How Alcohol Affects Your Body

Dash line means
the organ is behind
other main organs.

Let's recap
now on the
main ways
alcohol can
affect our
internal
organs
over the
long-term...



Brain

Drinking alcohol leads to a loss of coordination, poor judgment, slowed reflexes, distorted vision, loss of memory, and even blackouts.

Heart

Drinking alcohol could cause your blood pressure to rise, increase your heart rate, cause your heart to beat abnormally, and can increase the size of your heart.

Stomach

You're putting empty calories into your body, which could cause weight gain. If you drink too much, you may vomit because alcohol is toxic. Drinking alcohol can also cause stomach ulcers and cancer.

Liver

Drinking alcohol could cause diseases such as cirrhosis (sir-o-sis). It also can cause hepatitis (inflamed liver) or even liver cancer, which weakens the liver's ability to clot and keep our blood free from poisons and bacteria.

Reproductive System

Heavy drinking can cause painful periods, heavy flow, discomfort before your period (PMS), and irregular periods (not getting your period when you're supposed to). Drinking also raises the risk of getting sexually assaulted and having unsafe sex.

Alcohol – risks, dangers and its effects on relationships



You have just been given an information pack, which you will need for the next activity. Before we get started, let's read it through together.

THORNDEN THREE READING!
Follow the text in your booklets

How can excessive drinking affect our relationships with others?

Alcohol is often a part of socialising (and can be fun – in moderation). Even your nanna may like a tipple at Christmas, but drinking too much can lead to serious problems, especially within family and romantic relationships. When alcohol consumption becomes excessive, it can change a person's behaviour, affect their judgment, and create conflict with the people they care about most. The damage caused by excessive drinking doesn't just affect the individual, but those closest to them, leading to stress, broken trust, and lasting emotional harm.



One of the major ways that excess drinking affects relationships is by increasing conflict. Alcohol lowers a person's inhibitions, which means that they are more likely to say or do things they normally wouldn't. Arguments often become more frequent when someone drinks heavily, as they may be quicker to anger or less thoughtful about their words and actions. Over time, this constant conflict can wear down the trust and love in a relationship, making it difficult for both partners or family members to communicate openly and kindly with one another.



Excess drinking can also lead to neglect of responsibilities, whether it's work duties, household chores, or caring for children. When someone is frequently hungover or distracted by alcohol, they may not be able to keep up with these tasks, which can frustrate their loved ones. Romantic partners or family members might feel like they are carrying all the weight and doing everything on their own, which leads to resentment and a sense of being unsupported. This imbalance can strain relationships and make family life much more stressful.

Another problem excessive drinking causes is emotional distance. People who drink heavily often become less emotionally available, meaning they might be less attentive, less caring, or more withdrawn. This can make loved ones feel ignored or unimportant, as their emotional needs go unmet. Whether it's a partner feeling unloved or a child feeling



is so much tension at home. These children may also blame themselves for the problems caused by alcohol, leading to feelings of guilt or low self-esteem. In the long run, growing up around alcohol abuse can affect their own relationships and emotional health as they get older.

To protect relationships and prevent these harmful effects, it's important for people who struggle with drinking to take steps to lower their alcohol intake – the NHS guidelines we looked at earlier are a great place to start.

can be deep and long-lasting. This relationships to thrive or even



How can excessive drinking affect our relationships with others?



Alcohol is often part of socialising and can be enjoyable in moderation, but drinking too much can damage family and romantic relationships. Excessive drinking changes behaviour, clouds judgement, and often creates conflict and emotional harm for loved ones.

A major effect is increased conflict. Alcohol lowers inhibitions, so people may say or do things they wouldn't when sober. Heavy drinkers may become more easily angered, leading to frequent arguments that erode trust and communication.

Excessive drinking can also mean neglecting responsibilities at work, home, or in caring for children. Partners and family members may feel they are left to handle everything alone, causing resentment and stress.

Another risk, especially in social settings, is drink spiking. Leaving drinks unattended can allow someone to add drugs or harmful substances. While rare in the UK, it is more common abroad and highlights the importance of staying alert.

How can excessive drinking affect our relationships with others?



Heavy drinking often creates emotional distance. People may become withdrawn or less caring, leaving loved ones feeling ignored or unsupported. This emotional neglect can strain or even break relationships.

Financial strain is another common consequence. Alcohol is expensive, and frequent spending on it can reduce money available for essentials. Disagreements over finances can add to relationship stress.

In some cases, alcohol misuse can lead to aggression or violence. While not all drinkers become violent, alcohol can lower self-control and increase anger, leading to emotional or physical abuse. Such behaviour damages trust, creates fear, and can leave lasting emotional scars.

Children are particularly affected by alcohol misuse in the family. They may feel anxious, confused, or even blame themselves for the conflict at home. This can lead to guilt, low self-esteem, and, later in life, difficulties forming healthy relationships.

Reducing alcohol intake can help protect relationships. NHS guidelines suggest setting limits, alternating alcoholic drinks with water, and avoiding situations that encourage heavy drinking. If alcohol feels difficult to control, reaching out to a trusted person, professional, or support group is a vital step toward recovery and rebuilding healthy connections.

Now answer the questions your booklet.



How does excessive drinking impact relationships beyond the individual who is drinking?

What effect does alcohol have on behaviour that can lead to increased conflict in relationships?

In what ways can heavy drinking cause a person to neglect their responsibilities?

Why may emotional distance develop between someone who drinks excessively and a loved one?

How can excessive alcohol consumption create financial problems for a family?

What is the connection between alcohol abuse and abusive behaviour in relationships?

How might children feel if a parent drinks heavily, what are potential long-term effects on them?

What are some strategies suggested in the essay to reduce alcohol intake and its negative effects on relationships?

Why is it important to seek help if alcohol is becoming a problem in your life or relationships?



Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>

How do you report something you are concerned about?

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know



How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything