

Dangers of Alcohol



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Dangers of Alcohol

1. In this lesson we will learn about the dangers of alcoholic drinks.

2. Alcoholic drinks are enjoyed by many people around the world. Drinking alcohol is often an important part of a country's culture and tradition.

3. However, alcohol can be harmful and affect your life in many ways. It is important that you and your family avoid drinking too much alcohol, as it can be dangerous.

4. Too much alcohol means drinking large amounts of alcohol over a short period of time or drinking alcohol every day.

5. Now here are some questions for you. Try to answer using the up and down arrows on the controller. You can hear any question again by pressing the middle button.

6. Is drinking alcohol always bad?

7. Yes,

8. Or no?

9. Press a button now.

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10. That's right. Alcohol can be enjoyed in many social situations.

11. Is drinking alcohol always good?

12. Yes,

13. Or no?

14. Press a button now.

15. That's right. Drinking too much alcohol can be dangerous.

16. One way alcohol can affect your life is by harming your body.

17. When you drink alcohol, it quickly goes into your blood and is carried to all parts of your body, including your brain.

18. Drinking large amounts of alcohol slowly damages important parts of your body. The more alcohol you drink, the more damage you will do to your body.

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19. To live a long and healthy life we need all of these important parts of our body to work properly. Drinking too much alcohol can shorten your life or even kill you.

20. What does alcohol do to your body?

21. It slowly damages parts of your body,

22. Or it makes your body work better?

23. Press a button now.

24. Yes, that's right. Drinking large amounts of alcohol slowly damages your body. It can even kill you.

25. Can drinking too much alcohol shorten your life?

26. Yes,

27. Or no?

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28. Press a button now.
29. You are right. Drinking too much alcohol is dangerous and can shorten your life.
30. In many parts of the world communities make their own strong alcoholic drinks from local crops.
31. These drinks can be very dangerous, especially if chemicals are added to them.
32. These local alcoholic drinks are very strong and can even poison you.
33. Why are locally-made alcoholic drinks often dangerous?
34. Because they can poison you,
35. Or because they taste bad?
36. Press a button now.

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37. Correct! Locally-made alcoholic drinks are usually very strong and can even poison you.

38. Drinking alcohol is especially dangerous for pregnant women.

39. If you drink alcohol when you are pregnant or breastfeeding, your baby could be harmed.

40. For example, it can increase the risk of your baby having health problems.

41. Why is alcohol especially dangerous if you are pregnant?

42. Because it's expensive,

43. Or because it will harm your baby?

44. Press a button now.

45. That's the right answer. Drinking too much alcohol while pregnant will harm you AND your developing baby.

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46. Alcoholic drinks change the way you behave while you are drinking and for several hours after you have stopped drinking.

47. Alcohol affects both the way you act and the way you feel. The more you drink the longer you will feel the effects of alcohol.

48. Drinking alcohol reduces the control you have over your body.

49. Can alcohol change the way you behave?

50. Yes,

51. Or no?

52. Press a button now.

53. Correct! Alcoholic drinks change the way you behave while you are drinking and for several hours after you have stopped drinking.

54. Alcohol can make you sleepy and slow to react to things.

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55. This can make some normal everyday situations dangerous.

56. For example, driving or riding a motorbike, cooking, operating machinery, caring for children, swimming or boating can become dangerous if you have drunk a lot of alcohol.

57. Why is it dangerous to drive if you have been drinking alcohol?

58. You might not be able to stop quickly and you might have an accident,

59. Or you might need to stop to go to the toilet?

60. Press a button now.

61. You are right! Drinking alcohol makes you slow to react to things. You will not be able to stop quickly and you might have an accident.

62. Why is it dangerous to drink alcohol when you are caring for children?

63. The children may think the alcohol smells bad,

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64. Or you may not notice the children doing something dangerous?

65. Press a button now.

66. Correct. When you drink alcohol you may not be able to keep your children safe.

67. Now think about this situation. A fisherman admits that he has been drinking alcoholic drinks constantly all morning, but he stopped drinking three hours ago.

68. He says that he feels fine to go fishing on his boat. He boasts that he is the best fisherman around and is a very good swimmer. Should this man go fishing?

69. Even three hours or more after he has been drinking there is still alcohol in the fisherman's body. The fisherman will not have the same control over his actions that he would normally have. The man should not go fishing as his risks of drowning are increased.

70. He should wait until the following morning to go fishing or he will put his life in danger. If he can't go fishing because he has drunk too much alcohol, this also means he cannot earn money.

71. Alcohol changes the way you feel. Some people enjoy the way they feel when they drink alcoholic drinks. It can make you feel happier, more talkative, and confident.

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72. However, this change is not always good. For example, the fisherman thinks he can go fishing after drinking alcohol, but this could put his life in danger. Alcohol can also make you feel angry, depressed and violent.
73. This can ruin important relationships with your friends and family. You can behave very differently when you drink alcohol. To your family and friends you can seem like a different person when you have drunk too much alcohol.
74. Your family may not understand why you seem angry or depressed. They might even be afraid of you. Some men beat their wives after drinking a lot of alcohol.
75. Does alcohol always make you feel happy?
76. Yes,
77. Or no?
78. Press a button now.
79. That's right. Alcohol can make you feel happy, but it can also make some people feel angry, depressed or violent.

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80. Why can drinking too much alcohol ruin important relationships with your family and friends?

81. It can make you angry and violent,

82. Or it can make you sing badly?

83. Press a button now.

84. Yes! Alcohol changes the way you feel and behave. It can make you depressed, angry and violent.

85. We have seen that if you regularly drink a lot of alcohol you can ruin important relationships with your family and friends.

86. Also people in your village or community may think you are a drunk. They may even avoid you or stop respecting you.

87. If you drink a lot of alcohol what will people in your community think about you?

88. They will respect you more,

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89. Or they will respect you less?
90. Press a button now.
91. Correct! People in your village or community may avoid you or stop respecting you if you drink a lot of alcohol.
92. If you regularly drink a lot of alcohol you might not be able to stop. Your body will feel like it needs more alcohol and you can become addicted.
93. Someone who is addicted to alcohol will want to drink alcohol all the time. Drinking in the morning and drinking alone can be signs of alcohol addiction.
94. Being addicted to alcohol is very expensive and dangerous. It is a habit that will nearly always kill you.
95. If someone in your family or someone you know is addicted to alcohol, you must NEVER encourage them to drink alcohol. As we have learnt, alcohol can kill people.
96. Why is alcohol addiction bad for you?
97. It's expensive and dangerous,

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98. Or it makes your hair fall out?
99. Press a button now.
100. That's right. Drinking a lot of alcohol is expensive and will nearly always kill you.
101. If someone you know is addicted to alcohol you must never encourage them to drink alcohol. Why not?
102. Because the alcohol can make them more talkative,
103. Or because the alcohol can kill them?
104. Press a button now.
105. Yes! Alcohol can kill people. So you must NEVER encourage an alcohol addict to drink alcohol.
106. It is important to remember that even if alcohol makes you feel good, it can seriously harm your body and increase your risk of accidents.

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107. Also, drinking too much alcohol can change your behaviour and upset people you love.
108. It is important to recognize the dangers of drinking too much alcohol and ask for help from your family, friends or health worker if you think you might be addicted to alcohol.
109. That was the wrong answer. Let's go back and listen again.
110. Sorry! Wrong answer.
111. Hello. The title of this lesson is "Dangers of Alcohol". To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.
112. You have now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!
113. Correct!
114. "Dangers of Alcohol"