

What Are The Effects Of Alcohol On Your Body?

Advanced (C1-C2)



WARM UP

Part 1. Discuss the questions below.

1. How often do you drink alcohol? Describe your typical consumption.
2. What negative effects of alcohol do you already know about?
3. Have you ever felt any of those effects? Share your experience.

Part 2. Read the statements below and decide if you agree (A), disagree (D), or partially agree (P). Then, explain your reasoning.

1. You need to drink alcohol on a night out to have a good time. ____
2. A hangover is just a sign of a good party, not a health concern. ____
3. Binge drinking young doesn't affect health later in life. ____
4. Drinking small amounts of alcohol daily can be beneficial. ____
5. Blackouts are uncommon in social drinkers. ____
6. Lowered inhibitions always lead to fun, harmless experiences. ____



Part 3. Match each word to its correct definition. Can you guess any before looking at the options?

Giddy	Euphoric	Impulsive	Inhibition
Blackout	Libido	Coordination	Perception

1. _____ A sudden temporary loss of consciousness or memory
2. _____ The ability to organise movements smoothly
3. _____ A state of intense happiness or excitement
4. _____ A feeling that makes one self-conscious and unable to act in a relaxed and natural way
5. _____ Feeling dizzy or unsteady, often from excitement
6. _____ Sexual drive or desire
7. _____ Acting without forethought
8. _____ The way you interpret sensory information

Part 4. Complete the sentences with the correct words. Pay attention to how the words fit into the context!

1. Alcohol lowers your _____, so you might act out of character.
2. Without practice, your _____ on the ski slopes suffers.
3. Long-term drinking can reduce your _____ and cause relationship problems.
4. Heavy drinking can distort your _____ of time and space.
5. The concert left me _____ for hours afterwards.
6. His _____ decisions led to several regrettable mistakes.
7. She experienced a _____ and doesn't remember the end of the night.
8. After two shots I felt suddenly _____ and had to sit down.



VIDEO ACTIVITY

Part 1. Before watching “What Are The Effects Of Alcohol On Your Body?”, discuss the following questions.

1. What short-term effects of alcohol do you expect the video to mention?
2. What long-term health risks are you most curious about?

Part 2. Watch the video. As you watch, make a list three short-term effects of alcohol, three long-term effects (non-physical) and three physical long-term effects.

Short-term effects

- 1.
- 2.
- 3.

Long-term effects

- 1.
- 2.
- 3.

Physical long-term effects

- 1.
- 2.
- 3.

Part 3. Watch the video again and decide if each statement is true (T) or false (F). If false, can you correct it?

1. Alcohol starts affecting you immediately, even if you don't feel it. ____
2. Blackouts are gaps in memory that can happen even in casual drinkers. ____
3. Alcohol improves sleep quality in the long term. ____
4. Chronic drinking may lead to liver disease and cirrhosis. ____
5. Alcohol has no effect on bone density. ____
6. Increased tolerance makes you need more alcohol for the same buzz. ____



VIDEO FOLLOW-UP

Part 1. Discuss the following questions.

1. Did you expect so many negative effects? Why or why not?
2. Which effect surprised you the most? Explain.

Part 2. Alcohol consumption Reflection & Goal-Setting

Step 1: Reflect on your own alcohol consumption and answer these questions:

1. How would you rate your own alcohol consumption on a scale of 1–10? Why?
2. Have you ever considered changing your drinking habits? What held you back?

Step 2: Write/discuss a short personal action plan with 2–3 small, realistic steps you could take to reduce your alcohol consumption. If you don't drink, outline advice for a friend or family member who drinks regularly.

Step 3: Discuss your action plan with your teacher. What challenges might you face? How can you stay motivated?

REVIEW ACTIVITY & FINAL THOUGHTS....

Part 1. Use each of the words in a sentence to talk about the negative effects of alcohol. Try to make your sentences as creative as possible!

Giddy

Euphoric

Impulsive

Inhibition

Blackout

Libido

Coordination

Perception

Part 2. Discuss the questions below to reflect on what you've learnt during the lesson.

1. After learning about the negative effects of alcohol, will you change your habits? Why or why not?
2. The video suggests your body begins to feel effects even if you don't notice them. Would you find it easier to cut down gradually or quit completely? Why?
3. Alcohol can distort perception in the moment. How does this change the way you think about social drinking?
4. How does this lesson connect to your personal views on health and well-being?
5. What is your biggest takeaway from today's lesson?

