Alcohol fact sheet

Alcohol is a drug	Alcohol slows down the brain and changes the way people think and behave	Drinking too much alcohol in a short space of time can lead to alcohol poisoning, which can be fatal
Alcohol can be addictive	More young people choose not to drink than those that do	Anti-social behaviour can be caused because of people drinking alcohol
The liver has to work harder than it needs, to remove alcohol from the blood	There are recommended healthy limits about how much alcohol is safe to drink	Alcohol increases heart rate, and can cause heart damage if it is drunk regularly