Alcohol
Grade 5

Last updated: September 2023
Before we start…

Let’s cover some ground rules!

*Reminder that support is always available at school. Other community resources will also be shared at the end of the module.
What is alcohol?
Question 1
Which answer is false?

Alcohol...
A. is a drug
B. can help people think more clearly
C. can make people want to fight
D. can be made from fruits
E. is a depressant
Question 1
Which answer is false?

Alcohol...

A. is a drug
B. can help people think more clearly
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D. can be made from fruits
E. is a depressant
Alcohol strength

Liquor 40% = Wine 12% = Beer 5%

1.5 oz = 5 oz = 12 oz
What are the short-term effects?
A short-term effect of drinking alcohol can be...

A. memory loss
B. blurred vision
C. slower reflexes
D. increased alertness
E. slurred speech
A short-term effect of drinking alcohol can be...

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B. blurred vision
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D. increased alertness
E. slurred speech

Question 2
Which answer is false?
How long does a person feel the effects of alcohol?
Question 3
Which answer is false?

How long someone feels the effects of alcohol depends on whether the person...

A. takes a cold shower
B. drinks a little or a lot
C. is tired
D. is taking any other substances
E. has had something to eat
Question 3
Which answer is false?

How long someone feels the effects of alcohol depends on whether the person...

A. takes a cold shower  
B. drinks a little or a lot  
C. is tired  
D. is taking any other substances  
E. has had something to eat
What is an alcohol overdose?

Call 9-1-1!
Question 4
Which answer is false?

A person experiencing an alcohol overdose...
A. needs help right away
B. will wake up with coffee
C. may have blue/grey, cold, clammy skin
D. may vomit without waking up
E. may have slowed breathing
A person experiencing an alcohol overdose...

A. needs help right away
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Question 4
Which answer is false?
Why is the brain at risk?
A youth’s brain can be negatively affected by alcohol because...

A. youth are in their learning peak.
B. the brain is still developing.
C. alcohol negatively affects the brain.
D. the brain continues to grow until the mid 20’s.
E. alcohol never leaves the brain.

Question 5
Which answer is false?
A youth’s brain can be negatively affected by alcohol because...

A. youth are in their learning peak.
B. the brain is still developing.
C. alcohol negatively affects the brain.
D. the brain continues to grow until the mid 20’s.
E. alcohol never leaves the brain.

Which answer is false?
What are the long-term effects?

Healthy liver

Liver disease
A long-term effect of drinking alcohol can be...

A. hair loss
B. cancer
C. negative effects on the brain
D. depression
E. liver disease
A long-term effect of drinking alcohol can be...

A. hair loss
B. cancer
C. negative effects on the brain
D. depression
E. liver disease

Question 6
Which answer is false?
What problems can happen with alcohol use?
Question 8
Which answer is false?

This often causes problems:

A. drinking alcohol and skiing
B. drinking alcohol and driving a boat
C. an adult having a glass of wine with dinner
D. binge drinking
E. drinking alcohol while pregnant
Question 8
Which answer is **false**?

This often causes problems:

A. drinking alcohol and skiing
B. drinking alcohol and driving a boat
C. an adult having a glass of wine with dinner
D. binge drinking
E. drinking alcohol while pregnant

OttawaPublicHealth.ca/SchoolHealthOnline
What is impaired driving?
Question 9
Which answer is false?

Impaired driving...
A. is driving under the influence of a substance, like alcohol
B. includes driving without a seatbelt
C. increases the risk of getting into a crash
D. puts everyone at risk
E. includes driving under the influence of a prescription medication
Question 9
Which answer is false?

Impaired driving...

A. is driving under the influence of a substance, like alcohol
B. includes driving without a seatbelt
C. increases the risk of getting into a crash
D. puts everyone at risk
E. includes driving under the influence of a prescription medication
What’s the difference?

**Physical dependence**
- **Body** gets used to regular amounts of alcohol
- Withdrawal symptoms:
  - trouble sleeping
  - shakes
  - nausea
  - seizures

**Addiction**
- Changes how the brain works
- The 4 C’s:
  - Compulsive use
  - Consequences
  - Cravings
  - Loss of Control
Addiction

Addictions are not a choice and do not mean someone is bad or weak.
Question 7

Which answer is false?

Alcohol addiction is...

A. an uncontrollable need for alcohol
B. a medical condition
C. a choice
D. something that can cause problems with relationships
Alcohol addiction is...

A. an uncontrollable need for alcohol
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C. a choice
D. something that can cause problems with relationships

Which answer is false?
Second-hand effects
How does drug addiction happen?
Responding to peer pressure
Healthy ways to boost dopamine levels
Positive ways to cope with stress

- Talk to someone you trust
  - Parent, friend, teacher, sibling, etc.
- Keep a journal
- Identify what is causing stress
- Label your feelings
- Positive self-talk
Stigma

- To have negative feelings and negative behaviours toward specific people or groups
Reducing Harm
Recovery
Where to find help

- An adult you trust from your school, family or community

- Youth Services Bureau (24/7)
  YSB assists with service areas such as youth engagement, mental health services, community and housing services, employment services and youth justice services
  - Age 12+
  - Crisis Line: 613-260-2360
  - Crisis Chat: https://www.ysb.ca/

- Kids Help Phone
  This resource provides confidential mental health services to youth in Canada.
  - Age Prioritization 5-25
  - Phone (24/7): 1-800-668-6868
  - Text (24/7): Text CONNECT to 686868
  - Live Chat: (open 7 pm – midnight ET) https://kidshelpphone.ca/live-chat-counselling/
Continued Support

Hope for Wellness Helpline (First Nations, Métis and Inuit) (24/7)
A resource available to all Indigenous people across Canada, to assist when there are challenges, or to help connect with other wellness supports.
• Telephone: 1-855-242-3310
• Online Chat: https://www.hopeforwellness.ca/

Rural Ottawa Youth (Rural schools only)
An organization that works together to address the gaps in mental health services for youth in rural Ottawa.
• Age 12-24
• www.ruralottawayouth.ca
• Instagram @RuralOttawaYouth
References

Centre for Addiction and Mental Health
Canadian Centre on Substance Abuse
Health Canada
Canadian Lung Association
Ottawa Public Health
CAPSA