

Reference Links

NHS - Alcohol advice

<https://www.nhs.uk/live-well/alcohol-advice/the-risks-of-drinking-too-much>

Mentally Healthy Schools

<https://mentallyhealthyschools.org.uk/factors-that-impact-mental-health/school-based-risk-factors/peer-pressure/>

Drinkaware - Advice and Support

<https://www.drinkaware.co.uk/advice-and-support/underage-drinking/teenage-drinking>

Independent - Lifestyle, alcohol and peer pressure

<https://www.independent.co.uk/life-style/alcohol-peer-pressure-b2242056.html>

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Pressure to pour?
Don't let peer pressure win!

You Give Me Fever

A Learning Expedition by the G30 students at XP Gateshead

What is peer pressure?

Peer pressure is when your friend or someone else encourages you to drink alcohol. Someone could keep pressuring you to drink alcohol just because they're drinking it, you might also drink alcohol to fit in with your friends. If you drink alcohol it will be really harmful to your body. Alcohol can cause liver disease, cancer and brain damage. 69% of adults feel encouraged by friends to drink more alcohol. Around 37% of teenagers between (11-15) drink alcohol to reduce stress or feel good about themselves.

The Physical Dangers of Alcohol

The effects of alcohol are deadly, the amount of alcohol in each bottle is life threatening. This is life threatening because it's classed as a toxic substance that acts like a nervous system. The problem with alcohol is that when you drink too much there are side effects. Some of these side effects may be memory loss, passing out and damage to brain development. This can make you relapse and can also make you have short term memory loss. In our country over 75 people die everyday from consuming alcohol and the effects of too much alcohol. The percentage amount of alcohol in the bottle is also a sign you need to look out for before just going and buying any bottle. Different bodies are able to handle different amounts of alcohol and you need to make sure you don't end up in a really dangerous situation. You could end up drunk and passed out on the streets in a place you're not familiar with.



Effects on Mental Health

Peer pressure has a significant negative impact on your mental health. Whether this is from you feeling pressured or from you consuming alcohol. Some of these effects consist off low mood, relying on substances and feeling as if you are required to follow whatever your 'peers' say. In addition to this physical effects can list from brain damage, memory loss and several failures in the organ system. In specific the liver will become incredibly damaged due to this amount of alcohol consumption. The purpose the liver serves is to detoxify consumed minerals.

To sum up...

Peer pressure to drink alcohol is a complex and multifaceted issue that people experience throughout their lives, and it requires better understanding to help reduce its impact. This includes creating environments where people can develop strategies to deal with situations where they feel pressured. People who need support should be encouraged to seek help when necessary.

Many people ignore peer pressure because they do not recognise the real risks and dangers behind it. Instead, there are other ways to socialise and have fun. For example, rather than going out just to drink, which is often just a way of passing time, people could choose more interactive activities like playing sports, such as golf, going to the gym, or even going for a walk or run. These activities can be enjoyable with friends while also benefiting physical health, reducing stress, and improving mental wellbeing.

Where to find support

If you or someone you know is struggling with alcohol, it's important to know that help is available and you don't have to face it on your own. Talking to someone you trust like a friend, family member or GP can be a first step, and there are local services in Gateshead that offer free, confidential support. Adults in Gateshead can get help from Gateshead Recovery Partnership, which provides one-to-one support, group programmes, detox options and advice for families affected by alcohol misuse. You can call them on 0191 594 7821 or visit their hub at 47 Jackson Street, Gateshead NE8 1EE to find out how they can support you. For young people up to age 25 and their families, Positive Futures offers tailored advice and specialist support - call 0191 460 1354 to get in touch or ask someone you trust to help you reach out. These services are there to support you without judgement and can help you take the first steps toward better health and recovery.

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Peer pressure has a significant negative impact on your mental health. Whether this is from you feeling pressured or from you consuming alcohol.

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Reference Links

National institute on alcohol and alcoholism

<https://www.niaaa.nih.gov/alcohols-effects-health/alcohols-effects-body>

The World Health Organization

<https://www.who.int/news-room/fact-sheets/detail/alcohol>

Alcohol, mental health and the brain

<https://www.rcpsych.ac.uk/mental-health/mental-illnesses-and-mental-health-problems/alcohol-mental-health-and-the-brain>

<https://www.alzheimers.org.uk/about-dementia/types-dementia/alcohol-related-brain-damage-arbd>

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Your brain on booze
What really happens inside your head

You Give Me Fever

A Learning Expedition by the G30 students at XP Gateshead

Introduction

Drinking too much-on a single occasion or over time can take a serious toll on your health. The whole body is affected by alcohol use, not just the liver but also the brain, it can distort your perception of the world, your coordination, your decision making and overall mood.

How does alcohol affect the brain?

Alcohol affects how a brain chemical called 'neurotransmitters' works. The main neurotransmitters affected by alcohol are GABA and Glutamate which work in opposite ways:

- 'GABA' calms the brain and body. Alcohol increases the effect of this neurotransmitter. At low levels of alcohol, it can make you feel less anxious, or calmer.
- 'Glutamate' stimulates the brain and body. Alcohol decreases the effect of this neurotransmitter, which is what makes you alert, that is why you should not drink drive as this increases the risk of an accident.

Alcohol affects the way your brain looks and works, making people's behaviour change leading to violence and harder to think clearly.

Alcohol can also reduce our ability to absorb vitamins and other essential nutrients, such as thiamine and magnesium, which our brains need in order to work properly.



What do people mean when they say “alcohol is a depressant”?

Many people use alcohol to enhance their mood and make them feel better, but alcohol is actually a depressant that can negatively affect someone's mental and physical health and alcoholics frequently experience episodes of intense depression and/or severe anxiety. This is because alcohol slows down the central nervous system, reducing neuronal activity and inhibiting brain function.

What effect does alcohol have on the developing teenage brain?

Most people tend to start drinking at adolescence and drink less often than adults but in larger amounts. However with so many changes happening to the Brains of teenagers, leaving them susceptible to the dangers of their drinking.

Teenagers at this age take risks. It is all a matter of trial and error, they test their limits but sometimes the change for their neurotransmitters can be too much and can result in things like increased aggression, dizziness and lack of judgement.

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Alcohol can induce or worsen dementia because it damages your brain cells and can create problems with your memory, problem solving and personality changes.

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How does alcohol affect the way someone behaves?

For adolescents, drinking alcohol can make it even more difficult to control impulses and make healthy choices. In both adolescents and adults, drinking also compromises the ability to sense danger by disrupting the function of a brain region called the amygdala. Alcohol often produces rewarding feelings such as euphoria or pleasure that trick the brain into thinking the decision to drink alcohol was a positive one and that motivates drinking again in the future

How does alcohol and dementia correlate?

Most types of dementia get worse over time. However, if someone with alcohol-related dementia stops drinking, their problems might stop getting worse and even improve.

Alcohol can induce or worsen dementia because it damages your brain cells and can create problems with your memory, problem solving and personality changes.

Long-term heavy alcohol consumption often defined as over 14 units a week, significantly increases dementia risk by causing alcohol-related brain damage, including accelerated brain shrinkage and nutrient deficiencies, if you already have a higher risk of dementia, this will also only increase this further.

Dementia patients should generally avoid or strictly limit alcohol as it can worsen confusion, increase fall risks, cause dehydration, and interact dangerously with medications. While small, social amounts may be acceptable for some heavy or consistent drinking accelerates cognitive decline and brain cell loss.

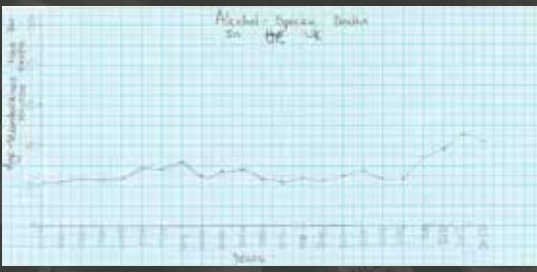
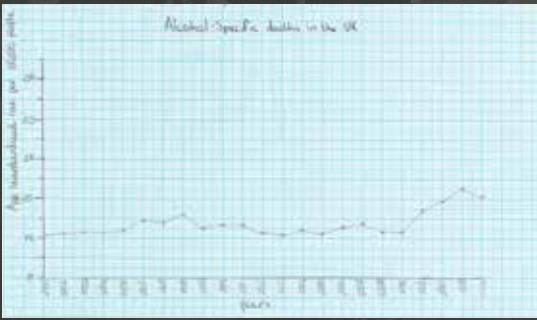
Where can you find help?

Positive Futures Gateshead

<https://www.changegrowlive.org/service/gateshead-positive-futures/info>

Mind

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/recreational-drugs-alcohol-and-addiction/drug-and-alcohol-addiction-useful-contacts/>



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Parliament:
What Have You Done?

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Introduction

Alcohol is one of the most bought items with around 84% buying alcohol in their lifetime in the North East. Alcohol has always played a huge part in history. Starting in the Medieval towns when small beer was brewed locally to prevent sickness from the water. Until the modern day when drinking has been turned into pleasure but is not always drunk safely.

Britain's boozy history – The battle of gin lane

The gin craze was especially prominent in London, as low-alcohol beer had been the go-to beverage since the Middle Ages. However, in the 1700s, taxes on beer were raised, making it much more expensive. As a result, people began looking for an alternative and turned to French brandy, which was not as heavily taxed. Not long after brandy started being imported from France, Britain declared war on France, and brandy was then seen as unpatriotic and stopped being widely consumed. People then searched for another cheap option and found geneva (genova) from Holland, which later developed into British gin.

As a result, gin distilleries began popping up all across the country, many of them undocumented. Gin was often sold illegally on the streets and in taverns. Because of this, two Gin Acts were introduced, requiring sellers and taverns to have licences to sell alcohol. However, it was not until 1743 that stricter punishments were enforced, such as imprisonment, whipping, and even transportation if the law was broken again. This was one of the first times the government took serious action against an alcohol epidemic, even though there were 30 years between the first and last Gin Act.

Many of the issues seen during the gin craze are still reflected in our everyday lives, such as rising crime rates and the damaging effects of addiction.

Industrial drinking

Going into the 1800's alcohol was still really popular.. It was during this time when the most popular beer company was founded in 1864 when a 22 year old founded Heineken N.V. Alcohol sales in the North East as multiple breweries were founded. This caused more drinking problems not only in the North East but across the uk this led to the intoxicating liquor act being introduced in 1923 which banned minors from buying alcohol. In the 1920s more breweries were founded particularly in Newcastle such as the Newcastle brown ale which started in 1929 by lieutenant colonel James Herbert Porter which has gone on to be Newcastle's best selling ale.

Modern day drinking

Drinking is still popular today, but most ale is now bought from big companies, and even local ales are often brewed by larger companies. An example of this is brown ale being produced by the Heineken group. However, the overall amount of alcohol we drink is going down. Alcohol will likely always be part of society due to advertising and our drinking culture, especially with pubs acting as community hubs, for example when they include things like pool tables. They also allow people as young as 16 to serve alcohol in sealed bottles or cans.

All of this has contributed to Newcastle being the 9th highest city for alcohol dependency. The government has tried to reduce this by introducing the Challenge 21 programme in 2005, which was later replaced by Challenge 25 in 2009. This has helped the nation, as many alcohol dependants begin drinking under the age of 15.

One major modern-day problem is drunk driving. It remains a serious issue in the UK, with around 40,000 to 45,000 drivers caught each year under the influence of alcohol. This puts innocent lives at risk on the roads. It is not only extremely dangerous, but it can also lead to serious legal consequences, especially if others are injured. However, this is easily preventable by managing alcohol consumption and choosing not to drive after drinking.

A shocking statistic is that around 6,300 people die each year due to drink-driving incidents. The message is simple: if you drink, don't drive. This choice can save lives and prevent unnecessary grief and harm to both you and others.

How to get support

Although alcohol is still drunk massively you can now get the most support than ever and can speak to different people with confidentiality. One main local group you can talk to from Gateshead is the Gateshead alcohol company which you can call with the number 0191 5947821. There also tends to be addiction services at mental health centres as 85% of dependants have mental health issues. You can always ring 111 or speak to your GP over your concerns.

“ Many of the issues seen during the gin craze are still reflected in our everyday lives. ”

Reference Links

London Museum

<https://www.londonmuseum.org.uk/collections/london-stories/gin-craze-ruin-1700s-london/>

WSTA

<https://wsta.co.uk/challenge-25/>

Government UK

<https://www.gov.uk/alcohol-young-people-law>

Six Leisure

<https://sxleisure.co.uk/uncategorized/how-pubs-can-use-their-pool-tables-to-bring-in-more-customers>

Time Out Magazine

<https://www.timeout.com/uk/news/can-you-guess-the-heaviest-drinking-city-in-the-uk-090723>

Legislation UK

<https://www.legislation.gov.uk/ukpga/Geo5/13-14/28/enacted>

NHS

<https://www.nhs.uk/live-well/alcohol-advice/alcohol-support/>



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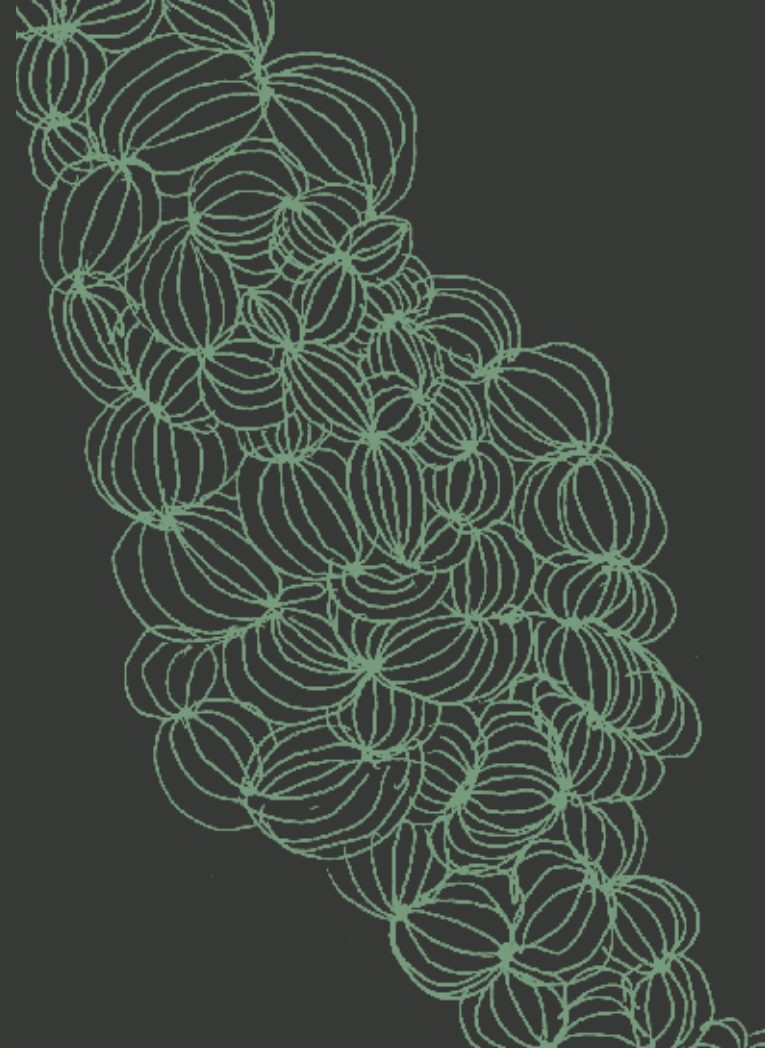
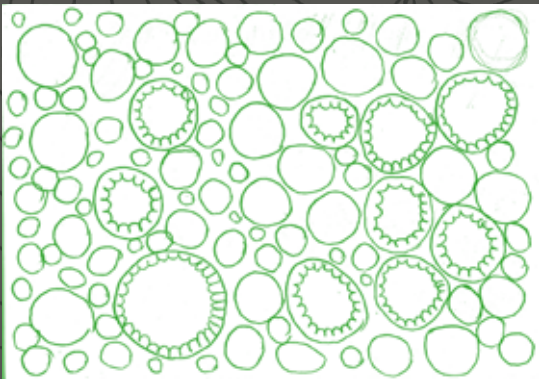
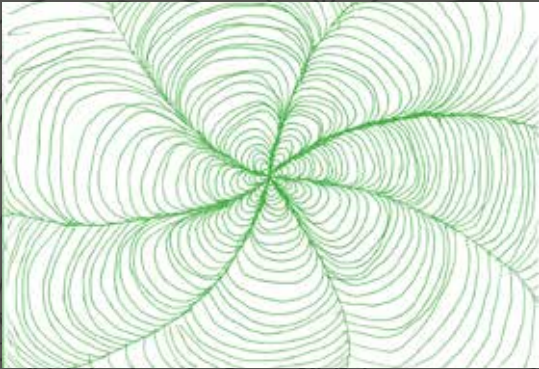
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Marketing or
manipulation?

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Healing Beyond the Bottle How Art Therapy Supports Recovery

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Drink now, pay later:
the hidden cost to the NHS

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Broke by the Bottle Alcohol and Poverty

You Give Me Fever

A Learning Expedition by the G30 students at XP Gateshead

Introduction

Alcohol can have a big effect on people's wealth because it costs a lot of money. If someone becomes addicted to alcohol, they may end up spending large amounts of money on it and could even sell some of their belongings to afford it. This can make it harder to afford a good home and may lead to a poor quality of life.

We have seen this throughout history, even going as far back as the Gin Craze in the 18th century. People have often been driven to extreme measures when suffering from alcohol dependency.

Alcohol can have a big effect on people's lives and their money. When someone drinks too much, it can harm their health, cause problems in relationships, and make it harder to do well in their daily lives. Over time, buying alcohol regularly can also cost a lot of money, leaving less for important things like food, bills, or saving for other purposes. In some cases, people may also spend extra money dealing with the consequences of drinking, such as needing medical care because drinking too much alcohol can make your organs fail.

Addiction and Unemployment

Some people can unfortunately become dependent on alcohol, which can make it difficult to keep a job, and they may struggle to find another one. This can affect people greatly, especially those who have families. This is one reason why alcohol dependency is linked to poverty.

More broadly, alcohol and poverty are connected in several ways. For example, alcohol dependency can make it harder to perform well at work or even find a job. This can lead to a loss of money and no stable income to live on, which can then lead to further mental health problems.

One explanation is that people in harder situations may drink less overall, but when they do drink, they are more likely to drink in harmful ways, like drinking a lot in one go. This suggests that lifestyle, health, and cultural differences may play a role. Lewer et al, found that people with higher socioeconomic status (SES) were more likely to go over the recommended weekly alcohol limits. However, people with lower SES were more likely to drink at very high levels. This shows that lower SES groups have more people who either don't drink much or drink extremely heavily. Also, people with lower education, lower-paid jobs, and those living in poorer areas were more likely to drink large amounts in a single session.

Effects of addiction and dependency on children

Alcohol affects children in many different ways not only by them drinking it but by people around them drinking it too. Behavioural factors such as alcohol, consumption, exercise and diet can lead to dependency. Another factor is children born in deprived neighbourhoods like ones that normalise alcohol or have bad health care are more likely to live 7.7 (female) and 9.5 (male) fewer years on average compared to affluent neighbourhoods. Also those living in deprived neighbourhoods spend 30-40% of their lives on average with a long term illness while affluent areas only spend 15-18% with long term illnesses. Another factor of normalising alcohol environments show impersonal violence especially in adolescence, and acts of physical aggression between, family members, friends, acquaintances and strangers.

Ways to socialise without drinking alcohol

Socialising without drinking can be difficult, as lots of people struggle to go out and socialise without alcohol. People who don't drink often have quick assumptions made about them. The North East has a strong drinking culture, where many people drink while watching football, going out with friends, or even just going for food. A lot of this can be linked to peer pressure.

People might feel left out if they don't drink and think that going out will be less fun, but it can still be just as enjoyable without being intoxicated. However, this pressure can sometimes lead to risky behaviour and highlight the downsides of alcohol.

Where to find support

If you or someone you know is struggling with alcohol, it's important to know that help is available and you don't have to face it on your own. Talking to someone you trust like a friend, family member or GP can be a first step, and there are local services in Gateshead that offer free, confidential support. Adults in Gateshead can get help from Gateshead Recovery Partnership, which provides one-to-one support, group programmes, detox options and advice for families affected by alcohol misuse. You can call them on 0191 594 7821 or visit their hub at 47 Jackson Street, Gateshead NE8 1EE to find out how they can support you. For young people up to age 25 and their families, Positive Futures offers tailored advice and specialist support – call 0191 460 1354 to get in touch or ask someone you trust to help you reach out. These services are there to support you without judgement and can help you take the first steps toward better health and recovery.

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Children born in deprived neighbourhoods like ones that normalise alcohol or have bad health care are more likely to live 7.7 (female) and 9.5 (male) fewer years on average compared to affluent neighbourhoods.

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References Links

Institute of alcohol studies

<https://www.ias.org.uk/report/alcohol-and-health-inequalities/>



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Alcohol & Violence When Drinking Turns Dangerous

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Alcohol and aggression

Alcohol consumption can escalate aggressive behavior in humans, often leading to domestic violence or serious crimes. Drinking alcohol can make us act in ways we wouldn't normally, including being angry or aggressive. Experts believe the reason some people become aggressive when drunk is due to the way alcohol affects the brain. Alcohol's impact on personality can make people angry and give people depression even after they give up alcohol.

Domestic violence

Roughly 24% of domestic abuse cases in the UK involve alcohol as a key factor but it's never the whole reason or an excuse. Most incidents include both parties under the influence of alcohol. Removing alcohol from the home is also not a great option when the offender is alcohol dependent because many abuse cases come from aggression after a sudden withdrawal.

Some misconceptions are that if someone is abusive while dependent on alcohol they will stop being abusive when sober but this isn't always the case and you should always seek help even if they claim they will change. Another misconception is that the abuser is always the male but this isn't true they can be any gender, age, race or religion and when someone calls out violence it should be investigated no matter who it is.

Some links to domestic abuse helplines are:

Women's Aid

<https://www.womensaid.org.uk/domestic-abuse-directory/>

Men's Advice Line

<https://mensadviceline.org.uk/>

National

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

Crime statistics

Alcohol is a significant factor in UK crime, associated with over 4 million offenses annually, including around 400,000 violent crimes. Victims report that offenders were under the influence of alcohol in roughly 39% of all violent incidents. It is estimated to cost around £14.5 billion on alcohol related crimes in England alone.

Impacts on families and communities

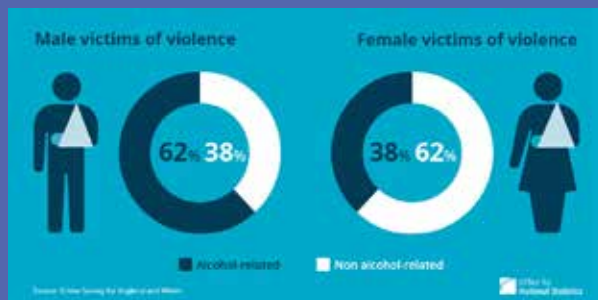
Alcohol can have harmful health and social consequences not only for the drinker but also the people around them and wider society. Misuse of alcohol can have a powerful harmful impact on families, including financial problems, parenting difficulties, children missing school, family down, child abuse and neglect and family violence. There is also an increased risk of accidents and injuries, and involvement in violence.



How to socialise without alcohol

Socialising without alcohol can be hard for some people especially with peer pressure but if someone was to ask you to have a drink you could indulge in a non alcoholic beverage. If you still go to bars, a non-alcoholic Guinness or beer can help you stop drinking alcohol which is a big help for an alcoholic. Just not drinking or not going to bars could cause the crime rate to go down.

“Alcohol can have harmful health and social consequences not only for the drinker but also the people around them and wider society. Misuse of alcohol can have a powerful harmful impact on families, including financial problems, parenting difficulties, children missing school, etc.”



Support / References Links

For extra support and information on alcohol and crime you can visit. This is where we gathered our information:

Institute of alcohol studies

<https://www.ias.org.uk/report/alcohol-and-health-inequalities/>

US Centre of Disease Prevention

<https://www.cdc.gov/alcohol/about-alcohol-use/index.html>

Alcohol Change UK

<https://alcoholchange.org.uk/alcohol-facts/fact-sheets/alcohol-crime-and-disorder>

Reference Links

Drinkaware

<https://www.drinkaware.co.uk/facts/health-effects-of-alcohol/lifestyle-effects/binge-drinkin>



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Not Just a Hangover:
Short-Term Dangers You Can't Ignore

You Give Me Fever

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The Short Term Effects of Alcohol

After drinking a small amount of alcohol (around 1-2 pints, depending on strength), your heart rate can increase and your blood vessels expand.

After drinking larger amounts (around 4-6 pints), your brain and nervous system start to be affected, which can impair how your body and brain function.

Risky behaviours after drinking alcohol

Some risky behaviours after drinking alcohol include things like:

- Car crashes/motor incidents
- Accidental incidents like drowning or falling
- Relationship problems
- Poor performance at work or school

Alcohol poisoning

Alcohol poisoning is usually caused by binge drinking, which is where you have a lot of alcohol in a short amount of time. It can happen when you drink alcohol faster than your body can filter it out of your blood.

Having too much alcohol in your blood stops your body working properly and can be life-threatening.

Alcohol affects people differently. Some people may be able to drink more alcohol than others, with fewer effects.

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Having too much alcohol in your blood stops your body working properly and can be life-threatening.

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Accidents and injuries of alcohol

0.08% or higher refers to Blood Alcohol Concentration (BAC), which is the amount of alcohol in your bloodstream. When someone reaches 0.08% or higher, they are considered impaired, meaning their reactions, coordination, and judgement are affected. It is commonly defined as consuming 5+ drinks (men) or 4+ drinks (women) in about 2 hours.

Regularly drinking more than 14 units of alcohol a week risks damaging your health. New evidence about the harms of alcohol shows that the number of units in a drink depends on the size of the drink and its alcohol strength. Regular “binge” drinking has been linked to illnesses, including a range of cancers.

The previously held belief that some alcohol was good for the heart has now been revised. It is now thought that the evidence for a protective effect from moderate drinking is much less strong than previously believed.

Drink driving

Even a little alcohol can impact driving.

The short-term effects of driving under the influence of alcohol include immediate, dangerous impairments to physical and cognitive functions, even with small amounts. Alcohol acts as a depressant on the central nervous system, which slows down brain activity and reduces the ability to safely operate a vehicle.

Reduced Reaction Time: Slower processing speeds make it difficult to react to sudden hazards, such as braking cars or pedestrians.

Impaired Judgment: Increased likelihood of taking risks, such as speeding, aggressive driving, or poor decision-making regarding distance and speed.

Poor Coordination and Motor Skills: Difficulties with steering, braking, and maintaining lane position.

Vision Impairment: Blurry or double vision, reduced peripheral vision, and difficulty focusing.

Decreased Concentration: Difficulty multitasking or focusing on the road.

False Confidence: Drivers may feel more confident but are actually less in control, leading to reckless behavior.

Immediate Consequences

Increased Crash Risk: Drivers are significantly more likely to be involved in a fatal or serious injury crash.

Legal Penalties: Immediate, severe legal consequences including potential arrest, fines, driving bans for at least a year, and imprisonment. The risk of a fatal crash is 6 times higher for a driver with a blood alcohol concentration (BAC) of 50-80 mg/100ml compared to a sober.

Physical and Mental Effects

Drowsiness and Fatigue: Increased sleepiness behind the wheel.

Dizziness and Nausea: Physical discomfort that can hinder driving ability.

Memory Loss/Blackouts: Potential for gaps in memory regarding events while driving.

Aggression or Panic: Increased emotional volatility, leading to aggressive behavior or panic attacks.

What is the legal limit?

In England, Wales, and Northern Ireland, the legal driving limit is 80mg of alcohol per 100ml of blood, 35 µg per 100ml of breath, or 107mg per 100ml of urine. Scotland has a stricter limit of 50mg per 100ml of blood. Because factors like weight and food intake affect intoxication, the only safe option is to avoid alcohol completely when driving.

Ways to socialise without alcohol?

Active Pursuits: Join a local hiking group, sign up for a yoga class, or join a sports league.

Game Nights: Organize a board game night, visit a specialized café, or join a pub trivia team (focusing on the game, not the drink).

Creative Workshops: Try pottery, painting classes, or cooking workshops.

Fun & Games: Go bowling, play mini-golf, or visit a karaoke lounge.

Reference Links

National Institute of alcohol and alcoholism
<https://www.niaaa.nih.gov/alcohols-effects-health/alcohols-effects-body>



**BUILDING COMMUNITY
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CURRICULUM SEAMS



XP Gateshead is part the XP Trust.

XP is a multi-academy trust. All of our schools have Crew at the heart of everything they do. We deliver our curricula through cross-subject Learning Expeditions and developing strong links with partners and community. All of this is done through the prism of our Design Principles and three rich Curriculum Seams.

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Cancer in a Glass:
How Alcohol Damages Your Cells

You Give Me Fever

A Learning Expedition by the G30 students at XP Gateshead

Causations of Cancer besides Alcohol

Cancer can be caused by multiple factors but some of the main causes are an effect of high exposure to UV radiation, genetics such as the likelihood of a diagnosis depending on blood line past and the medical history and finally one the main consequence is smoking cigarettes, e-cigarettes and vaping as it decreases the overall lung health.

What is cancer and how does alcohol affect it?

Cancer is a group of diseases where abnormal cells (cells that have mutated when they were made) spread uncontrollably to eventually create a tumour. Over time cancer affects multiple different organs and it forms when genetic mutations develop in a cell, which disrupts the instructions for division.

Alcohol increases the chance of developing cancer because when alcohol is consumed it turns into acetaldehyde, which is a toxic chemical that damages various tissues and cells within the body. It is created when the liver metabolizes alcohol.

How does alcohol affect brain cancer?

Scientific evidence consistently links alcohol to several types of cancer, but studies on its association with brain cancer (specifically glioma, the most common type) have yielded inconsistent and often contradictory findings. Many large studies suggest no significant association or even a slightly reduced risk for moderate drinkers, while some smaller studies indicate a potential risk increase with heavy consumption.



How Does Alcohol Affect the Chances of Breast Cancer?

It was found in a scientific study on alcohol consumption that women who binge drink have a 15% higher chance of having breast cancer, compared to a 5% to healthy, barely drinking women. This allows access to cancerous cells to enter the immune system as the alcohol mutates healthy cell walls.

Regularly drinking more than 14 units of alcohol a week risks damaging your health. New evidence about the harms of alcohol shows that the number of units in a drink depends on the size of the drink and its alcohol strength. Regular “binge” drinking has been linked to illnesses, including a range of cancers.

The previously held belief that some alcohol was good for the heart has now been revised. It is now thought that the evidence for a protective effect from moderate drinking is much less strong than previously believed.

How Does Alcohol Affect the Chances of Liver Cancer?

Regular usage of alcohol can highly increase all risks of development to liver cancer as of the common side effects that would already be taking place. For example, chemicals in which are found in alcohol retaliate in negative ways and target the liver as it enters the blood stream and poisons the cell wall of the human liver which weakens antibodies which causes a lack of ability to fight against the cancerous cells at the time.

How Does Alcohol Affect the Chances of Throat Cancer?

Alcohol can create throat cancer by breaking down into acetaldehyde, a toxic chemical that damages DNA and prevents cells from repairing themselves. It impacts breathing and eating by blocking air and food passages, and can cause ear pain, weight loss, and coughing up blood.

How Does Alcohol Affect the Chances of Bone Cancer?

Heavy consumption of alcohol can also become a common factor cause of bone cancer due to decreasing fatigue. For example, when cancerous cells are discovered they are seen to be mutating healthy cells surrounding the body and all antibodies. Alcohol can become a cause as it weakens healthy cells around one of the main functions of the body, the liver and its most important opponents. This can increase the risk of bone cancer as the deterioration of antibodies and suitable cells are not able to fight the cancer cells and become a mutation of a healthy cell.

Where to find support

In England, Wales, and Northern Ireland, the legal driving limit is 80mg of alcohol per 100ml of blood, 35. µg per 100ml of breath, or 107mg per 100ml of urine. Scotland has a stricter limit of 50mg per 100ml of blood. Because factors like weight and food intake affect intoxication, the only safe option is to avoid alcohol completely when driving.

Ways to socialise without alcohol?

It is important to know that if you or someone you know is struggling with alcohol, you are not the only one and you can get help easily. These services are there to support you without judgement and can help you take the first steps toward better health and recovery.

Here are some places to go for help if you or someone you know needs help:

- Someone you can trust, like a parent, carer, friend or other family member.
- Newcastle Treatment and Recovery (NTaR) – CNTW033 - Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust
- Gateshead Recovery Partnership, which provides one-to-one support, group programmes, detox options and advice for families affected by alcohol misuse. You can call them on 0191 594 7821 or visit their hub at 47 Jackson Street, Gateshead NE8 1EE to find out how they can support you.
- For young people up to age 25 and their families, Positive Futures offers tailored advice and specialist support – call 0191 460 1354 to get in touch or ask someone you trust to help you reach out.