



Video 

# Alcohol and Your Brain



**Evidence ratings:**



This resource has undergone expert review. See our Help/Q&A section for more details.

**Year:** Year 7–8, Year 9–10, Year 11–12

**Targeted Drugs:** Alcohol

**Tags:** alcohol, brain

**Time Allocated:** Partial lesson (under 45mins)

**Origin:** International

**Cost:**

Free

## Available

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This video is available on YouTube.

[Watch 'Alcohol and Your Brain'](#)

An audio described version is available on YouTube.

A free virtual reality (VR) version is available through the Oculus App Lab.

## Developer

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- National Institute on Alcohol Abuse and Alcoholism (NIAAA), National Institutes of Health (NIH), United States Department of Health & Human Services

## Summary

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- This animated video shows a rollercoaster ride through the human brain, highlighting the effects of alcohol on five key areas and how this can change behaviour. An accessible version of the video is available with audio descriptions. Those with virtual reality (VR) headsets can access a free, immersive version of the animation.
- Video length: 3:37
- Audio described video length: 4:11

## Expected Benefits

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- Increased knowledge of alcohol-related effects on the brain.

## Evidence Base

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The video was developed by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), a United States Government agency focused on alcohol research. It presents complex information about neuroscience in an engaging and easy to understand way. The video describes the functions of five key brain areas, and links these to the effects of alcohol, so could be included in either a Science or PDHPE context.

\*Review provided by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.

