



Video 

# The Low Down on Alcohol



**Evidence ratings:**



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

**Year:** Year 9–10, Year 11–12

**Targeted Drugs:** Alcohol

**Tags:**

**Origin:** Australian

**Cost:**

Free

## Available

This video is available on YouTube.

Watch 'The Low Down on Alcohol' video

## Summary

**Video length:** 4:45

This video helps you get the facts about the effects of alcohol, provides tips on how to stay safe if drinking, and what to do if you or someone you know has a problem with alcohol.

## Developers

Headspace Australia.