Positive Choices
Drug and Alcohol Information
Get informed, stay smart, stay safe

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

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 Meta App page.

Developer

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

Summary

- 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

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

Evidence Base

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 HPE context.

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

© 2026 Positive Choices | Built by Netfront