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

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:

Time Allocated: Partial lesson (under 45mins)

Links to National Curriculum:
ACPPS090 (Yr 9–10), ACPPS095 (Yr 9–10), ACPPS096 (Yr 9–10)

Origin: Australian

Cost:
Free

Available

This video is available on YouTube.

Watch 'The Low Down on Alcohol' video

Developers

Headspace Australia.

Summary

Video length: 4:45

This pop-art style video talks about the short and long-term effects of alcohol, especially on developing brains. Practical tips for drinking more responsibly are provided (e.g., eating beforehand, setting a drinking limit, how to monitor for signs of intoxication). The video also suggests warning signs associated with problematic alcohol use patterns, and provides advice about getting help.

Expected Benefits

- Increased knowledge of alcohol-related effects and harms.

Evidence Base

Expert Review*:

The *Low Down on Alcohol* is a well-produced Australian video. A montage of diverse teenagers provides an overview of the impact of alcohol on young developing brains. A comprehensive range of alcohol-related effects are covered in plain and accessible language, including the impact on memory, risk-taking and mental health. Particular attention is paid to social consequences that are likely to resonate with young students, such as embarrassment and alcohol-induced amnesia. There is a focus on harm minimisation with practical tips for planning ahead when drinking, how to know you might have had enough, and what to do if you or someone you know is showing signs of alcohol-related problems. The video maps onto several Alcohol and other Drugs (AD) components of Australian Health and Physical Education curriculum for Year 9–10. The video, however, is quite short, so it is more suited as an introduction to a more nuanced discussion about the health impact of alcohol rather than as a standalone resource.

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

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