



ALCOHOL MYTHS AND FACTS

BFSS British & Foreign
School Society
Education Opportunities for All

FACTS

- Alcohol is a depressant.

A depressant, or central depressant, is a drug that lowers neurotransmission levels, which is to depress or reduce arousal or stimulation, in various areas of the brain. Depressants are also occasionally referred to as "downers" as they lower the level of arousal when taken.

- Men are more likely to use alcohol than women.
- Teens who start drinking before the age of 15 are more likely to develop alcohol dependence later on in life.
- Alcohol use is a significant risk factor for dementia.

Dementia is an overall term for diseases and conditions characterized by a decline in memory, language, problem-solving and other thinking skills that affect a person's ability to perform everyday activities. Alzheimer's is the most common cause of dementia.

- Alcohol takes only 6 minutes to enter the blood stream.
- One shot of Vodka has as much alcohol as an entire pint of beer.
- It is legal in the UK for kids over 5 years old to drink alcohol at home or other private locations
- You tend to find more people attractive after drinking alcohol.
- Other than water and tea, beer is the world's most popular beverage.
- You can be too drunk to drive the following day after drinking the night before.
- Spraying vodka is a great way of getting rid of a bad odour.

MYTHS

- Mixing alcohol with energy drinks makes you more drunk.
- Being sick helps you sober up and prevents hangovers.
- Eating before bed will reduce hangover.
- Alcohol kills brain cells.
- Coffee and a cold shower will sober you up.