

Let's Talk



The Liver and Alcohol

IS THIS OK?



Think carefully and then decide if each of these is ok or not.

Age	Male or Female	How much	How often	Where	OK/not OK
10	M	1 alcopop	1x a week	at home	
12	F	1 alcopop	1x a week	in a local pub with parents	
14	M or F	1 alcopop	1x a week	with friends	
14	M or F	2 alcopops	2x a week	with parents	
14	M or F	1 alcopop	7x a week	with friends	
16	M or F	1 alcopop	3x a week	with parents	
16	M or F	6 units	1x a week	with friends	
18	M	10 units	1x a week	with friends	
18	F	4 units	7x a week	with friends	
40	F	5 units	7x a week	on her own	
40	F	5 units	7x a week	with friends	
40	M or F	20 units	1	on his or her own or with friends	

Write down what you consider to be ok for each age group.

Age	Male or Female	How much	How often	Where	OK/not OK
10					
12					
14					
14					
14					
16					