

# Let's Talk



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## 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					