

1	You have to be 18 to buy alcohol	
2	When you drink alcohol, it takes about 15 minutes to move through your blood stream and into your brain	
3	When you drink alcohol, it can change your behaviour	
4	Only the brain is affected by drinking alcohol	
5	Your brain is mostly made up of water	
6	Most children between 9 and 13 years old drink alcohol	
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The Liver

An adult's liver is about the size of a rugby ball

It holds approximately half a litre of your total blood supply at any given moment

It cleans the blood and gets rid of toxins

It has over 500 functions

It is the largest internal organ

It is the body's factory

If the liver did not function we would not survive

You've only got one!





Vapes are electronic cigarettes.

Vapes work by heating up chemicals to create a **vapour**.

All **vapes** contain chemicals, and many also contain **nicotine**.

Only around 1 in 8 people in the UK **vape**.



Dr Elsie

