

Name _____

The Hidden Effects of Alcohol: A Sneaky Guest in Your Body

Open-Ended Response Answer Key

1. It's crucial to understand the long-term effects of alcohol because it helps individuals make informed decisions about their health and well-being. Knowing the risks can motivate people to drink responsibly or seek help if they have a problem.
2. Strategies to overcome alcohol addiction may include seeking professional treatment, joining support groups, developing healthier coping mechanisms, and building a strong support system.
3. Alcohol misuse can lead to legal problems such as DUI (driving under the influence) charges, public intoxication, and arrests related to alcohol-fueled behaviors.
4. Individuals can prevent alcohol-related harm by setting limits on their alcohol consumption, seeking support if they suspect they have a problem, and finding healthier ways to cope with stress and emotions.

