

Worksheet 16 – Smoking and Alcohol

Alcohol

1. Why do people drink Alcohol?
2. How does Alcohol affect the Mind?
3. How does Alcohol affect the Body?
4. How does Alcohol affect Human Behaviour?
5. How does Alcohol affect Family Life?
6. Are small quantities of Alcohol good for you?
7. Is it okay to drink medicine with Alcohol in it?
8. Is it okay to eat a sweet with rum or some other Alcohol in it?
9. If an Alcoholic wanted to stop drinking, how would he/she do it? What quitting techniques would you give to that person?

Smoking

10. What is the historical significance for the ban on Smoking?
11. Why do people Smoke?
12. How does Smoking affect the Mind?
13. How does Smoking affect the Body Internally?
14. How does Smoking affect the Body Externally?
15. How does Smoking affect Family Life?
16. By how many years is our lifespan reduced if we Smoke?
17. How does Smoking affect our Future Kids?
18. How does Smoking affect human fertility?

Drugs

19. Why do people do drugs?
20. How do drugs affect the mind and body?

Summary

21. What does Sikhism say about the use of the above substances?