

# ALCOHOL

CHAPTER 15



# ALCOHOL

- **DEPRESSANT- DRUG THAT SLOWS DOWN BODY'S NORMAL REACTIONS**
- **CAUSE**
  - **CONFUSION**
  - **DECREASED ALERTNESS**
  - **POOR COORDINATION**
  - **BLURRED VISION**
  - **DROWSINESS**



# **FERMENTATION**

- **MICROORGANISMS CALLED YEAST FEED ON THE SUGARS IN FOODS SUCH AS MALTED GRAINS, GRAPES OR BERRIES**
- **DURING THE PROCESS CARBON DIOXIDE AND ALCOHOL ARE PRODUCED**
- **WHAT HAS MORE ALCOHOL?**
  - **BEER, LIQUOR OR WINE?**

12 fl oz of  
regular beer

=

8-9 fl oz of  
malt liquor  
(shown in a  
12 oz glass)

=

5 fl oz of  
table wine

=

1.5 fl oz shot of  
80-proof spirits  
("hard liquor" —  
whiskey, gin, rum  
vodka, tequila, etc.)



about 5%  
alcohol



about 7%  
alcohol



about 12%  
alcohol



about 40%  
alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage

# TEENS AND ALCOHOL

- **SCHOOLS ADOPT ZERO TOLERANCE POLICY**
  - **SUSPENSION, EXPULSION**
- **MOST WIDELY ABUSED DRUG AMONG TEENS**
- **UNDER 21= ILLEGAL**



# WHAT INFLUENCES TEENS TO DRINK?

- **PEERS**
  - **FIT IN**
- **FAMILY**
- **MEDIA**
  - **COMMERCIALS, CLOTHING, MUSIC**
- **SOCIAL EVENTS**
  - **RESTAURANTS, SPORTING EVENTS, PARTIES**



# **RISKS OF UNDERAGE DRINKING**

- **TEEN ALCOHOL USE CAN HAVE VERY SERIOUS CONSEQUENCES**
  - **INJURED OR KILLED IN CAR ACCIDENT**
  - **COMMITTING OR BEING THE VICTIM OF SEXUAL ASSAULT OR OTHER VIOLENCE**
  - **LONG TERM BRAIN DAMAGE**
  - **PROBLEMS WITH ALCOHOL LATER IN LIFE**
  - **SUSPENSION FROM SCHOOL, ATHLETICS OR OTHER EXTRA CURRICULAR ACTIVITIES**

# LONG TERM EFFECTS INCLUDE:

MEMORY LOSS





# LEGAL RISKS

- **FINES**
- **LAWFUL SEIZURE OF PROPERTY**
  - **SEIZE CAR OF MINOR IN POSSESSION OF ALCOHOL**
- **ILLEGAL TO SERVE ALCOHOL TO MINORS**
- **DRIVING UNDER THE INFLUENCE**
  - **SUSPENDED LICENSE, FINES, INSURANCE, JOB**



## **DEAR ADVICE LINE,**

I WAS AT A FRIENDS HOUSE AND WE WERE BORED. MY FRIEND GOT SOME LIQUOR AND OFFERED ME A DRINK. I SAID I COULDN'T BECAUSE I HAD A GAME THAT NIGHT. THE REAL REASON IS THAT I'VE DECIDED NOT TO DRINK AT ALL. WAS IT WRONG TO GIVE AN EXCUSE? WHAT IF SHE ASKS ME AGAIN WHEN I DON'T HAVE A GAME?

**WHAT ADVICE WOULD YOU GIVE THIS STUDENT?**

# **ABSTAINING FROM ALCOHOL**

- **DON'T DRINK AT ALL**
- **ONCE 21 IT'S NO LONGER ILLEGAL, HOWEVER CAN STILL BE DANGEROUS TO HEALTH**
  - **MODERATION, RESPONSIBLE**
- **PRACTICE REFUSAL SKILLS**
  - **PREPARE FOR PRESSURE, ROLE PLAY, STICK TO YOUR DECISION**

# REFUSAL SKILLS

- **A SIMPLE “NO”**
- **NO WITH A REASON**
- **NO WITH AN ALTERNATIVE**
- **NO AND STAND YOUR GROUND**
- **AVOID/LEAVE THE SCENE**



# **PRACTICE THE SKILL**

- **SKIT**
  - **GROUPS OF 3-4**
  - **OFFER ALCOHOL**
  - **USE ONE OF THE WAYS TO SAY “NO”**
  - **PERFORM IN FRONT OF CLASS**

# **AVOID HIGH-PRESSURE SITUATIONS**

- **ALTERNATIVES TO PARTIES**
- **REFUSE RIDES FROM DRINKERS**
  - **CALL PARENTS, OFFER TO DRIVE THEM, UBER/TAXI**
- **PLAN “X”**

# **ACTIVITY**

- **BUILDING HEALTH SKILLS**
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