ALCOHOL CHAPTER 15



DEPRESSANT- DRUG THAT SLOWS DOWN BODY'S NORMAL REACTIONS

• CAUSE

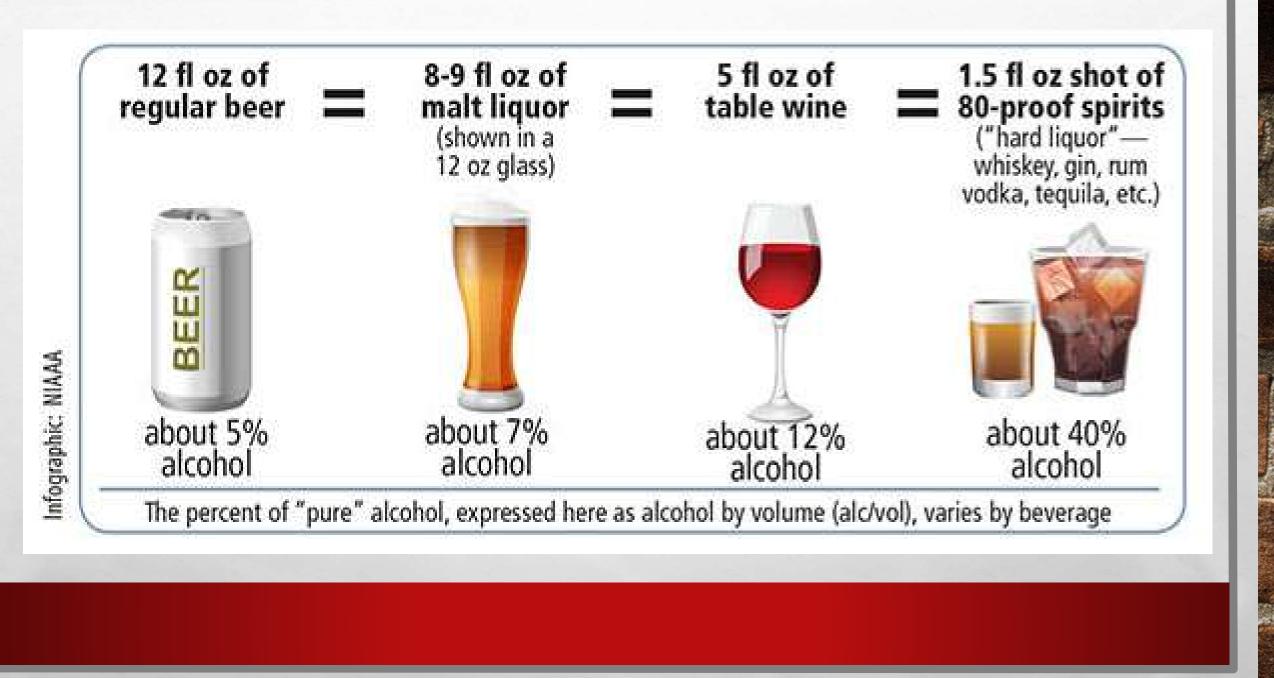
- CONFUSION
- DECREASED ALERTNESS
- POOR COORDINATION
- BLURRED VISION
 - DROWSINESS



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?



TEENS AND ALCOHOL

SCHOOLS ADOPT ZERO TOLERANCE POLICY
 SUSPENSION, EXPULSION

ZERO

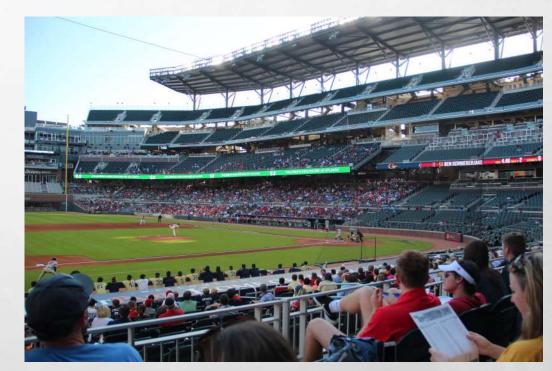
TOLERANCE

- 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

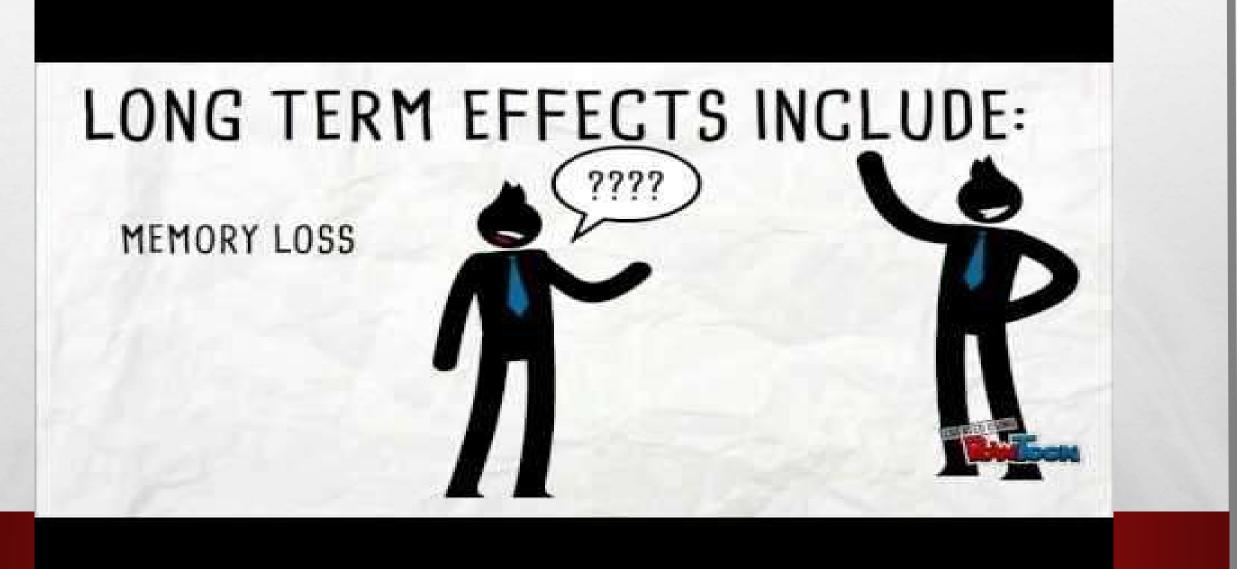


RISKS OF UNDERAGE DRINKING

• 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



LEGAL RISKS

• FINES

POLICE

- 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



- 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"



• BUILDING HEALTH SKILLS

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• PAGE 378-379