

Name \_\_\_\_\_ Date \_\_\_\_\_ Block \_\_\_\_\_

## Chapter 12 – Alcohol

Place the correct term from each word bank in the appropriate space in each paragraph.

### **Lesson 1 – Why Alcohol Is Harmful**

Work Bank -      depressant      developing      skills      deaths      illegal  
peer pressure      Alternatives      Alcohol      older

\_\_\_\_\_ is a drug that is produced by a chemical reaction in fruits, vegetables and grains. It is a \_\_\_\_\_, a drug that slows down the body's functions and reactions. Alcohol can affect the way you feel, think and act. A teen's body and mind are still growing and \_\_\_\_\_. It is \_\_\_\_\_ for anyone under the age of 21 to drink alcohol, and yet one-third of all teen traffic \_\_\_\_\_ are related to alcohol. Some teens drink alcohol because of \_\_\_\_\_ or because it provides relief from stress. Others drink out of curiosity or a desire to feel or look \_\_\_\_\_. There are many reasons not to drink. Choosing not to use alcohol is a healthy choice. There are positive alternatives to drinking. \_\_\_\_\_ are other ways of thinking or acting. Playing sports, learning new \_\_\_\_\_ or discovering new talents are all alternatives to drinking.

## Lesson 2 – Short-Term Effects of Alcohol Use

Word Bank -      intoxication      slurred      gender      violent      malnutrition  
Blood Alcohol Content (BAC)      consciousness      reaction time  
liver      Alcohol poisoning      relaxation      coordination

Your body responds quickly to alcohol. If your stomach is empty, alcohol can reach your brain in less than a minute and slow your \_\_\_\_\_. This is the body's ability to respond quickly and appropriately to situations. Your \_\_\_\_\_ breaks down alcohol once it enters the bloodstream, but can only process it in small amounts. Alcohol that is not processed by the liver causes \_\_\_\_\_, which means a person's mental and physical abilities have been impaired by alcohol. \_\_\_\_\_ is a measure of the amount of alcohol in a person's blood. Small amounts of alcohol produce \_\_\_\_\_, mood changes, lowered inhibition, difficulty concentrating, slow reaction time and poor \_\_\_\_\_. Medium amounts produce \_\_\_\_\_ speech, stumbling, drowsiness, moody or aggressive behavior, difficulty remembering and double vision. Large amounts produce vomiting, difficulty breathing, a drop in blood pressure and a loss of \_\_\_\_\_ and/or coma. \_\_\_\_\_ is a dangerous condition that results when a person drinks excessive amounts of alcohol over a short period of time. The effects of alcohol vary, depending on a person's \_\_\_\_\_ and body size, general health, whether there is food in the stomach, how much and how fast they drink and if there are other drugs in their system. Alcohol can also cause people to have \_\_\_\_\_ behavior. It can also lead to \_\_\_\_\_, a condition in which the body does not get the nutrients it needs to grow and function properly.

### Lesson 3 – Long-Term Effects of Alcohol Use

Word Bank -      cirrhosis      memory      fetal alcohol syndrome (FAS)      acid  
                 stomach      sexual      Driving while Intoxicated (DWI)      cancer  
                 alcohol poisoning      inhibition      binge drinking      fatty liver

Alcohol is absorbed by tissues lining the mouth and \_\_\_\_\_, and goes directly in the blood stream. People who drink excessive amounts of alcohol are at much greater risk for developing mouth and throat \_\_\_\_\_. Alcohol irritates the stomach lining and increases the amount of \_\_\_\_\_ there. Alcohol can also cause \_\_\_\_\_, a condition in which fats build up in the liver and cannot be broken down. A life-threatening problem also associated with heavy alcohol use is \_\_\_\_\_, which is a disease characterized by scarring and eventual destruction of the liver. Damage can also occur to the brain and central nervous system, resulting in \_\_\_\_\_, movement, vision and hearing problems.

\_\_\_\_\_ means that you are driving with a BAC of 0.08% or more. DWI can have long-term consequences such as, being involved in a fatal car accident and/or losing driving privileges for life. Some teens experiment with \_\_\_\_\_, the consumption of a large quantity of alcohol in a very short period of time. The dangers of binge drinking include death, drowning, drunk driving, \_\_\_\_\_, pregnancy and being a victim of violence. Alcohol lowers a person's \_\_\_\_\_, a conscious or unconscious restraint on his or her behaviors or actions. This can also lead to \_\_\_\_\_ activity and an unplanned pregnancy. Females that drink alcohol during pregnancy are putting their child at a risk for \_\_\_\_\_, a group of alcohol-related birth defects that include both physical and mental problems.

## Lesson 4 – Alcoholism & Alcohol Abuse

Word Bank -      blackouts      enablers      stress      alcoholic  
Alcohol abuse      craving      family members      Tolerance  
malnourished      Alcoholism      control      Physical dependence

\_\_\_\_\_ is a progressive, chronic disease involving a mental and physical need for alcohol. Alcoholism develops over a period of time and a person with this chronic disease is called an \_\_\_\_\_. An alcoholic usually displays five major symptoms: denial, \_\_\_\_\_, loss of control, tolerance and physical dependence. \_\_\_\_\_ is a process in which your body needs more and more of a drug to get the same effect.

\_\_\_\_\_ is a type of addiction in which the body itself feels a direct need for a drug. Some people exhibit \_\_\_\_\_, a pattern of drinking that results in one or more well-defined behaviors within a twelve-month period. These people are not physically dependent on the drug. There are four stages of alcoholism. In stage one, the person drinks for relief from \_\_\_\_\_ or fatigue and experiences an increased tolerance to alcohol. In stage two, the person may experience short-term memory loss, \_\_\_\_\_ or feelings of guilt. In stage three, the alcoholic loses \_\_\_\_\_ and cannot predict what will happen. The person may fail to keep promises and lose interest in everything except alcohol. In the final stage, the alcoholic may be intoxicated for long periods of time, have strange fears and faulty thinking, be \_\_\_\_\_ and have hallucinations. Alcoholism affects the \_\_\_\_\_ and friends of alcoholics also. Sometimes family members become \_\_\_\_\_, or persons who create an atmosphere in which the alcoholic can comfortably continue his or her unacceptable behavior.

## Lesson Five – Getting Help for Alcohol Abuse

Word Bank -	Alcoholics Anonymous (AA)	relapse	recovery	
	Withdrawal	headaches	Al-Anon	risks
	Detoxification	intervention	counseling	Alateen

People who are struggling with alcohol use, abuse and addiction need help. Sometimes an \_\_\_\_\_ is used where family and friends meet with the problem drinker and try to get drinker to agree to seek help. An alcoholic's first step to \_\_\_\_\_, or the process of learning to live an alcohol-free life, is understanding that he or she has a problem with alcohol and can never drink again. A \_\_\_\_\_ is a return to the use of a drug after attempting to stop. Many alcoholics will experience withdrawal symptoms such as \_\_\_\_\_, tiredness, mood swings and nausea. \_\_\_\_\_ is the physical and psychological reactions that occur when someone stops using an addictive substance. To fully recover, an alcoholic must follow a number of steps that include admission, \_\_\_\_\_, detoxification and resolution. \_\_\_\_\_ is the physical process of freeing the body of an addictive substance. Recovering alcoholics can find support from groups such as \_\_\_\_\_. The families of alcoholics sometimes also need assistance to recover from the effects of living with alcoholism. \_\_\_\_\_ is a non-profit organization that teaches family and friends about alcoholism, helps them understand how they have been affected and teaches them skills for coping with the problems alcoholism creates. \_\_\_\_\_ is another group that is specially designed to help teens deal with alcoholic parents. Alcohol use can damage physical, mental, emotional and social health. The best way to avoid the \_\_\_\_\_ associated with alcohol use or abuse is to choose to be alcohol free.