Lesson # 1                        Alcohol notes

Vocabulary

ethanol
Fermentation
Depressant
Intoxication
Alcohol abuse

Alcohol is a lethal drug w/harmful effects that include:

Physical, emotional, mental, social and legal consequences. Serious health problems can arise for the drinker and those around them.

**Ethanol**- type of alcohol in alcoholic beverages. powerful and addictive

**Fermentation**- the chemical reaction of yeast on sugars. Fruits, vegetables and grains are used.

Water, flavors and minerals mixed with ethanol to produce beer and wine, spirits like whiskey, rye, vodka
Alcohol is a depressant, a drug that slows the central nervous system. It affects a person’s motor skills, thinking and good judgment.

**Intoxication** – the state in which alcohol poisons the body and reduces the person’s physical and mental control.

What influences Alcohol use in teens?
  • Peer pressure- fit in, friends also use alcohol
  • Family- parents use alcohol and teens want to try it. Parents who avoid alcohol are more likely to have teens who avoid it.
  • Media messages- movies, tv, make alcohol look exciting.
  • Advertising- ads show cute, handsome and popular people having fun drinking. They suggest you too will have fun.

By 9th grade you have seen more ads for beer than any other product.
How to avoid it?

Avoid unsafe situations.

FACT- Alcohol related car crashes are the leading cause of teen death.

Situations to avoid:
- Alcohol and the law- illegal for anyone under 21 to buy, hold or drink it. Teens- arrest. Harm to reputation,
- Alcohol, violence and sexual activity- Alcohol impairs a teen’s good judgment. Teens that drink are more likely to be involved in violent crimes. More likely to engage in sexual activity. Can lead to pregnancy, HIV and other STDs along with social and emotional consequences.

**Alcohol Abuse**- The excessive use of alcohol. If you live with the abuse and neglect you have a higher tendency to abuse alcohol to escape.

School-Most schools have “No tolerance or zero tolerance policies”. Suspension, removal from sports team, loss of scholarship, removal from dorms are all consequences of alcohol use.

FACT- Teen drinkers are 4xs more likely to develop alcohol dependence. Teen brain is still developing.

So what can you do?

Make a commitment to be alcohol free. Choose a healthy lifestyle.

Maintain a healthy body

Make responsible decisions

Avoid risky behavior

Avoid legal consequences- 21 is the law
HOW to stay alcohol free:
Say NO
Refuse a drink
Leave the situation
Call for a ride- have a pact with parents

Best defense is to avoid situations where alcohol is present.
Alcohol Lesson 2

Vocabulary

Metabolism
Blood alcohol concentration
Binge drinking
Alcohol poisoning
Dehydration
Multiplier effect
DWI
DUI

**Short term effects of alcohol**

Effects differ for each person. These factors influence the effects:

- Body size and gender - a small person or female generally will feel the effects faster

- Food having food in the stomach slows the rate of absorption and slows down the effects

- Amount and rate of intake of alcohol - If you drink alcohol faster than the liver can break it down you will get drunk. Alcohol poisoning can occur if the alcohol levels get too high

**Physical effects on the body**

These effects grow as the person drinks more alcohol.

- The brain is less able to control the body. Alcohol impairs your judgment.

- Heart rate and blood pressure rise. The blood vessels expand and lower body heat.

- The stomach produces more acid that may cause nausea and vomiting.
• Scarring of the liver can occur. This is permanent.

• Alcohol puts a strain on the kidneys. More urine is produced and this can lead to dehydration.

• Breathing may slow or stop.

Alcohol and Drug Interactions

The mixing of alcohol and drugs may harm your body and/or cause death. Metabolism is the process by which the body breaks down substances. Taking alcohol with medicine and other drugs may cause a multiplier effect (having a greater or different effect).

• Alcohol may cause the body to turn the medicine into chemicals that can harm the liver and other organs.

• Alcohol can increase the effect of some medicines this can cause you to be dizzy and sleepy. (risky if driving)

Alcohol and Driving

Driving while intoxicated (DWI) or driving under the influence (DUI) is the leading cause of death among teens.

Blood Alcohol Concentration (BAC) Is the amount of alcohol in a person’s blood (percentage)

0.08 is considered drunk in CT

Effects on the Body

It slows your reflexes. Lowers ability to judge distance and speed

It increases risk taking behavior

It lowers your ability to pay attention and may make you forgetful
Consequences of DWI:

- Causes harm to the driver and others
- Causes injury, property damage and death
- You may have to live with regret
- Arrest and jail time along with heavy fines will occur
- Loss of driver’s license and insurance rates go up!!!

**Binge Drinking** is:
Drinking five or more alcoholic drinks at one sitting. Binging can cause alcohol poisoning.

Alcohol poisoning is a severe and possibly fatal reaction to an alcohol overdose. Call 911 if you think someone is in this condition.

Some signs are:

- Mental confusion- stupor, coma, vomiting or seizures
- Slow breathing- 10 seconds between breaths or fewer than eight breaths a minute
- Irregular heartbeat. Low body heat. Pale or bluish skin
- Severe dehydration from vomiting
Alcohol lesson 3

Vocabulary

Fetal alcohol syndrome (FAS)
Alcoholism
Alcoholic
Recovery
Detoxification
Sobriety

Long Term Effects of Long term drinking of Alcohol

- Addiction - person can not stop drinking
- Loss of brain function - a person loses verbal and visual skills and memory
- Brain damage - drinking destroys brain cells
- Heart disease - drinking can cause an enlarged heart and high blood pressure
- Fatty liver - fat builds up in the liver, this blocks the flow of blood to liver cells causing cells to die
- Alcoholic hepatitis - infection of the liver
- Cirrhosis - liver tissue turns to scar tissue. Can lead to liver failure and death
- Digestive problems - drinking hurts the lining of the stomach. Can lead to ulcers and cancers
- Swollen pancreas - lining of the pancreas swells, this blocks the intestine, can lead to death

Alcohol during Pregnancy

Alcohol passes from mother to her fetus. Fetal alcohol syndrome (FAS) is a group of alcohol related birth defects that includes physical and mental problems

FAS is the leading cause of mental retardation. There is no safe amount of alcohol for pregnant females.

Alcoholism is a disease in which a person has a physical or psychological dependence on drinks that contain alcohol.

An alcoholic is an addict who is dependent on alcohol. Here are some signs:
- Craving - a strong need for alcohol
- Loss of control - a person can not limit their drinking
- Physical dependence - A person may have severe withdrawal if they stop drinking
- Tolerance - a person needs to drink more and more to feel the same effects
- Health, family and legal problems - Injuries, drunk driving tickets or trouble at home are common
- Genetic link - children of alcoholics are more likely to drink
Stages to alcoholism
- Stage 1- Abuse- a person uses alcohol to relax then begins to drink regularly. Person lies and makes excuses for drinking
- Stage 2- Dependence- the person can not stop drinking. Dependent on drug. Problems at school, home or work begin
- Stage 3- Addiction- Drinking is the most important thing in the person’s life. Addicted to the drug. Life is out of control.

Treatment for Alcohol Abuse

There is no cure but alcoholism can be treated. Recovery is the process of learning to live an alcohol-free life

Steps to Recovery

1. Admission- admit to the problem
2. Detoxification- the body adjusts to functioning without alcohol
3. Counseling- help to learn to live without alcohol
4. Recovery- responsible for your own life

Sobriety- living without alcohol

Where to go for Help:
AL-Anon or Alateen- help for friends and family to deal with and recover from living or dealing with an alcoholic

AA-Alcoholics anonymous- help for the alcohol user
Alcohol lesson 3

Read the information sheet and complete the following questions.

What are 5 long term effects of alcohol on the body?
1. 
2. 
3. 
4. 
5. 

What is FAS?

Name 3 signs of someone who is an alcoholic.
1. 
2. 
3. 

What are the 3 stages of Alcoholism? What happens at each stage?
1. 
2. 
3. 

What are the 4 steps to recovery?
1. 
2. 
3. 
4. 

Where can a student go for help either with an alcohol problem or to deal with an alcoholic?