

NAME:

Date: \_\_\_\_\_

## DRUGS AND ALCOHOL - LESSON 2: Alcohol use and abuse

1. Legal drinking age in the United States is \_\_\_\_\_ 21 \_\_\_\_\_.

### 2. REASONS TEENS DRINK

- Peer Pressure
- Look feel grown up
- Curiosity
- Easy access-Parents drink and its available
- Popular media – Music, movies make is seem like the “norm”, “fun”  
Misinformation – not aware of risks, think it will be fun  
Rebellion  
Escape stress

### 3. TYPES OF DRINKS

- a. **Beer** – Serving size 12 oz
  - b. **Wine** - Serving size 4-5 oz
  - c. **Liquor/Mixed drink**- 1.5 oz
- (NOTE: 1 drink of each contains about the same Amt of alcohol)

IMPAIRMENT Begins with the FIRST drink

### DIFFERING EFFECTS OF ALCOHOL

- d. **SIZE AND GENDER** – Generally females tolerate less In addition, the less a person weighs the more easily he she will be affected by alcohol.
- e. **FOOD IN THE STOMACH** – Body's absorption of alcohol will be SLOWER if there is food in the stomach\_\_
- f. **HOW FAST A PERSON DRINKS** – GULPING down a drink raises the level of alcohol in the blood because the body has less time to absorb it.
- g. **OTHER SUBSTANCES IN THE BODY** – Drinking alcohol while taking certain drugs may have dangerous side effects and can even be fatal.

#### 4. DRUNK DRIVING

a. DRUNK DRIVING IS ILLEGAL

b. Intoxicated = DRUNK

c. How many drinks can make driving unsafe? 1

d. Alcohol contributes to what percentage of all motor vehicle deaths? 50%

e. What is the most frequent cause of death for Americans age 15-20? Car accidents involving alcohol

#### 5. ALCOHOLISM

a. Alcoholism is *an illness characterized by a physical and psychological need for alcohol*

Addicts develop TOLERANCE which means they need more and more alcohol to experience its effects.

*A person may be an alcoholic if he/she*

- becomes drunk often
- drinks alone
- stops participating in other activities so he/she can drink
- acts like a different person when drinking
- makes excuses for drinking
- promises to quit but doesn't
- Experiences blackouts – periods when he/she cannot remember what he/she said or did while drinking
- Refuses to admit how much he/she drinks