Chapter 21: Alcohol
Lesson 1: The Health Risk of Alcohol Use

A. Alcohol:
Main idea: Alcohol is an addictive drug.
- _______—a type of _______ that is inside of alcohol _______—a powerful and _______ drug.
- Using alcohol during the _______ years can affect _______.
- Ethanol can be produced _______, or _______ by fermenting _______ vegetables, and _______.
- _______—the chemical action of _______ on _______.

B. Short-term Effects of Alcohol
Main idea: Alcohol impairs the central nervous system.
- _______—A drug that _______ the central _______ system
- Using alcohol slows _______ time, impairs _______, and diminishes _______.
- _______—is the state in which the _______ is _______ by alcohol or another substance, and the person’s _______ and _______ control is significantly _______.
- Alcohol stays in a person’s system until the _______ can _______ it, or _______ it down.

1. Factors that Influence Alcohol Effects:
   - Body _______. A _______ person may feel the effects _______.
   - _______. Alcohol usually moves into the _______ quicker in _______.
   - _______. Food in the _______ can _______ down the alcohol going into the _______.
   - Rate of _______. A person becomes _______ when they drink alcohol _______ than the _______ can break it down.
   - _______. The more you _______ the more alcohol goes into the _______.
   - _______. It can _______ the effects of alcohol.

2. Short-term Effects of Alcohol to the Body:
   a. Changes to the _______:
   - _______—pathways and connections necessary for _______ may be permanently damaged.
   - _______—Thought processes are _______, and memory and _______ dulled.
   - Risk of _______—Alcohol use may increase the risk of stroke in _______ people.

   b. Cardiovascular changes:
   - _______—Small amount of alcohol can increase the _______ _______ and _______.
   - High levels of alcohol have the _______ effect, _______ heart rate and blood pressure. Heart rhythm becomes _______. Body temperature _______.

   c. Liver and kidney problems:
   - Liver—_______ chemicals are released as the liver _______ alcohol. These chemicals can cause _______ and _______ of the liver tissue:
   - Kidneys—Alcohol causes the kidney to increase _______ out put, which can lead to _______.

   d. Digestive system problems:
   - Stomach—Alcohol increases stomach _______ production and can cause _______ and _______.

   e. Pancreas Problems:
   - Pancreas—Consuming large amounts of alcohol quickly can cause _______, which is accompanied by acute, severe _______. Alcohol consumption can disrupt the _______ of _______.


Alcohol and Drugs Interactions:
- The body may absorb the drug or alcohol more ______, and that can ______ the length of the ______ that alcohol or the drug is in your ______.
- Alcohol use can decrease the ______ of some ______, and ______ the effectiveness of others.
- ______ in the body can ______ some medications.

3. Long-Term Effects of Alcohol:
Main Idea: Alcohol use can have negative effects on a person's health.
- Alcohol use can have ______-term effects on a user's physical, mental/emotional, and social ______.
- The ______ of alcohol use may also be felt by the ______ who are ______ to someone who uses alcohol.

Excessive alcohol use over a period of time can damage body systems such as:
1. Damaged brain ______ and ______ in size.
2. ______ blood pressure which may lead to a heart ______ or ______.
3. Build up of ______ cells in ______, which can lead to cell ______.
4. Damage to the digestive lining of the ______, causing ______ and ______ of the stomach.
5. Destruction of the ______.

More Long-Term Effect of Alcohol (page 570):
*The Brain: ______, Loss of brain ______, brain ______
*The Cardiovascular System: ______ damage; ______ blood pressure
*The Digestive System: Irritation of digestive ______, ______ liver, alcohol ______
   (Inflammation or ______ of the liver), ______ of the liver (liver ______ is replaced with useless ______ tissue)
*The Pancreas: ______ of the pancreas ______

4. Binge Drinking and Alcohol Poisoning:
Main Idea: Consuming a large amount of alcohol over a short period of time can be fatal.
- ______ Drinking- drinking ______ or ______ alcoholic drinks at one ______.
- Alcohol ______: a severe and potentially ______ physical ______ to an alcohol ______.
- Effects of Alcohol Poisoning:
  It is dangerous to assume a person should "______ ______ ______."
  1. Mental ______ and stupor.
  2. ______ and inability to be roused.
  3. ______ ______ and ______.
  4. Slow ______- ______ seconds between breaths or fewer than ______ breaths per ______.
  5. Irregular ______.
  6. ______ ______ or ______ body temperature- pale or bluish skin ______.

Chapter 21: Lesson 2—Choosing to Live Alcohol-Free

A. Alcohol Use
Main Idea: several factors influence teen alcohol use.

Dependence- condition in which a person ______ that a drug is ______ in order to feel ______ or to ______ normally.

Craving- condition in which the user has a ______ ______ for a drug.

1. A teen's choices about alcohol are influenced by:
   - ______ pressure: if it is not an accepted activity there will be less pressure.
2. Advertising Techniques
Billions of dollars are spent every year on alcohol advertising.

- __________, TV, _______ magazines, and ___________
- Companies also sponsor __________ events, music _______, art festivals, exhibits, and _______ events.

B. Health risks of Alcohol Use
Main Idea: Alcohol can harm more than just your health

- Alcohol use is linked to deaths including traffic _______, drowning, fire, _______, and _______

  a. Alcohol and the Law
It is illegal for anyone under the age of _______ to _______ _______ or _______ alcohol.
- Teens can be _______ and sent to a youth __________ center.
- An arrest can limit _______ and __________ opportunities and damage a teen's _______

  b. Alcohol and Violence
- _______ are more likely to break out with alcohol.
- Alcohol use is a _______ in one-third to two-thirds of date _______ and _______ assaults.

  c. Alcohol and Sexual Activity
Teens that drink alcohol are _______ likely to become _______ active at an _______ age and engage in __________ sex.
- Approximately _______% of _______ active teens use _______ or other _______ before engaging in sexual activity.
- Teens who drink often are _______ as likely to contract an _______ as teens who do not _______

  d. Alcohol and the Family
Around _______% of all youth are exposed to alcohol _______ -- the _______ use of alcohol.
The children and teens are at a high risk for:
- _______ abuse, or social _______.
- _______ hardship.
- _______ of alcohol _______.
- _______ illness or _______ problems.
- _______ -- disease in which a person has a _______ or _______ dependence on drinks that contain __________.

  e. Alcohol and School
- Most schools have adopted a _______ policy for students found using alcohol on school _______.
- If you use alcohol on a school campus, you can be _______ or _______.

C. Avoiding Alcohol
Main Idea: you will experience many benefits if you choose to live alcohol free.
Teens who start drinking by age _______ are _______ times more likely to become _______ on alcohol than people who do not start drinking until age _______.

1. Benefits of Living Alcohol-Free
Avoiding alcohol will help you:
- Maintain a healthy _______
• Establish healthy ______________
• Make healthy ______________
• Avoid ______ behaviors
• Avoid __________ activities
• Avoid __________
• Achieve your ______

2. Refusing Alcohol
• Saying ___ is much ______ when you know how you will _________ before you are faced with the _________.
• Be _________ and use _________ skills.
• Call your _________ or another trusted _________ for a _________ home, if needed.
• Plan alcohol-_______ activities with _________.

Lesson 3: The Impact of Alcohol Abuse:

A. Alcohol and Driving:
Main Idea: Drinking and driving can be very dangerous.
• Driving after drinking can have __________ and even __________ results.
• One-fifth of all teen ______ involved in fatal car __________ have a blood alcohol concentration of ______%.
• __________ alcohol ______________ (BAC) - the _________ of alcohol in a person’s _________, expressed as a __________.
• Any amount of alcohol in the blood can cause the following:
  1. Slow _________
  2. Reduced ability to judge _________ and _________
  3. Increase in _________-tak ing _________
  4. Reduced _________ and increased _________
• Driving while intoxicated (_______), or driving under the influence (_____ ) is illegal. An adult with a BAC of _____% can be charged with _______driving. For those under ___ there is _________ BAC. The consequences for DWI and DUI include:
  1. _________ or _________ of the driver and others.
  2. Arrest, _____time, ______appearance and _____ for bail, a _________ record, and possible law _______.
  3. Severely restricted driving _________ and/or immediate _________ of driver’s _______.
  4. Higher auto __________ rates or a __________ insurance policy.
• If someone you’re with has been drinking, find a ______ with someone else who has not been __________, or make a ______ home.

B. Alcohol and Pregnancy
Main Idea: A female who drinks during pregnancy can harm her fetus.
• When a pregnant female drinks, alcohol passes ______ from her _____ into the ______________ of the _________.
• Infants born to mothers who ______ during pregnancy are at risk of ______ alcohol _________ (FAS).
• ______ alcohol ______________ (FAS) – a group of alcohol related birth _________ that include ________ and _________ problems.
• The effects of FAS are both severe and _______. Effects of FAS may include:
  1. _______ head and ______________ of face, hands, or feet
2. _______ liver, and _________ defects.
3. _______ and _________ problems.
4. Central _______ system problems, _________ disabilities, and poor _________.
5. Difficulties _______ and _______ attention span.
6. _________, anxiety, and social _________.
   • FAS is one of the leading _________ causes of mental _________.
   • Females who are trying to become _________ or may be pregnant should ___ drink ___ alcohol.

C. Alcoholism
Main Idea: Alcoholism is a disease that affects the person who drinks and others around him or her.
   • Alcoholics are _________ or _________ dependent on alcohol. Symptoms of alcoholism may include:
     1. _______ feeling a strong _____ for alcohol to manage _______ and a _________ with alcohol.
     2. Loss of _______ to _______ alcohol consumption.
     3. _______ dependence- withdrawal symptoms such as _______ sweating, _______ and _______.
     4. _______ a to drink increasingly _____ in order to feel its _______.
   • _________ an _________ who is _________ on alcohol.
   • Some alcoholics may be _________ and _______, while others may be _________.
   • _________ of alcoholics are _______ times more _______ to become alcoholics.
   • Environmental factors such as _______, friends, _______, peer pressure, _______ of alcohol, and _______ also contribute to alcoholism.

Stages of Alcoholism:
   • Alcoholism develops in three stages: abuse, dependence, and addiction.
   • Stage 1—_________. Begins with _______ drinking. Physical and psychological _________ develops. May experience _______ loss and _______. May begin to ___ or make _______.
   • Stage 2—_________. Cannot ___ drinking and is physically _______. Tries to ___ the problem; _______ suffers.
   • Stage 3—_________. Liver may be already _______. If alcoholic _______ drinking, they would experience _________ symptoms.

D. Effects on Family and Society
Main Idea: Alcohol abuse plays a role in crimes and has negative effects on people who are around problem drinkers.
   • An estimated 15 _______ Americans are _________ or _________ drinkers.
   • About ____% of _______ crimes are alcohol related.
   • Often, people close to alcoholics develop mentally unhealthy _______, such as _______. They _______ their own emotional and physical _______ and focus on the needs of the _________.

E. Treatment for Alcohol Abuse
Main Idea: Alcoholics can recover if they get treatment.
   • Alcoholism cannot be _______, but it can be _______.
   • _____________ - the process of learning to ___ an alcohol-free _______.
   • _____________ - living without alcohol.
   • The steps to recovery include:
     1. _________—Admitting to having a _______ and asking for _______.
     2. _____________—a process in which the body _______ to functioning _______ alcohol.
3. ___________—Receiving counselling to change ___________.

4. ___________—Taking ___________ for one's own life.

Resources to help:

- Al-Anon/_________—helps families and friends learn to deal with the ______ of ______ with an ____________.
- Alcoholics ____________—provides _____ for alcoholics.
- ___________ Against ______ Driving (MADD)—provides ____________ to prevent ____________ drinking.
- National ______ and Alcohol ____________ Referral Routing Service—provides treatment ______ and information about treatment ____________.
- ___________ Against ____________ ____________ (SADD)—provides __—led ____________ about avoiding alcohol use.
- SAMSHA's National ____________ for Alcohol and Drug Information—provides information about _________ and other _________.