**N**ame: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_

**ALCOHOL UNIT**: Be above the pressure to use tobacco, alcohol, and drugs



**Why wait until 21 to decide if you want to drink or not?**

1. Alcohol is hard on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 -It takes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_as much alcohol to damage a teen’s brain

 as it does an adult’s brain.

 -The brain can completely shut down breathing and/or swallowing and gag reflex if there is alcohol \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2. Teen alcohol \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. -Children and teens become **chemically dependent** much faster than adults. (as fast as several weeks or months)

-Adolescents who begin drinking before the age of 15, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ more likely to develop alcohol addiction than those who begin drinking at age 21.

**-A child who reaches age 21 without abusing alcohol or using drugs is virtually certain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to do so.**

3. Teen’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ toward drinking alcohol. (often the goal is “Let’s get drunk”)

-The first brain function you lose under even a small amount of

 alcohol is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

There are more teens who **DON’T** drink alcohol than those who do!.

..

**TEEN ALCOHOL STATISTICS**:

\*\_\_\_\_\_\_\_\_\_\_\_\_\_% of all fatal car accidents involve alcohol.

\*\_\_\_\_\_\_\_\_\_\_\_\_\_% of all drownings involve alcohol.

\* Drinkers are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ more likely to die in a fall.

-Compared to nondrinkers, teen binge drinkers (5 drinks in a row for boys, 4 for girls) were:



\*11 times more likely to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ who had been drinking alcohol

\*4 times more likely to be in a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\*Nearly 4 times more likely to have ever been raped or subjected to dating violence, and 5 times more likely to be sexually active

\*4 times more likely to have attempted \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\*Teen binge drinkers were also more likely to use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Alcoholism: is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. You can be addicted 2 ways:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.** Long-term effects include: cirrhosis of liver, cancers, heart disease, early death. \* 1 out of 10 people in the U.S. who drink become \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**\*\*BOTTOM LINE IF SOMEONE IS AN ALCOHOLIC OR NOT:**

**The drinking is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, + they can’t stop since they are addicted.**

*Alcoholism runs in families: if 1 parent is/was an alcoholic or drug addict you have a* ***50%*** *chance of also becoming an alcoholic/addict; if 2 parents, you have an* ***80%*** *chance! \**

*This is true for addiction to any psychoactive drug*

**THE 3 C’s:** You didn’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_it, you can’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ it, you can’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ it!

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **is for teen children of alcoholics,** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**is for**

**husbands, wives, family, friends, and** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **is for the alcoholic him/herself**

**LOCAL TREATMENT OPTIONS:**

If you have answered YES to any **2**, the chances are that you are an alcoholic.

If you have answered YES to **3** or more, you are definitely an alcoholic.

**20 Questions to ask to see if someone is an alcoholic:**

Ask yourself the following questions and answer them as honestly as you can.

\_\_\_\_\_\_1. Do you lose time from work (or school) due to your drinking?

\_\_\_\_\_\_2. Is drinking making your home life unhappy?

\_\_\_\_\_\_3. Do you drink because you are shy with other people?

\_\_\_\_\_\_4. Is drinking affecting your reputation?

\_\_\_\_\_\_5. Have you ever felt remorse after drinking?

\_\_\_\_\_\_6. Have you gotten into financial difficulties as a result of your drinking?

\_\_\_\_\_\_7. Do you turn to lower companions and an inferior environment when drinking?

\_\_\_\_\_\_8. Does your drinking make you careless of your family's welfare?

\_\_\_\_\_\_9. Has your ambition decreased since drinking?

\_\_\_\_\_\_10. Do you crave a drink at a definite time daily?

\_\_\_\_\_\_11. Do you want a drink the next morning?

\_\_\_\_\_\_12. Does drinking cause you to have difficulty in sleeping?

\_\_\_\_\_\_13. Has your efficiency decreased since drinking?

\_\_\_\_\_\_14. Is drinking jeopardizing your job or business?

\_\_\_\_\_\_15. Do you drink to escape from worries or troubles?

\_\_\_\_\_\_16. Do you drink alone?

\_\_\_\_\_\_17. Have you ever had a complete loss of memory as a result of your drinking?

\_\_\_\_\_\_18. Has your physician ever treated you for drinking?

\_\_\_\_\_\_19. Do you drink to build up your self-confidence?

\_\_\_\_\_\_20. Have you ever been in a hospital or institution on account of drinking?

**HOW SMALL AMOUNTS OF ALCOHOL AFFECT BODY AND BEHAVIOR:**

**1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**3. lose your inhibitions 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**LARGER AMOUNTS OF ALCOHOL:**

**1. coordination**

**.00 - .04%: slightly affected (.02% is legally intoxicated for teens)**

**.05 - .07%: impaired**

**.08 - .25%: intoxicated**

**.26 - .40%: lose control, passed out**

**.40% + up: coma (or dead)**

**2. reaction time3.**

**3. impaired vision**

**4. passed out**

**Drinking and Driving: Diff. factors determine effects alcohol will have**

 **a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ d. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **b. how fast you drink e. any other drugs in body**

 **c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ f. amount of food in stomach**

**M.I.P. (Minor in Possession) {Possession/consumption is the\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_offense}**

**\*IF YOU ARE CLOSE ENOUGH TO \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_THE ALCOHOL, EVEN IF YOU’RE NOT DRINKING, YOU CAN GET CHARGED WITH AN M.I.P. (The law reads “close proximity”)**

**SO, IF YOU’RE AT A PARTY WITH ALCOHOL CONSUMPTION BY MINORS (even if you’re not drinking) YOU CAN GET IN TROUBLE WITH THE LAW!!!**

**\*IN A CAR, EVERYONE IN THE CAR CAN BE CHARGED WITH AN \_\_\_\_\_\_\_\_\_\_\_\_\_\_ IF THERE IS A CAN IN THE CAR OR TRUNK. (EVEN IF IT’S \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, OR IT’S \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)**

**-If you are 21, it can be in trunk.**

 **\*\*\*\*\*MINOR: UNDER 21\*\*\*\*\* NOT DRIVING: •\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **DRIVING: •if under .02 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **•if .02 - .07: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **which is a misdemeanor / may also be charged with M.I.P.**

 **•.08 or higher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (same as adult)**

 **•Under influence of any drug, including marijuana: \_\_\_\_\_\_\_\_\_\_\_\_**

**ADULT: 21 OR OLDER**

**•if under .08: if considered “impaired” can still get a D.U.I. or “negligent driving.”**

**•if .08 or over: D.U.I. (less than .15 not as strict, also if it’s a first offense, not as strict.**

**Over .15 and second offense is harsher penalties) \*IMPLIED CONSENT: when you sign your drivers’ license you say you will take a Breathalyzer test…**

**\*SUMMARY OF ALCOHOL RISKS FOR TEENS\*:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**How to resist peer pressures to drink alcohol: - Have the courage to say \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,**

**drink something else, choose \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,**

**avoid situations where \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, + have fun \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**



**FAS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Syndrome Is caused by less**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the baby. It can cause birth defects, low birth weight,**

**miscarriages and stillbirths. No amount of alcohol during pregnancy is \_\_\_\_\_\_\_\_\_\_\_\_\_\_!!!!**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_**

**Alcohol Unit Test Review and Answer Key**

1.How can using alcohol end up hurting things that are important to you in your life?

2. How does alcohol hurt a teen’s growing body?

3. What are some safety tips to be sure you don't get slipped a drug in your drink at a party?

4. What does the law say about teens being around alcohol?

5. What other dangers besides drinking and driving do teens who are drinking alcohol face?

6. How can you know if someone is an alcoholic?

7. How does self-esteem affect a teen’s decision on whether they will drink alcohol?

8. How can a teen assertively say “No” to alcohol?

9. If someone wants you to get in the car with a driver who has been drinking alcohol, how could you get a safe ride home?

10. Adolescents who begin drinking before age 15 are how many times more likely to develop alcohol addiction than those who begin drinking at age 21?

11. What is “Fetal Alcohol Syndrome”?

**You will find the answers to the “Alcohol Unit Test Review somewhere in this chart:**

|  |  |
| --- | --- |
| Don’t drink it if it tastes funny, never leave your drink unattended, have someone watch your drink if you need to leave it, or bring it with you, don’t accept a drink from someone you don’t know, Open it yourself, hear seal break, don’t share drinks or water bottles with a crowd at a party, don’t drink from punch bowls, don’t go to a party alone… | The law in many states is that if a teen is in “close proximity” alcohol, even if they aren’t drinking it, they can get charged with an M.I.P. (Minor in Possession) |
| 4 times | Call a parent, call a friend, walk home, ask someone else at the dance for a safe ride home, ask an adult supervisor at the school dance. |
| It is problems a baby is born with due to the mom drinking alcohol while pregnant. It can be caused by less oxygen to the baby during pregnancy. It can cause birth defects, low birth weight, miscarriages and still births. No amount of alcohol during pregnancy is safe. | It damages the brain, you can get alcohol poisoning, Cirrhosis of the liver, you can become addicted, become depressed, get heart damage, high blood pressure, ulcers, red skin, reproductive system damage, weight gain, mouth cancers... |
| Causing problems/interfering *(and when confronted they still can’t stop)* | Sexual decisions, rape, pregnancy, violence, drinking + driving, D.U.I., bad decisions, alcohol poisoning, eventually lead to alcoholism, accidents, M.I.P, athletic code, school suspension, drinking games, ... |
| Good eye contact, strong voice, and strong body language, have good reasons, walk away, and try to talk them out of it... | If you have low self-esteem you’re trying so hard to fit in that you might drink alcohol, even if you wouldn’t normally do it. You so want to fit in or impress the person you lower your morals. You might not have the confidence to say “No”. |
| If you use alcohol as a teen you could end up lying to your family, get in a drunk driving accident and hurt or kill someone or get arrested, your parents get sued, you could get alcohol poisoning and die! You could be kicked off your team, your parents could take away privileges. You could lose friends… Answers vary. |  |