# Lesson 11.1: Alcohol Use, Effects, and Consequences

## Vocabulary Review Worksheet

1. depressant
2. Moderate
3. intoxicated
4. Binge
5. blood alcohol content (BAC)
6. alcohol overdose
7. Cirrhosis
8. fetal; spectrum
9. fetal alcohol syndrome (FAS)
10. minor in possession (MIP)
11. designated driver
12. Underage

## Note-Taking Guide

**What Is Alcohol?**

1. abused

2. 21

3. depressant

4. slower

5. walking; talking; decisions

6.

* Beer, hard cider, or hard lemonade: 12-ounce can or glass
* Wine: 5-ounce glass
* Liquor: 1.5-ounce shot

**Alcohol Consumption**

7.

Moderate drinking

* Women: Up to one drink per day
* Men: Up to two drinks per day

Binge drinking

* Women: Four or more drinks in a two-hour period
* Men: Five or more drinks in a two-hour period

Heavy drinking

* Women: More than three drinks a day or eight drinks or more per week
* Men: More than 4 drinks a day or 15 drinks or more per week

8. alcohol overdose

9. confusion; seizures; extremely slow breathing; irregular breathing; bluish or pale skin; unconsciousness.

**Teen Alcohol Use and Risk-Taking**

10. Answers should include three of the following:

* Causes teens to become more violent to themselves or others.
* False sense of courage; impulsive acts.
* Impairs ability to make responsible decisions.
* Vulnerable to being in situations or doing things you wouldn’t do if sober.

**Emotional Reasons for Alcohol Use**

11. increase positive mood; gain approval; reduce painful, negative feelings; fit in

**Reducing Teen Alcohol Consumption**

12. Answers should include three of the following:

* Make sure to eat before and while drinking to avoid blackouts.
* Set a limit to the amount you will drink and tell a friend to help keep you accountable.
* Never mix medication with alcohol—the result can be fatal.
* Drink slowly and drink a water or soda in between drinks to help pace yourself to help prevent binge drinking.
* Most importantly, avoid drinking alcohol altogether.

**Signs of Alcohol Use**

13. Answers should include four of the following:

* physical appearance deteriorates
* no longer involved in things you use to do
* school problems like poor attendance and low grades
* changing your group of friends
* have an *I don’t care* attitude
* difficulty concentrating
* low energy
* uncaring about what happens
* overly argumentative

**Factors That Influence the Effects of Alcohol**

14. body size; rate at which alcohol is consumed; whether food has been eaten or not; medications; amount of alcohol consumed.

**Physical Effects on the Body**

15. eyes; sweating; alcohol; dehydration; stomach

16. memory; heart and circulation; cirrhosis; less; cancer

**Effects of Alcohol Use During Pregnancy**

17. miscarriage; stillbirth; fetal alcohol spectrum disorder (FASD)

**Mental Consequences of Alcohol Use**

18. Two of the following:

* Having difficulty in decision making
* Engaging in inappropriate or risky behavior
* Being less likely to recognize potential dangers
* Displaying aggressive or violent behavior

19. Two of the following:

* Having difficulty understanding information
* Experiencing difficulty learning new information
* Developing an increased risk of alcohol use disorder later in life

**How Alcohol Consumption Affects School and Job Performance**

20. Absences from school or work, poor grades or poor work performance, and a tendency to be confrontational with teachers, bosses, friends, and co-workers.

**Legal Consequences of Alcohol Use**

21. Minor in possession (MIP)

**Drinking and Driving**

22. Potential impacts of drinking and driving are short- and long-term and can lead to a permanent injury or death of you or someone else, a permanent criminal record, and a life of regret.

**Blood Alcohol Content**

23.

under .05 BAC: light-headed and relaxed

.08 BAC: impact on balance, speech, reaction time, self-control

Over .20 BAC: disorientation, blackouts, severe impairment of mental and physical functions

Over .30 BAC: alcohol overdose, coma, death

# Lesson 11.2: Influences and Alcohol

## Vocabulary Review Worksheet

* + 1. influence
    2. Values
    3. Media
    4. social media
    5. 3

## Note-Taking Guide

**Influences That Affect How You View Alcohol**

1. effect

2. friends; family; media

**Peer Pressure**

3. Peer

4.

Direct peer pressure: Someone may give you a hard time if you are not drinking.

Indirect peer pressure: You may want to try to fit in with a certain group of students, and, if they all drink, you will feel the pressure to drink, whether they ask you to drink or not.

Positive peer pressure: You may have friends at a party who aren’t drinking either, thus influencing you not to drink.

**Family Influence**

5. One of the following:

* Seeing family members drink after a tough day at work may make you think it’s a good way to relax and deal with stress.
* Family members may drink to celebrate special occasions.
* If family members drink occasionally it may be viewed as something that is alright to do as long as it’s done responsibly.
* Family members may become violent or abusive when they drink which may completely turn you off from drinking.

**Media Influence**

6.

Streaming services, such as Netflix and Hulu; movies; social media; and the Internet have shows and movies teens watch where people talk about or are shown drinking alcohol.

Alcohol advertising uses reality stars engaging in alcohol use and other risky behaviors to make you want to buy their product.

Social media is another place where teens see alcohol advertising. This is also where teens see their friends posting pictures and videos of themselves drinking.

**Influence of Your Values**

7. influence

**Deciding Not to Use Alcohol**

8. Students should list two of the following:

* You are able to get alcohol.
* You may have a job or get an allowance, so you have your own money to spend.
* You may spend a lot of time alone and don’t have a curfew.
* You may be around siblings, friends, or family members who began drinking at an early age.
* The friends you hang out with drink, and you may feel peer pressure.

9. Students should list two of the following:

* You don’t have access to alcohol.
* If you decide to drink, you might lose your freedom to do things.
* You are involved in school activities or have a job that drinking could put in jeopardy.
* Your family members don’t drink or drink only on special occasions.
* The friends you hang out with don’t drink.

**Using Effective Communication Skills to Avoid Alcohol Use**

10. communicate

**Refusal Skills**

11. Two of the following:

* No, I don’t drink.
* My family would disown me if they found out.
* I’d be kicked off the team.
* I need to go; I have to help a friend.
* Drinking makes me sick.
* Appearing busy to keep people from offering you an alcoholic beverage.
* Drinking a bottle of water or other non-alcoholic drink so you are less likely to be offered something to drink.

**Benefits of Being Alcohol-Free**

12. Student answers may include having more energy, higher self-esteem, better relationships with friends and family, better able to manage stressful situations, eat healthier, no hangovers so you feel better, have higher grades.

**Alternatives to Drinking Alcohol**

13. Students should list two of the following:

* Go to a movie.
* Play games (video, card, or board).
* Volunteer (hospital, a community center, etc.).
* Exercise.
* Find a new hobby.
* Spend time with your family.
* Advocate for something you believe in.
* Try out for a sports team.
* Get a job.

# Lesson 11.3: Treating Alcohol Use Disorders

## Vocabulary Review Worksheet

1. Alcohol use disorder (AUD)
2. outpatient
3. substance abuse
4. mental health
5. residential treatment center (inpatient treatment center is also an acceptable answer)
6. student assistance

## Note-Taking Guide

**Alcohol Use Disorder**

1. medical; distress; harm

2. severe

**Possible Causes of Alcohol Use Disorder in Teens**

3. Genetics: relative; predisposed

Psychological; anxiety

Social factors: friends; media; influence

**Getting Help for an Alcohol Use Disorder**

4. school; home; other people; law enforcement

**Helping Friends and Family Who Have an Alcohol Use Disorder**

5. help

6. sober

**Alcohol Treatment Programs**

7. professional

8. severity; individual

**Outpatient Treatment**

9. school; home

counseling; substance; mental

group; support; assistance

10. school; individually; group

alcohol; prevention; students

school; workshops

**Medications**

11.

1. sick; throw

2. urge

**Residential Treatment Centers**

12.

a. full

b. progress

c. individual; educational

**Family Involvement in Residential Treatment Programs**

13.

1. Al-Anon

2. Alateen

# Test Your Knowledge

1. c. FAS

2. b. depressant

3. a. verbal communication and nonverbal communication

4. b. social media

5. c. alcohol use disorder

6. a. student assistance program

7. d. peer

8. a. lack of family support

9. d. not-a-drop laws

10. d. binge drinking