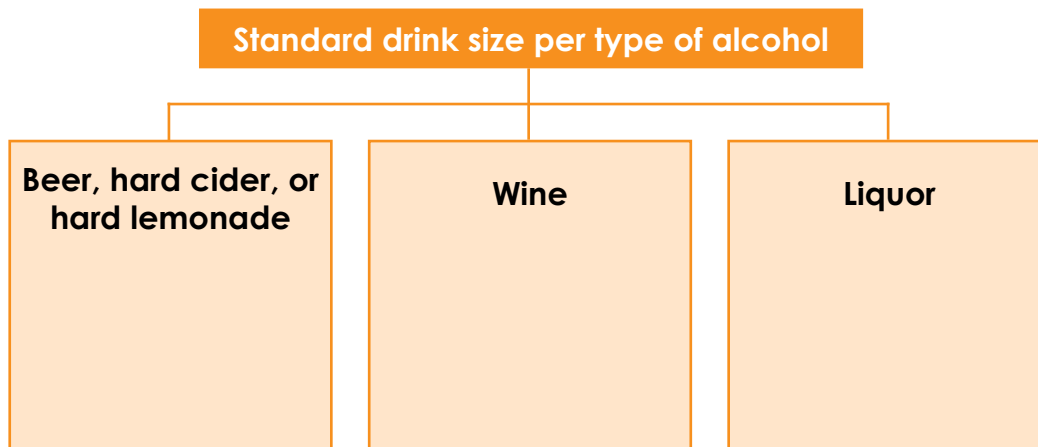


LESSON 11.1 Alcohol Use, Effects, and Consequences

What Is Alcohol?

1. Alcohol is the most commonly _____ substance among teens.
2. Alcohol is legal for only people _____ and older.
3. Alcohol is a _____.
4. Brain function will be _____ than normal.
5. Basic tasks, such as _____, _____, and making _____, will be more difficult.
- 6.



Alcohol Consumption

7. Fill in the following chart to indicate the drinking level for men and women for each type of drinking.

Moderate drinking

Women:

Men:

Binge drinking

Women:

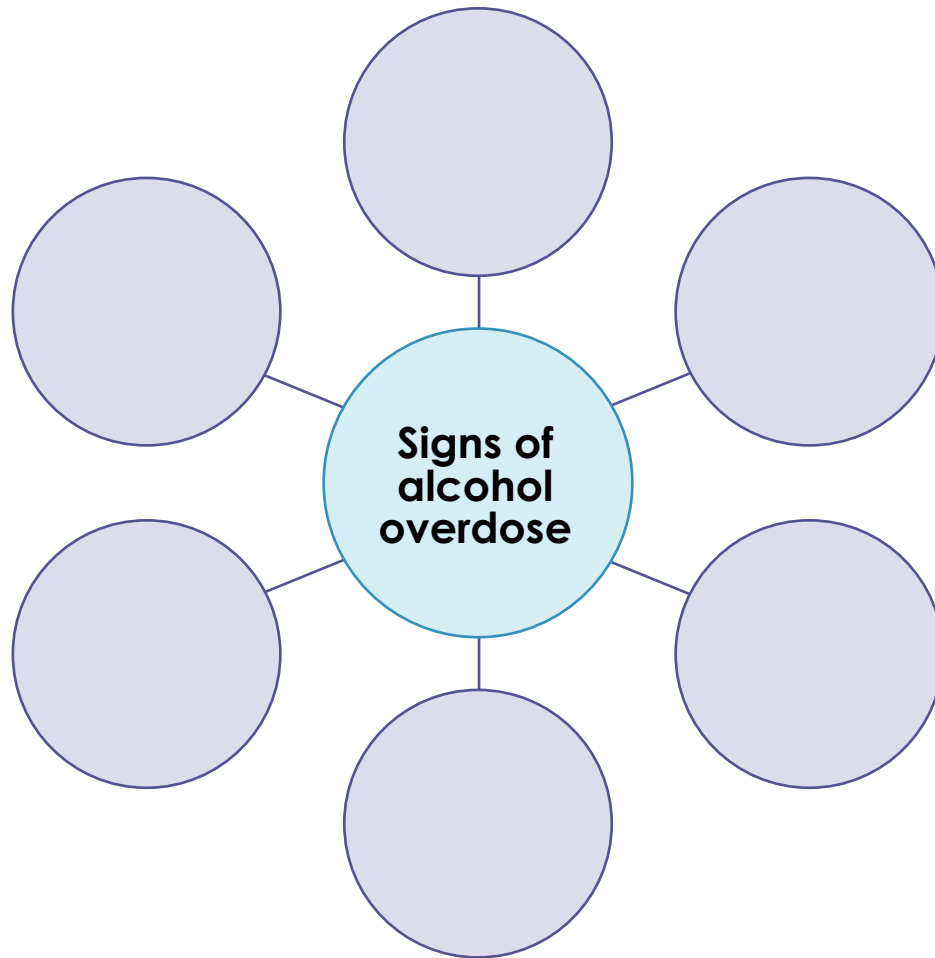
Men:

Heavy drinking

Women:

Men:

8. When the body is unable to process the amount of alcohol consumed in a short amount of time it is known as _____.
9. Fill in the diagram listing the six signs of alcohol overdose.



Teen Alcohol Use and Risk-Taking

10. List three ways teen alcohol use has an impact on risk-taking behaviors.

1.
2.
3.

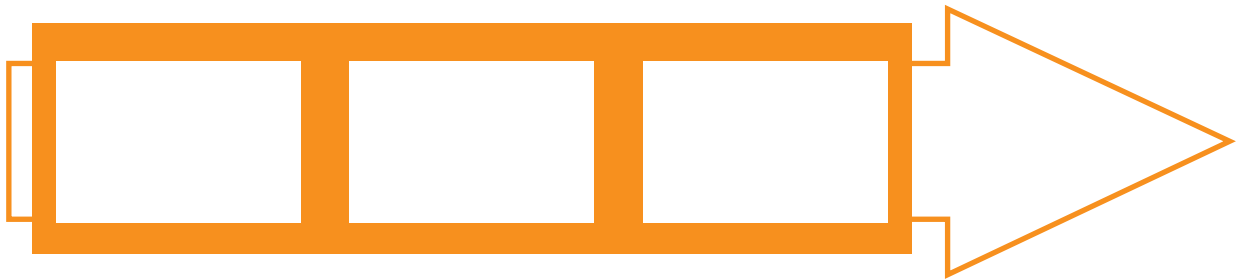
Emotional Reasons for Alcohol Use

11. List the four main reasons people drink.

1. _____
2. _____
3. _____
4. _____

Reducing Teen Alcohol Consumption

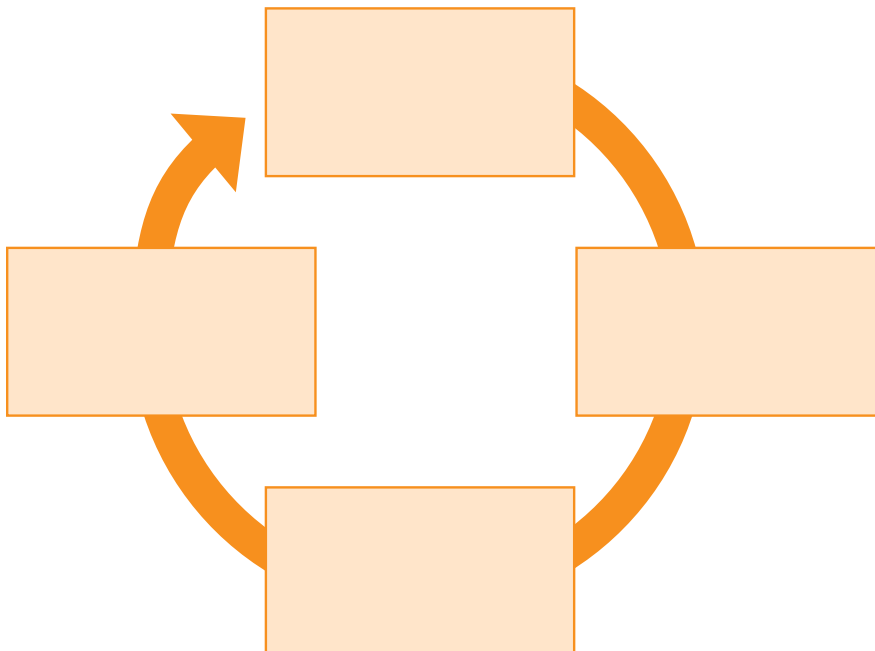
12. List three ways teens who choose to drink can do it more safely.



A graphic consisting of a horizontal orange ruler-like shape. It has three empty rectangular boxes for writing, separated by vertical lines. To the right of the boxes is a large, hollow orange arrow pointing to the right.

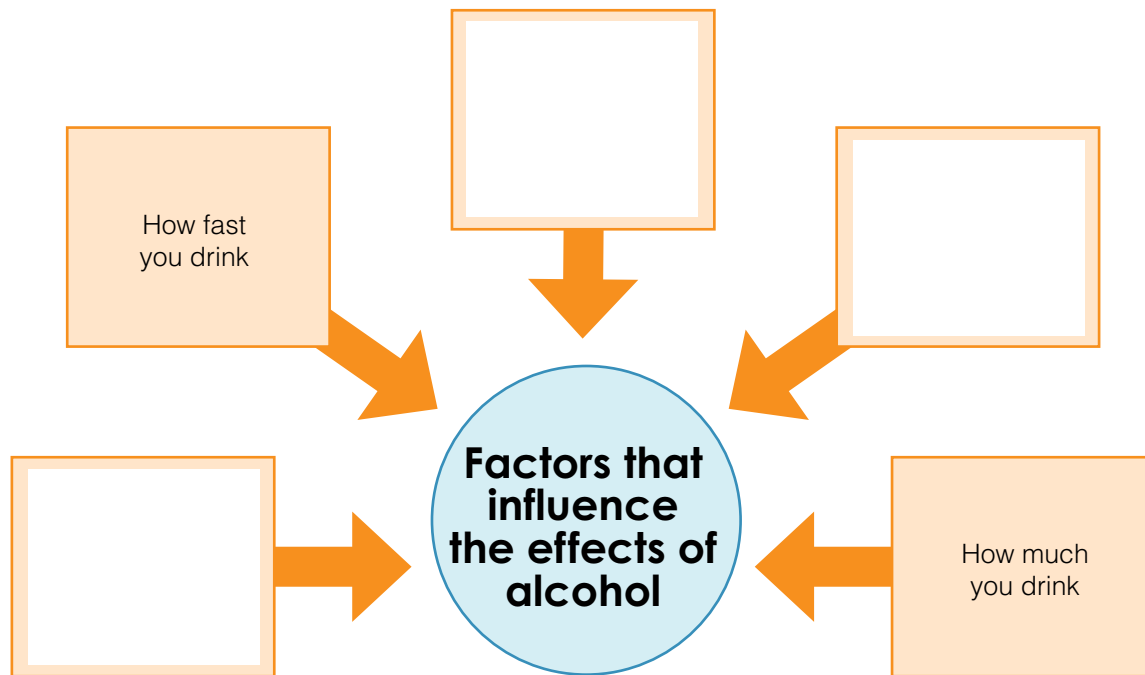
Signs of Alcohol Use

13. Complete the diagram by providing four signs of teen drinking.



Factors That Influence the Effects of Alcohol

14. Fill in the remaining factors that influence the effects of alcohol.



Physical Effects on the Body

15. Fill in the blanks for the short-term effects of alcohol use on your body.

_____ : Blurred or double vision.

Skin: _____ increases and skin becomes flushed.

Liver: Breaks down _____ at an average rate of one standard drink per hour. The more you drink, the longer it takes for your liver to metabolize the alcohol, so you become drunk faster.

Kidneys and fluid balance: _____ occurs.

_____ : Nausea, vomiting, diarrhea, and indigestion may happen.

16. Fill in the blanks for the long-term effects of alcohol use on your body.

Brain and nervous system: Brain damage, _____ loss, or stroke

_____ : Cardiovascular disease and high blood pressure

Liver: _____ of the liver and cancer. Cirrhosis of the liver is irreversible scarring of the liver and may lead to internal bleeding, kidney failure, and coma.

Immune system: _____ ability to fight off infections.

Stomach and esophagus: Inflamed lining and bleeding and _____ of the esophagus.

Effects of Alcohol Use During Pregnancy

17. List three things that drinking alcohol during pregnancy can cause.

Alcohol use in pregnancy

1.

2.

3.

Mental Consequences of Alcohol Use

18. Identify two short-term consequences of drinking alcohol.

19. Identify two long-term consequences of drinking alcohol.

How Alcohol Consumption Affects School and Job Performance

20. Compare two ways alcohol consumption affects school and job performance.

School performance

Job performance

Legal Consequences of Alcohol Use

21. What will a teen be charged with if they are apprehended for consuming, being in possession of, or being in the same area as alcohol?

Drinking and Driving

22. List three potential impacts drinking and driving may have on a person's life.

1.

2.

3.

Blood Alcohol Content

23. Complete the information below by providing at least two effects a person will feel based on their BAC levels.

under 0.05 BAC <div></div>	0.08 BAC <div></div>
over 0.20 BAC <div></div>	over 0.30 BAC <div></div>