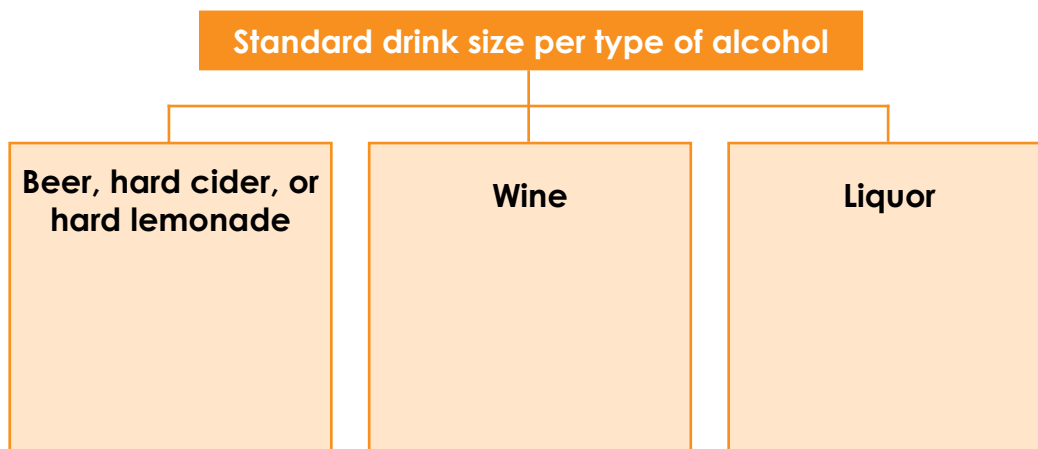


LESSON 11.1 Alcohol Use, Effects, and Consequences

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:

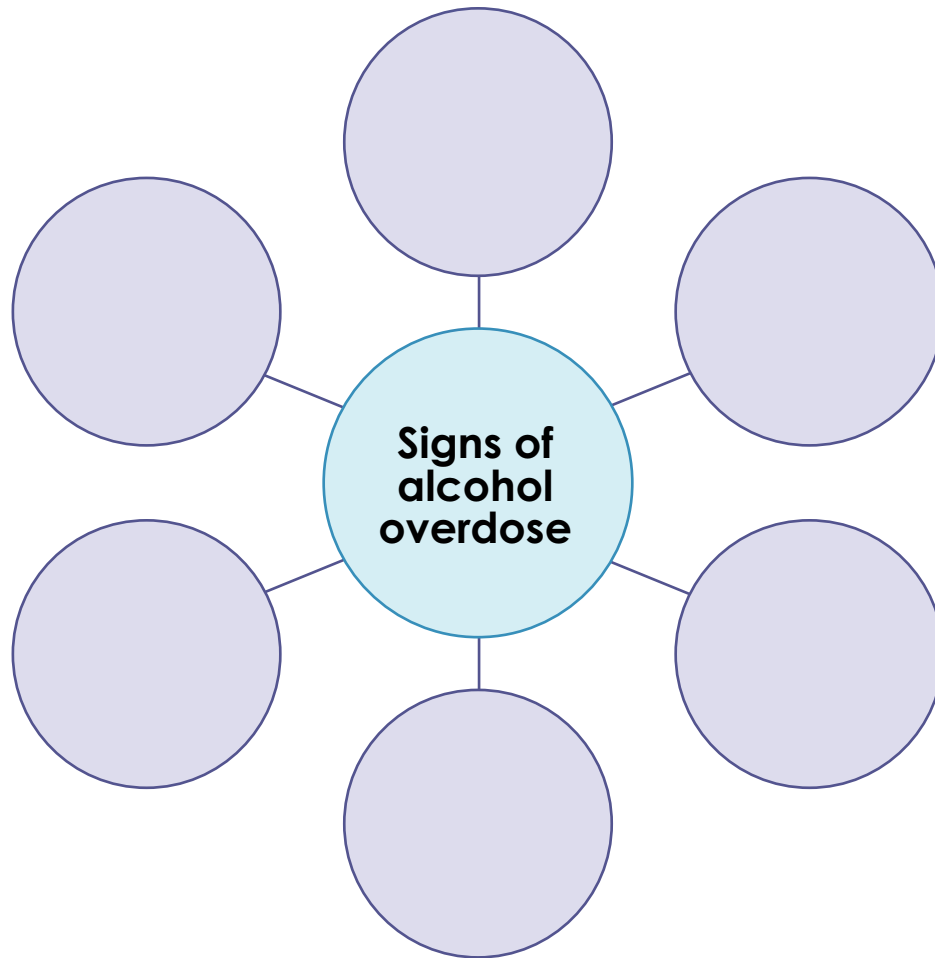
Men:

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.

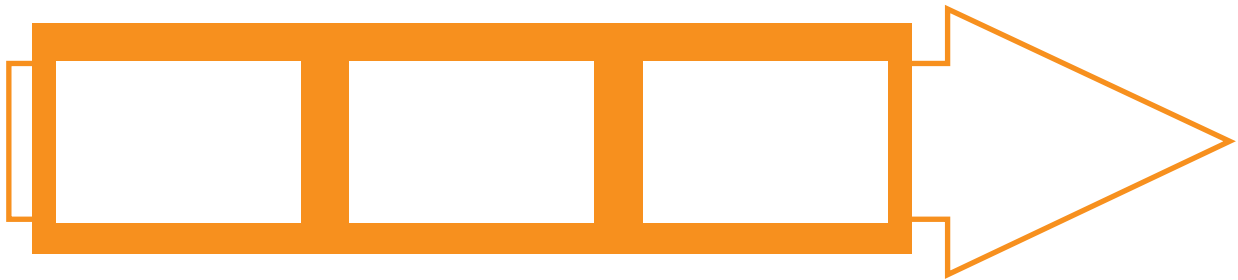
Emotional Reasons for Alcohol Use

11. List the four main reasons people drink.

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

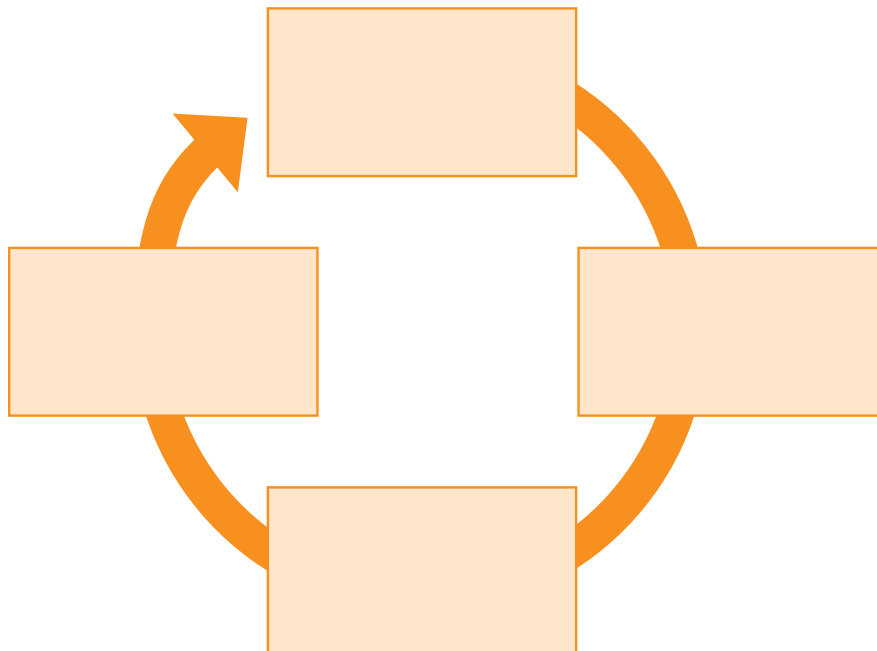
Reducing Teen Alcohol Consumption

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



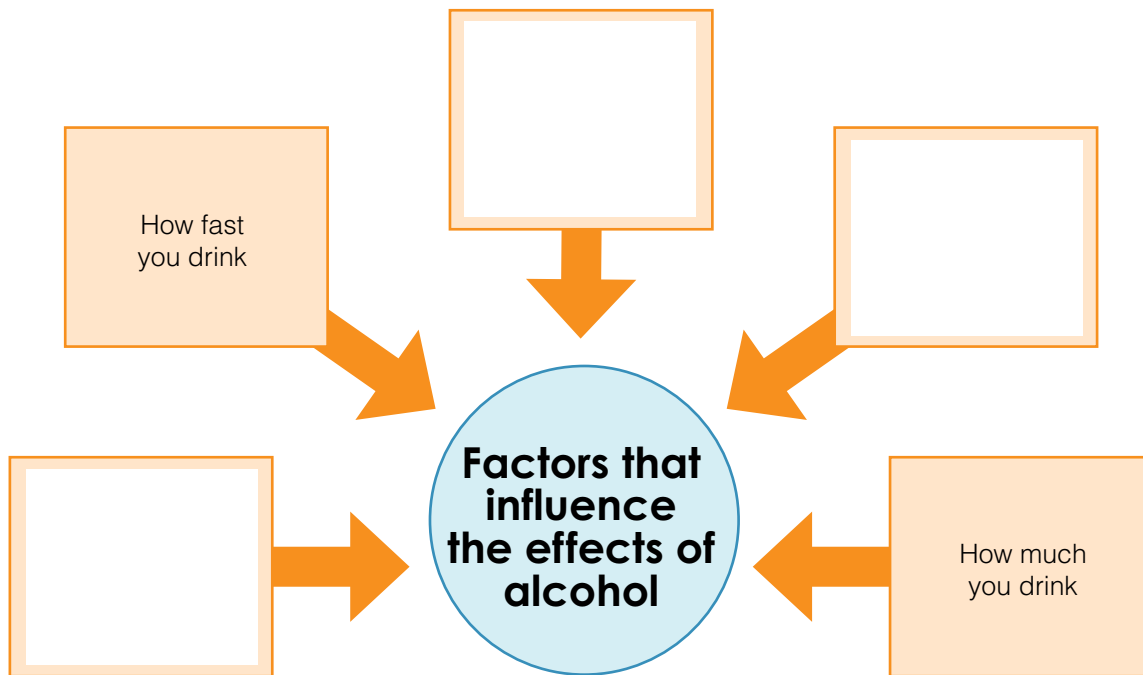
Signs of Alcohol Use

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>

Influences That Affect How You View Alcohol

1. If someone has influence over you, they have a(n) _____ on the decisions you make in your life.
2. Choosing whether to drink can be influenced by your _____, your _____, and all kinds of _____.

Peer Pressure

3. _____ pressure is the pressure you feel from your friends or other teens similar in age to do something you may not want to do, such as drink alcohol.
4. Peer pressure can be direct, indirect, or positive. Provide one example for each of the following types.


Direct peer pressure

Indirect peer pressure

Positive peer pressure

Family Influence

5. Explain one way your family may influence your decision to drink.



Media Influence

6. Provide three specific ways the media influences your decision to drink or not.



Influence of Your Values

7. Your family, friends, and role models will _____ your personal values (what is most important to you).

Deciding Not to Use Alcohol

8. List two situations that may encourage a person to drink.

1. _____

2. _____

9. List two situations that may encourage a person not to drink.

1. _____

2. _____

Using Effective Communication Skills to Avoid Alcohol Use

10. Being able to _____ effectively is an important skill to help you to not consume alcohol.

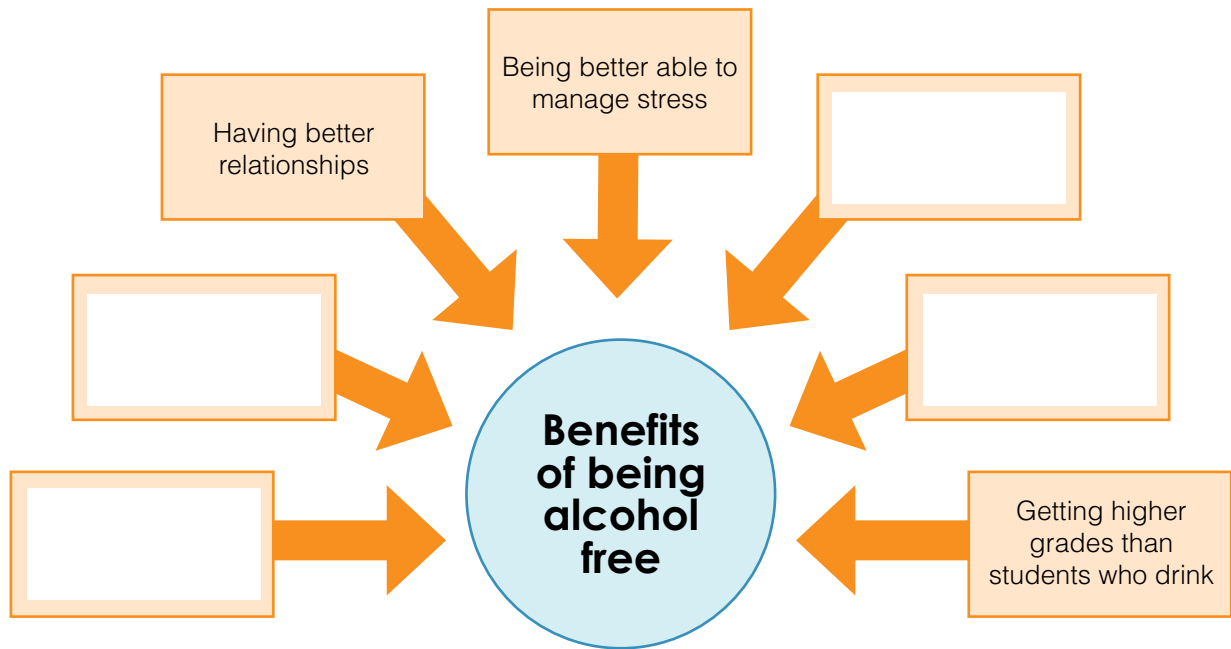
Refusal Skills

11. Refusal skills are techniques you use to say no and then stick with it. What are two ways you can refuse an alcoholic drink?

Ways to refuse an alcoholic drink	1.
	2.

Benefits of Being Alcohol Free

12. Fill in the following remaining boxes with benefits of being alcohol free.



Alternatives to Drinking Alcohol

13. What are two alternatives to drinking alcohol?

LESSON 11.3 Treating Alcohol Use Disorders Note-Taking Guide

Alcohol Use Disorder

1. Alcohol use disorder (AUD) is a(n) _____ condition when a person's drinking causes _____ or _____.
2. AUD ranges from mild to moderate to _____.

Possible Causes of Alcohol Use Disorder in Teens

3. Describe three of the most common reasons for teen alcohol use disorders by completing the information in the diagram.

Genetics	_____ factors	Social factors
<p>If a teen has a close _____ with an alcohol problem, they may be _____ to alcohol being pleasurable regardless of the side effects.</p>	<p>Teens with _____ and depression may be predisposed to an alcohol use disorder.</p>	<p>Having _____ who drink regularly; _____ portrayals of alcohol being used to have fun; and the _____ of peers, family members, and other role models.</p>

Getting Help for an Alcohol Use Disorder

4. Indications you should seek help for an alcohol use disorder include having problems in or with:

Helping Friends and Family Who Have an Alcohol Use Disorder

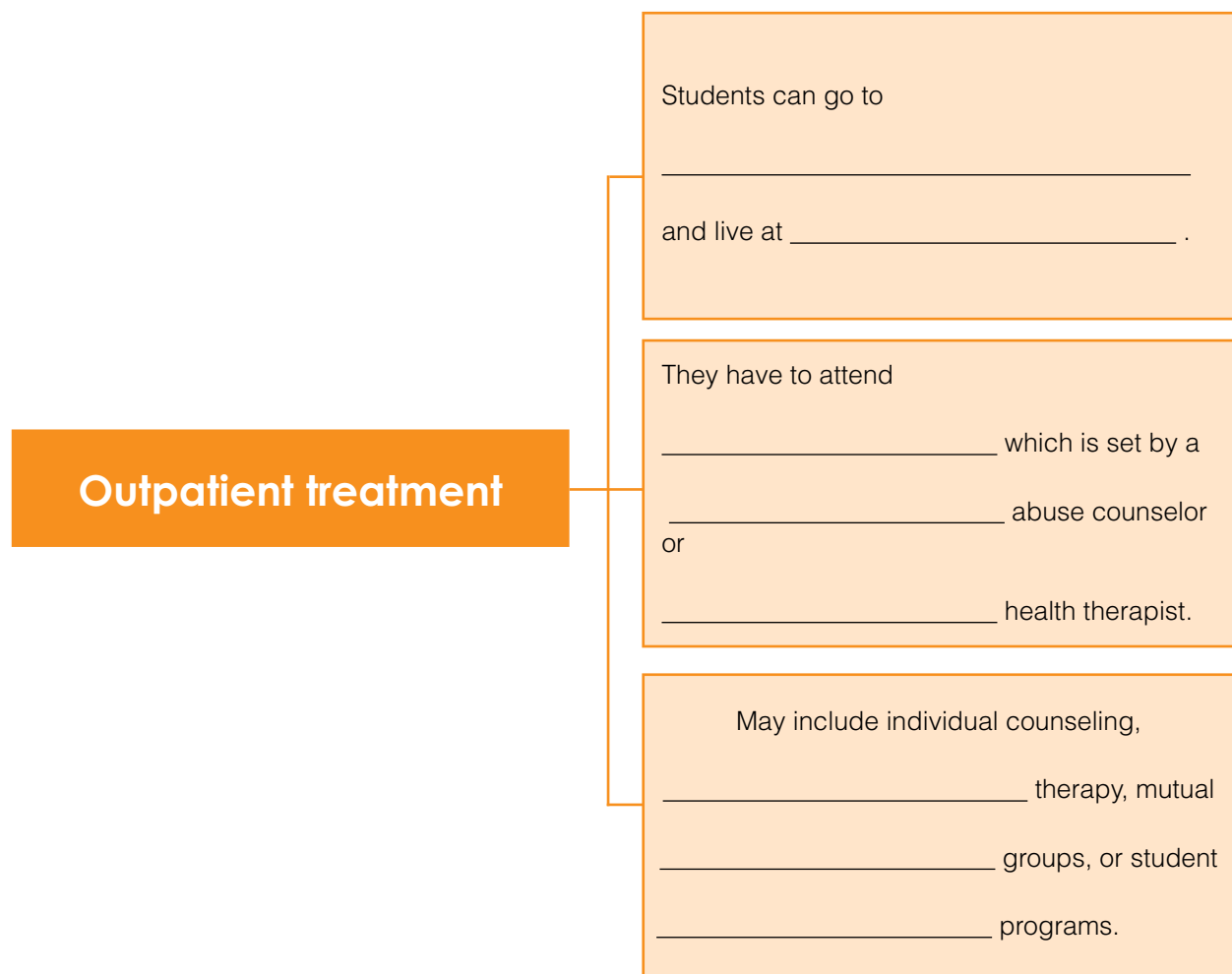
5. If you have a friend or a family member who has an alcohol use disorder, they need _____.
6. Talk with the person with the problem when they are _____.

Alcohol Treatment Programs

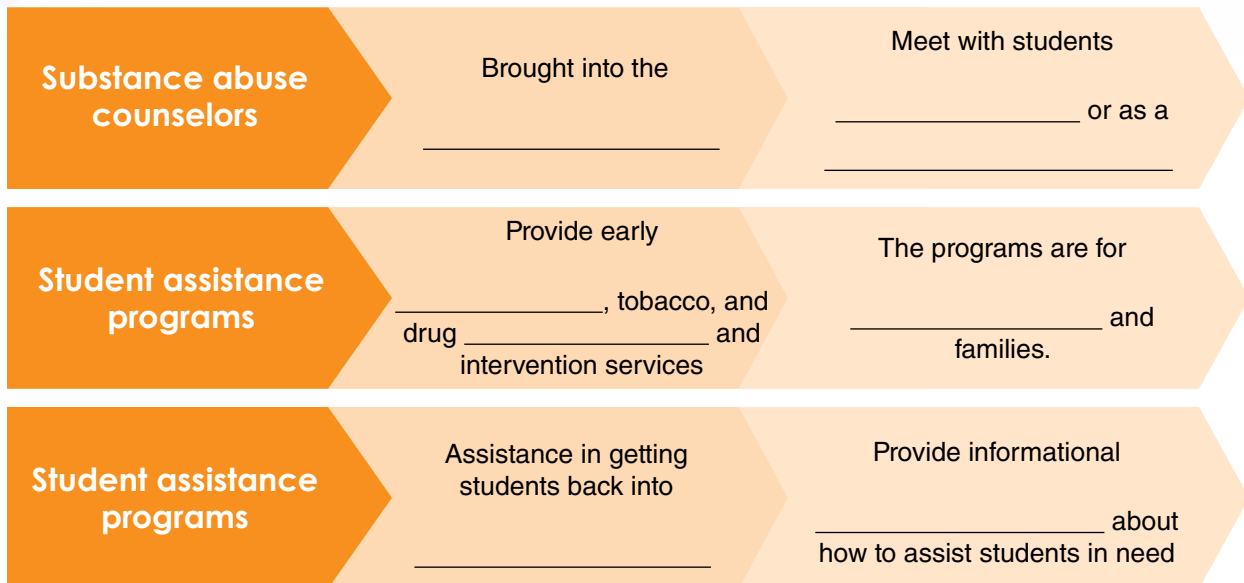
7. An alcohol treatment program is where people go to get _____ help for an alcohol use disorder.
8. The type of treatment is based on the _____ of the alcohol use disorder and _____ needs.

Outpatient Treatment

9. Complete the diagram below to explain what outpatient treatment includes.



10. Identify what a student assistance program does by completing the diagram.



Medications

11. Two of the most commonly used medications given to stop and reduce drinking follow.

1. Disulfiram (Antabuse) makes the person feel _____ or causes them to _____ up when they drink.
2. Naltrexone (Revia) reduces a person's _____ to drink.

Residential Treatment Centers

12.

- a. A residential treatment center requires the person to live _____ time for the length of their treatment.
- b. The length of treatment depends on the person's _____ in the program.
- c. Treatment may include _____ and group counseling sessions as well as other therapeutic and _____ activities.

Family Involvement in Residential Treatment Programs

13. What are the two main support groups for families of people with an alcohol problem?

1. _____
2. _____