**Lesson 1: The Health Risks of Alcohol Use**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + the type of alcohol in alcoholic beverages
  + Is a powerful and addictive drug
    - Can effect brain development
* Fermentation
  + The chemical action of yeast on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Alcohol can be produced naturally by fermenting \_\_\_\_\_\_\_\_\_\_\_\_, vegetables, and grains
* **Alcohol that you drink moves into your stomach and into your \_\_\_\_\_\_\_\_\_\_\_\_ intestine. The alcohol then moves on into your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
* **Alcohol will eventually reach your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and breakdown into carbon dioxide and water. Each beer will take more than an hour to break down.**
* **Alcohol is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
  + **Slows the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ system**
    - **Slows reaction time, impairs \_\_\_\_\_\_\_\_\_\_\_\_\_ and diminishes \_\_\_\_\_\_\_\_\_\_\_\_**
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + The state in which the body is poisoned by alcohol or another substance and the person’s physical and mental control is significantly reduced.
* Blood Alcohol Level-
  + the amount of alcohol in a person’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can be influenced by body size, gender, food, rate of intake, amount, medicine

**(can lead to illness or death)**

* + One drink is enough to raise someone’s BAL to **\_\_\_\_\_\_\_\_\_\_\_\_\_ or greater.**
  + Drivers *under 21* are considered legally intoxicated at a **BAL of \_\_\_\_\_\_\_\_\_**, an

adults at a **BAL of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Short- Term Effects of Alcohol**

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ feeling**
* **Face flush and warm**
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ frequently**
* **Impaired \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and speech**
* **Coordination are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **reflexes are impaired**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- uncomfortable physical effects brought on by alcohol use. Symptoms of a hangover include headaches, nausea, upset stomach, and dizziness**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Drinking and alcohol poisoning

* Consuming \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ amounts of alcohol over a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_period of time can be fatal.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Drinking
  + Drinking \_\_\_\_\_\_\_\_\_ or more alcoholic drinks at one sitting.

Alcohol poisoning

* + A severe and potentially \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_physical reaction to an alcohol overdose
  + Involuntary actions, such as breathing and the gag reflex that prevents choking may be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
    - Mental confusion and stupor
    - Coma and inability to be roused
    - Vomiting and seizures
    - Slow respiration, 10 seconds between breaths or fewer than 8 breaths per minute.
    - Irregular heartbeat
    - Hypothermia or low body temperature

If you suspect alcohol poisoning, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ immediately!!!

**Long-term Effects pg. 568**

* **Damage to brain cells and reduction of brain size**
* **Hepatitis- inflammation or infection of the liver that can cause fever, a yellowing of the skin, weakness, and sometimes death.**
* **Cirrhosis- liver cells are permanently replaced with useless cells.**
* **Can increase a women’s risk of developing breast cancer.**
* **Increases one’s chances of suffering cancers of the liver, esophagus, pharynx and larynx.**
* **Damages the heart muscle and increases the chance for heart disease, heart attack or stroke.**
* **Interrupts deep sleep**.
* Destruction of the pancreas which breaks down nutrients in foods.

**Lesson 2: Choosing to live Alcohol-free**

**Lesson 3: The Impact of Alcohol Abuse**

Psychological dependence

Physiological dependence

**Stages of Alcoholism**

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **Alcoholism- the state of being \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ addicted to alcohol. This is a disease like cancer or heart disease.**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Driving while intoxicated)

BAC greater that \_\_\_\_\_\_\_\_\_\_\_\_\_\_ percent is drunk driving

Under 21, no acceptable BAC, since it’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to use alcohol.

\_\_\_\_\_\_\_\_\_\_\_ (Driving under the influence)

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- People have a psychological need for alcohol to function properly.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_- a set of birth defects that can occur when a pregnant woman drinks alcohol. These defects include low birth weight, mental retardation, facial deformities, and behavioral problems.**

**Alcohol and the Family**

* **\* \_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_ of all family violence involves alcohol.**
* **\* It is important to know that a parent’s drinking is not your fault and you can get help.**