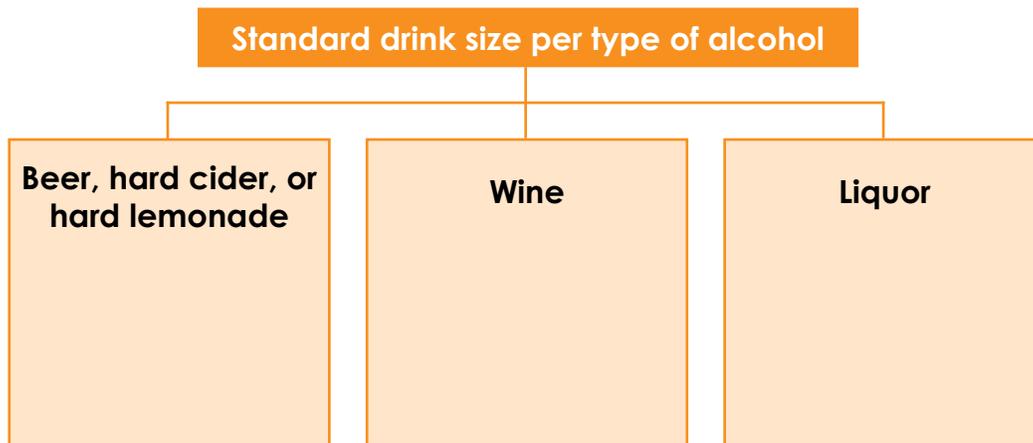


LESSON 11.1 Alcohol Use, Effects, and Consequences

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

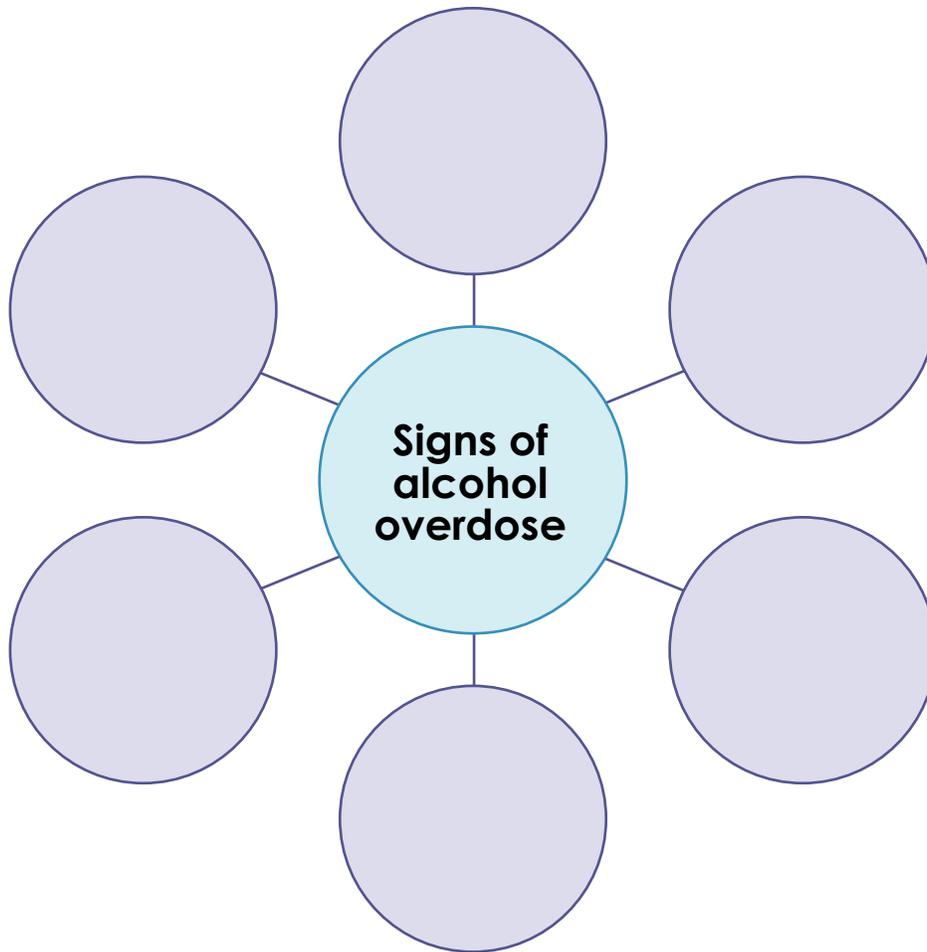
7. Fill in the following chart to indicate the drinking level for men and women for each type of drinking.

Moderate drinking
Women:
Men:

Binge drinking
Women:
Men:

Heavy drinking
Women:
Men:

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



### Teen Alcohol Use and Risk-Taking

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

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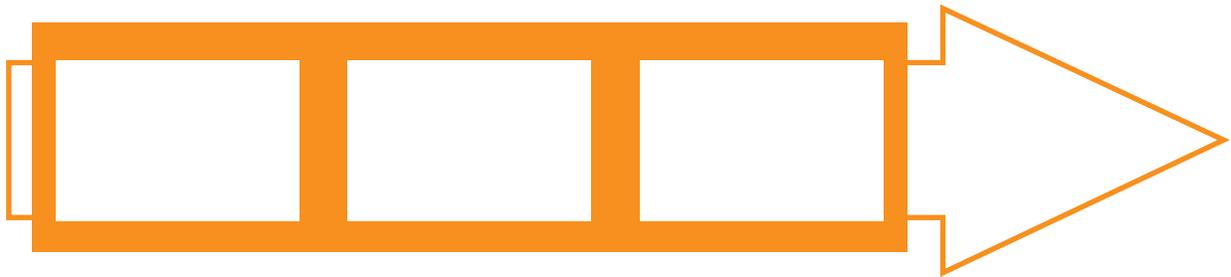
### Emotional Reasons for Alcohol Use

11. List the four main reasons people drink.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

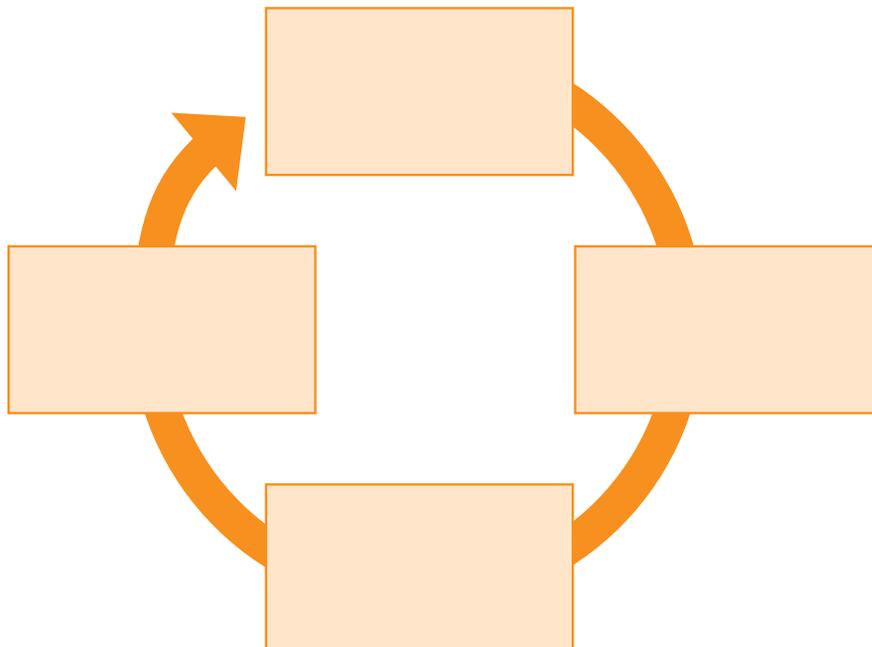
### Reducing Teen Alcohol Consumption

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



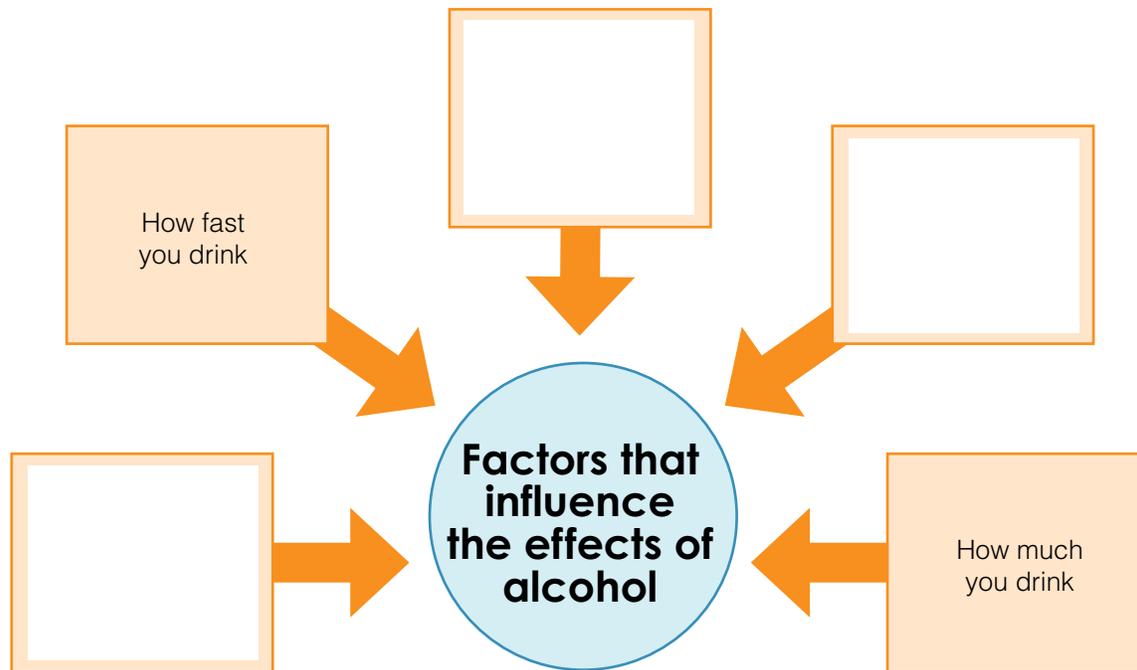
### Signs of Alcohol Use

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.



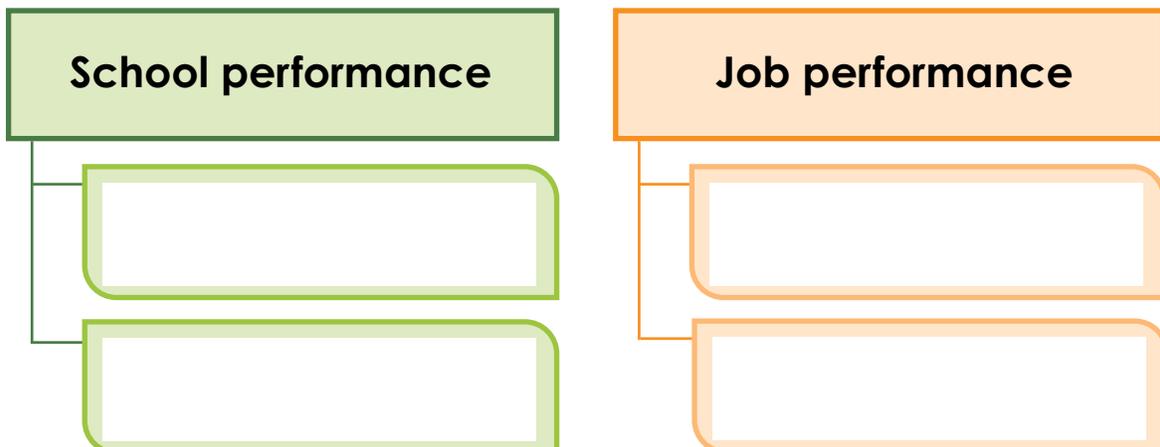
### Mental Consequences of Alcohol Use

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.



## 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.

<b>under 0.05 BAC</b> <div style="border: 1px solid #ccc; height: 100px; margin-top: 10px;"></div>	<b>0.08 BAC</b> <div style="border: 1px solid #ccc; height: 100px; margin-top: 10px;"></div>
<b>over 0.20 BAC</b> <div style="border: 1px solid #ccc; height: 100px; margin-top: 10px;"></div>	<b>over 0.30 BAC</b> <div style="border: 1px solid #ccc; height: 100px; margin-top: 10px;"></div>