

ALCOHOL

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Why is alcohol considered a drug?

Alcohol changes a person's **PHYSICAL & EMOTIONAL** state.

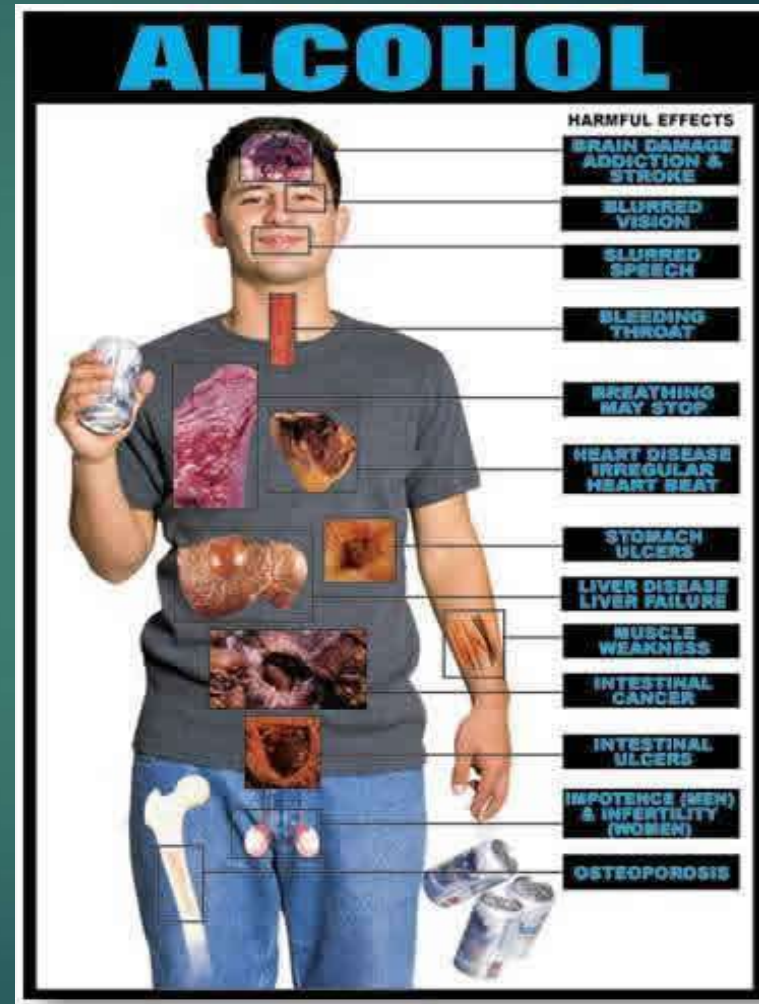
What classification of drug is alcohol?



ALCOHOL slows down the body systems
so it is a **DEPRESSANT**

Effects of alcohol on the body:

- ◎ Irritates the mouth, throat, esophagus & stomach
- ◎ Makes the heart work harder
- ◎ Makes the body lose heat
- ◎ Causes the liver to work harder
- ◎ Causes dehydration



Define INTOXICATION:

Not having the normal use of mental faculties by reason of the introduction of alcohol into the body.

When does the process of INTOXICATION begin?



With the first drink of alcohol, it begins to affect your brain.

WHAT ARE INHIBITIONS?

Inhibitions keep us in control of our emotions and actions.

Inhibitions go away when you are drinking so you don't have much control over your emotions or actions.

You may do or say things when drinking that you Normally wouldn't do.



WHAT IS BAC?

Blood Alcohol Concentration
(BAC) is the amount of alcohol in
the bloodstream.

It is measured in percentages. For instance, having a
BAC of 0.10 percent
means that a person
has 1 part alcohol per
1,000 parts blood in
the body.

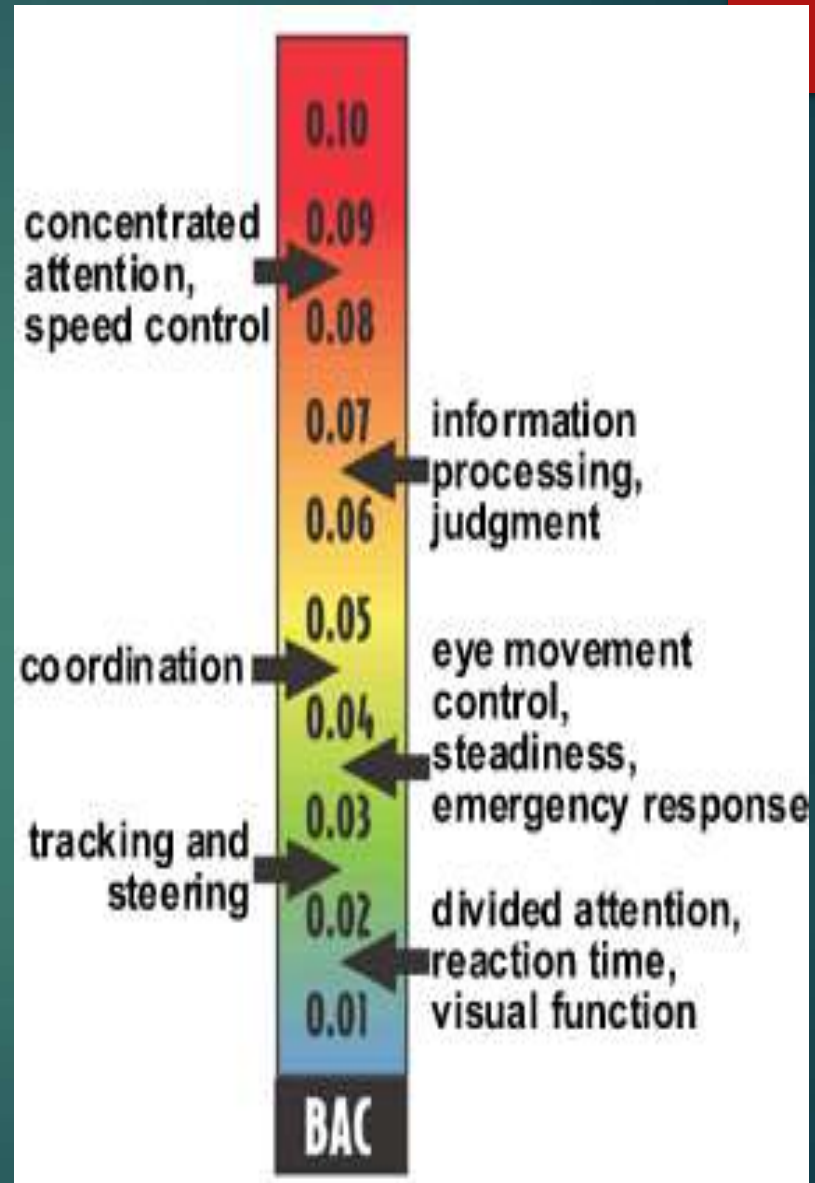


**At what BAC will
your reaction time
be slowed?**

.02

**At what BAC will
blackouts, memory
loss and vomiting
occur?**

.20



Blood Alcohol Concentration (BAC)

Weight	Drinks per hour*	BAC	
90 to 110 pounds	1	Male	0.04
		Female	0.05
	3	Male	0.11
		Female	0.14
	5	Male	0.19
		Female	0.23
110 to 130 pounds	1	Male	0.03
		Female	0.04
	3	Male	0.09
		Female	0.11
	5	Male	0.16
		Female	0.19
150 to 170 pounds	1	Male	0.02
		Female	0.03
	3	Male	0.07
		Female	0.09
	5	Male	0.12
		Female	0.14

Effects of alcohol at different blood alcohol concentrations

0.02 slowed reaction time; feeling of relaxation, warmth, and well-being

0.05 feeling of euphoria; loss of inhibitions; decreased judgment

0.10 impaired vision, judgment, reflexes, and coordination; mood swings

0.15 seriously affected coordination; blurred vision; severely impaired speech; difficulty walking and standing; memory problems, mood swings; violent behavior

0.2 blackouts; memory loss; stomach irritation; vomiting

0.25 loss of consciousness; numbness; dangerously slowed breathing

0.3 coma

0.4–0.5 death from alcohol poisoning

*A 12-ounce beer, a 6-ounce glass of wine, and a 1.25-ounce glass of whiskey each qualify as one drink and have the same alcohol content.

What is binge drinking ?

MALES

Drinking 5 or more drinks in a two hour period.

FEMALES

For girls 4 or more drinks in a two hour period



Why is binge drinking dangerous?

A person can drink a fatal amount of alcohol before the effects set in.

What is a Hangover?

- Unpleasant physical effects following the heavy use of alcohol.
- You get a hangover because the ethanol in the drink caused increase urine production, leading to dehydration. Dehydration causes headaches, fatigue, and dry mouth.
- Alcohol also irritates the stomach lining, which can lead to nausea.



What long term effects might alcohol have on the liver?

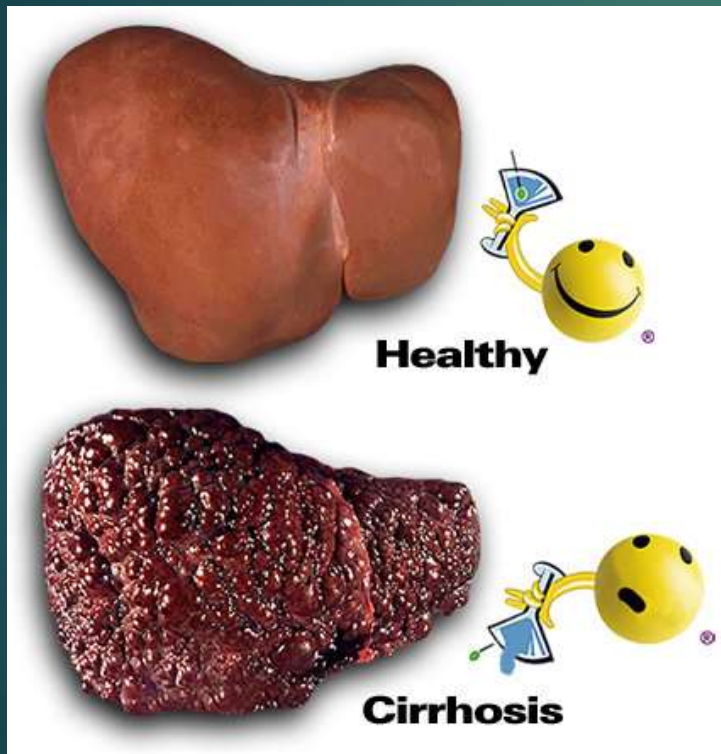
Hepatitis

inflammation of liver

Cirrhosis

Scarring of the liver

Liver cancer



What long term effects might alcohol have on the brain?



Memory Loss
Brain Damage
Kills Brain Cells
Shrinks the Brain

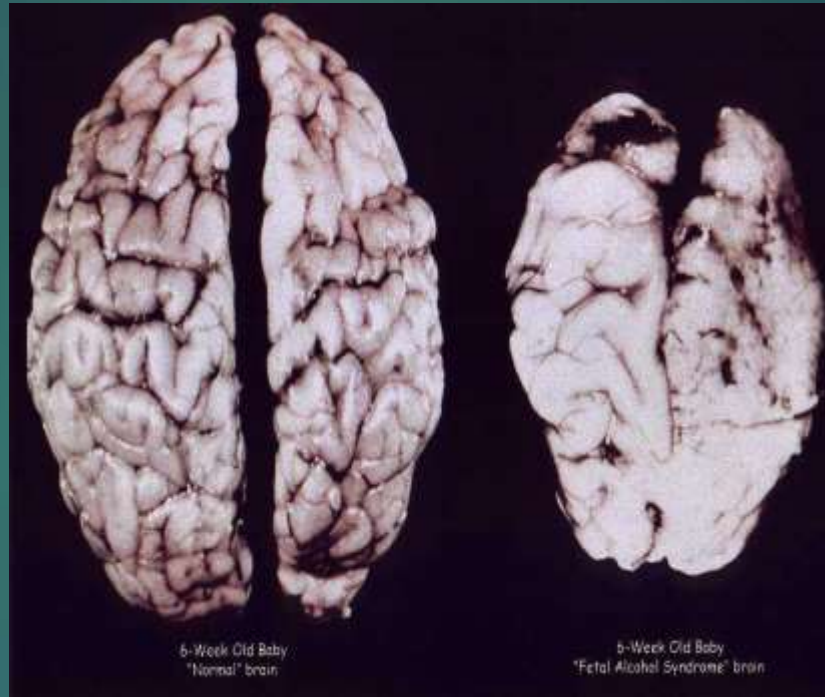
What is FETAL ALCOHOL SPECTRUM DISORDER?

Alcohol use during pregnancy can lead to FASD. Because the brain and central nervous system are developing throughout the entire pregnancy, alcohol can adversely affect the fetus at any time, causing “hidden” birth defects.



What long term effects might alcohol have on a fetus?

Brain on the left is brain without pre-natal alcohol exposure.



The brain on the right is an infant's brain that had pre-natal exposure to alcohol.

HOW DOES ALCOHOLISM BEGIN?

Experimentation

List the 4 stages of developing alcoholism:

- ✓ Problem Drinking
- ✓ Tolerance
- ✓ Dependence
- ✓ Alcoholism



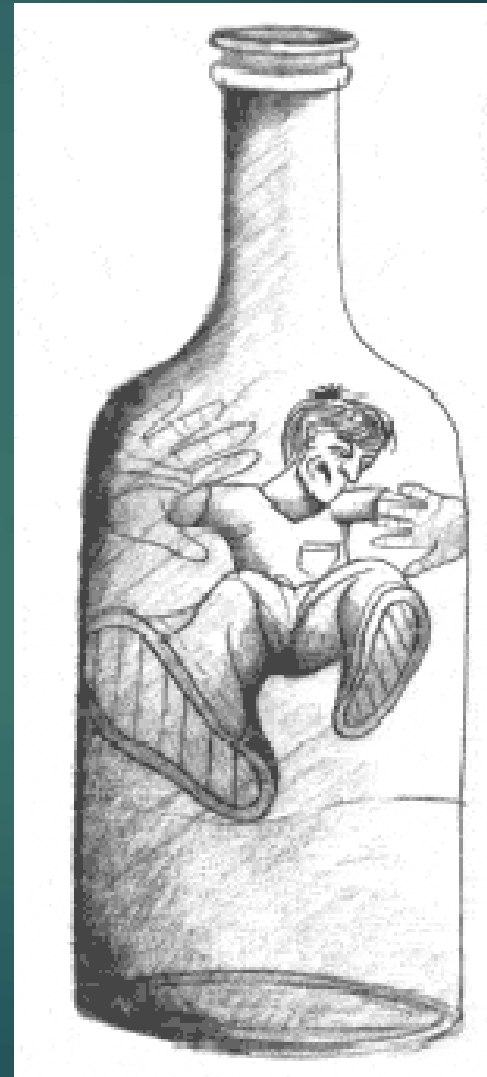
What are some of the risk factors for becoming an alcoholic?

Age – teens that start drinking before 15 are more likely to become alcoholics than those who wait to 21

Social Environment – peer pressure, advertising

Genetics – 25% of males with an alcoholic parent become alcoholics. Teens with nonalcoholic parents have a 7-9% chance of becoming alcoholics

Risk Taking Personality – impulsive, novelty, enjoy taking risks

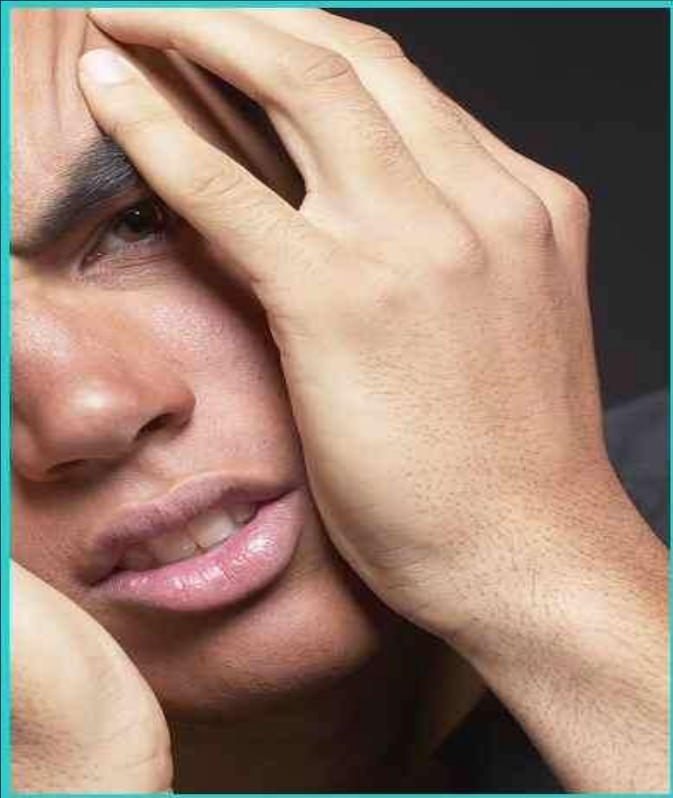


List some of the ways a family can be affected by alcoholism:

- Unpredictable behavior
- Financial problems
- Violence/abuse
- Neglect & Isolation
- Codependency
 - Ignoring one's own need
- Enabling
 - Protecting the alcoholic



What type of help is there for alcoholics and people close to them?



Alcoholics Anonymous (AA) for alcoholics.

Al-Anon for spouses of alcoholics

Alateen for teenagers who have an alcoholic parent.

The #1 cause of death among teenagers is motor vehicle accidents.

A majority of these accidents are alcohol related.

How are the skills needed for driving impaired by alcohol?

- ✓ slows reaction time
- ✓ affects your vision
- ✓ makes you drowsy
- ✓ reduces your coordination
- ✓ affects your judgment



How can drinking affect your future?

JAIL – going to jail/probation will go on your record. Could make it difficult to get a job or get into college

SEXUAL ACTIVITY –alcohol can cause you to make poor decisions. Unprotected sex can lead to STD's and pregnancy

DIVING –38% of all drowning's are related to alcohol use

TEEN BRAINS –alcohol affects development of the brain. The changes that alcohol causes in young brains increases the risk of alcoholism.

FASD- alcohol causes permanent damage to your child's brain





**Not everyone who gets hit
by a drunk driver dies.**



Jacqueline Saburido was 20 years old when the car she was riding in was hit by a drunk driver. Today, at 23, she is still working to put her life back together.
Learn more at www.TexasDRI.org.

DON'T DRINK & DRIVE

Save a Life
The National Highway Traffic Safety Administration

Deep Disasters of Public Safety - Texas Statewide Beverage Commission - Texas Statewide Toll-Free Highway Patrol - Texas Statewide Commission on Alcohol and Drug Abuse