

Alcohol

LESSONS

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PREMIUM
ONLINE
RESOURCES



Audio



Videos



Bilingual Glossary



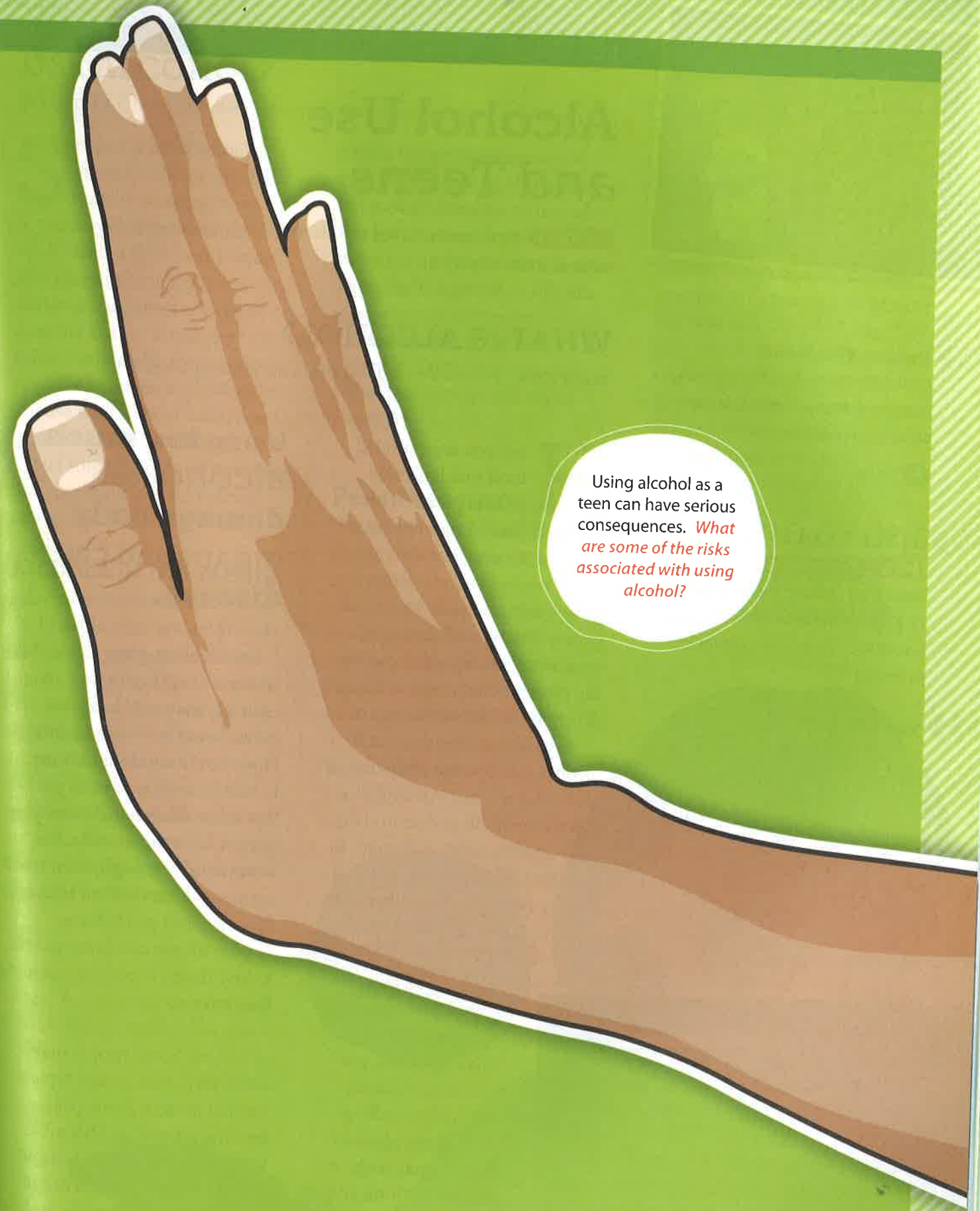
Fitness Zone



Web Quest



Review



Using alcohol as a teen can have serious consequences. *What are some of the risks associated with using alcohol?*



LESSON 1

Alcohol Use and Teens

BIG IDEA Most teens do not use alcohol, but several factors influence teens to try it.

Before You Read

QUICK WRITE Write a few sentences describing what you already know about alcohol use.

Video

As You Read

FOLDABLES Study Organizer

Make the Foldable® found in the FL pages in the back of the book to record the information presented in Lesson 1.

Vocabulary

- alcohol
- drug
- depressant
- inhibitions
- binge drinking
- minor

Audio

Bilingual Glossary

Developing Good Character

Respect Choosing to be alcohol free shows that you respect yourself. Create, sign, and date a pledge listing your reasons for choosing to avoid alcohol. Remember that this pledge is a promise to yourself to make a healthful choice. **Identify** a way you could encourage your peers to also make healthful choices regarding alcohol.

WHAT IS ALCOHOL?

MAIN IDEA Alcohol is a drug that affects the mind and body.

Have you seen spoiled food that has mold growing on it? This change is caused by a chemical reaction. **Alcohol** is a drug created by a chemical reaction in some foods, especially fruits and grains. The type of alcohol in beer, wine, and liquor is one of the most widely used and abused drugs in the United States.

Over time, using too much alcohol can damage body organs and cause disease. Alcohol also affects the brain and central nervous system, causing changes in behavior. Alcohol is considered a **drug**, or a substance other than food that changes the structure or function of the body or mind.

Alcohol acts as a **depressant**, or a drug that slows down the body's functions and reactions, including heart and breathing rates. These physical changes may make it difficult to think and act responsibly.

Using too much alcohol can damage body organs and cause disease.

Not all alcohol use is bad. For adults, a small amount of wine each day may help keep the cardiovascular system healthy. However, that amount is limited to one 5 oz. glass of wine per day for an adult female and two glasses for an adult male. For some people, though, even small amounts of alcohol can affect how they feel and behave.

Alcohol use can cause people to lose their **inhibitions**, meaning they have no conscious or unconscious restraint on their behaviors or actions. Some people may act in ways that are not typical for that person. Some people become relaxed and friendly. Others become depressed and angry. Under the influence of alcohol, people often say and do things they will later regret.

WHY DO SOME TEENS USE ALCOHOL?

MAIN IDEA Teens face many influences that encourage them to try alcohol.

Studies show that most teens do not use alcohol. So why do some teens try it, even when they know alcohol is harmful to their health and also illegal? Curiosity is one reason a teen may try alcohol. Another reason is that they think it will make them more popular. Some teens think alcohol use makes them feel relaxed or more grown up. Others use it to feel some relief from emotions that they have not yet learned how to handle.

Alcohol in the Media

Television commercials, movies, Internet sites, and online ads often make using alcohol seem fun and exciting. You have probably seen an ad for some type of alcoholic drink. The people who appear in the ads look young and attractive. Companies that make and sell alcohol do this on purpose. They don't want people to see or think about the negative effects of their products.

Media images may lead some teens to feel that drinking alcohol is okay. Some teens may also think that using alcohol will add more fun and excitement to their lives, like the people in the ads.

Reading Check

CHARACTERIZE What are some typical reasons that a teen may try alcohol?

Peer Pressure

"I want to be cool, too." That's a thought many teens often have before they try alcohol, even though they may not really want to. Negative peer pressure is another major reason why some teens use alcohol. Some may choose to use alcohol to try to fit in or to not be embarrassed in front of their friends.

Media ads are designed to make products look fun and exciting. **What elements of alcohol ads might encourage a teen to try alcohol?**

However, having even one drink can be harmful to your health. Simply trying alcohol can lead to risky situations. For example, sometimes teens may dare one another to consume a lot of alcohol very quickly. **Having several drinks in a short period of time, or binge drinking**, is very dangerous and can even cause death. It is not always easy to say no, but negative peer pressure is not a good reason to choose alcohol.

Even one drink can be harmful to your health.



REASONS NOT TO DRINK

MAIN IDEA The negative effects of alcohol use pose even greater risks for teens.

The USDA recommends that adults who choose to use alcohol consume it only in moderation. This is defined as no more than one drink per day for an adult female and no more than two for an adult male. However, some people should never consume alcohol. According to the CDC, those who should not use alcohol at all include people who are:

- **Minors**, or *people under the age of adult rights and responsibilities*. For alcohol, a minor is anyone younger than age 21.
- Pregnant or women who are trying to become pregnant.

- Taking medications that can be harmful when they are mixed with alcohol.
- Recovering from alcoholism or unable to control the amount they drink.
- Facing any type of medical condition that can be made worse by alcohol use.
- Driving, planning to drive, or engaging in any other activity that requires skill, coordination, and alertness.

The use of alcohol can have harmful effects for anyone, but teens are especially at risk. During the teen years, your body is still growing and developing.

When teens consume alcohol, their bodies do not grow and develop properly. Alcohol can seriously harm the brain's ability to learn and remember.

Teens also face many emotional changes. They might think that alcohol can help them better deal with their emotions. However, alcohol can make a teen's social and emotional life more difficult. Many people who use alcohol feel bad about themselves. They may have a hard time making friends and relating to others. Alcohol use can disrupt sleep and create more stress than it may seem to relieve.

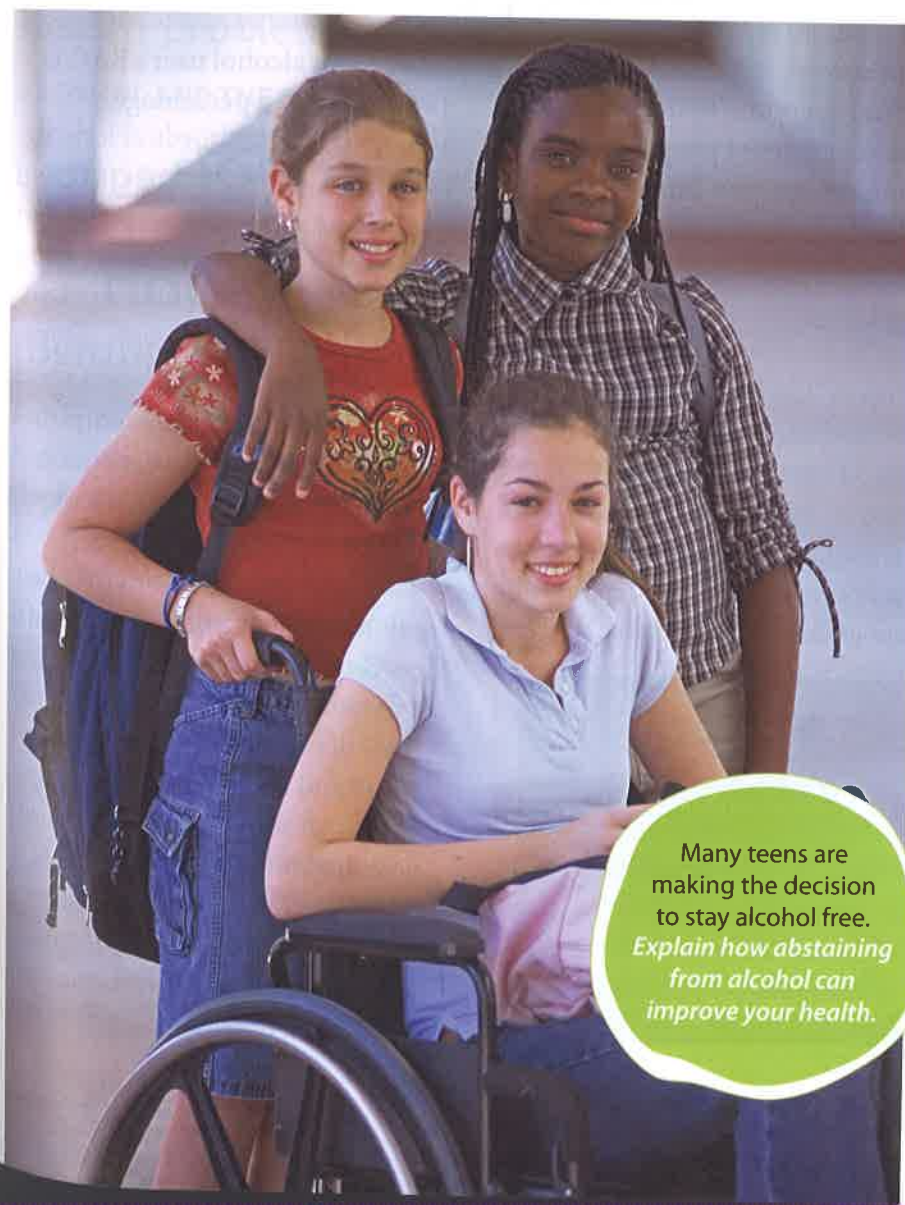
Teens who consume alcohol also risk trouble with the law. It is illegal for a minor to use alcohol. Buying or drinking alcohol can lead to an arrest, a fine, or time in a youth detention center. A person of any age who is convicted of driving while intoxicated (DWI), or driving under the influence (DUI), risks losing his or her license. If that person causes an accident and someone is injured, the driver may face more serious consequences.

Teens who use alcohol also risk legal trouble.

Choosing not to use alcohol is a healthful decision. It shows that you understand how risky alcohol use can be. As you have learned, some teens may believe that using alcohol will help them fit in with their peers. In reality, most teens do not use alcohol. By choosing not to drink, you will already be fitting in with most people your age. Many teens realize the negative effects that alcohol can have on all sides of their health triangle and are saying no to alcohol use.

Reading Check

DEFINE What is a minor? How does this term relate to alcohol?



Many teens are making the decision to stay alcohol free. Explain how abstaining from alcohol can improve your health.

Health SKILLS ACTIVITY

Stress Management

Dealing with Emotions

Dealing with difficult emotions is part of life for a teen. Rather than using alcohol, teens can use the following strategies to deal with emotions in healthful ways.

- * Get enough sleep. Being well-rested can give you the energy you need to deal with difficult feelings and stress.
- * Take some deep breaths. This can help you relax.

- * Stay active. Physical activity can help you focus your energy and lower your stress level.
- * Talk to someone you trust and respect about what you're feeling.



Work with a group to create a brochure or blog post for your fellow classmates that describes positive ways to deal with difficult emotions. Be sure to point out the negative effects of using alcohol to deal with difficult emotions.

LESSON 1

REVIEW

After You Read

1. **VOCABULARY** Define alcohol. Use it in a sentence.
2. **EXPLAIN** What are two reasons teens often give for using alcohol?
3. **STATE** What are two reasons not to drink alcohol?

Thinking Critically

4. **APPLY** What do you think is the most important reason for a teen not to use alcohol?
5. **PREDICT** How can using alcohol affect a teen's development?

Applying Health Skills

6. **ACCESSING INFORMATION** Some teens may believe myths about alcohol. With classmates, research several of these myths. Use your findings to create a poster showing the truth about these concepts.

Review

Audio



LESSON 2

Effects of Alcohol Use

BIG IDEA Alcohol use has far-reaching effects to the body, other people, and personal relationships.

Before You Read

QUICK WRITE Write a few sentences describing what you already know about the harmful effects of alcohol.



As You Read

STUDY ORGANIZER Make the study organizer found in the FL pages in the back of the book to record the information presented in Lesson 2.

Vocabulary

- › intoxicated
- › blood alcohol concentration (BAC)
- › alcohol poisoning
- › ulcer
- › fatty liver
- › cirrhosis
- › reaction time
- › fetal alcohol syndrome (FAS)



Developing Good Character

Being a Responsible Friend One way of showing you are responsible is by looking out for the well-being of others. Don't let a friend get in a car with a driver who has been drinking. If a friend is using alcohol, urge that person to get help. Don't hesitate to talk to an adult if your friend is unwilling to seek help. This is not breaking your friend's trust. It is taking the first step in getting your friend the help that he or she needs. *Cite another example of showing responsibility in dealing with substance abuse.*

HOW ALCOHOL AFFECTS THE BODY

MAIN IDEA Alcohol has many short- and long-term effects on your body.

Alcohol begins to affect body systems soon after it is consumed. It is quickly absorbed by the bloodstream. Alcohol affects the brain and central nervous system as soon as 30 seconds after it is consumed. Alcohol does not affect everyone in the same way, however. Some people can consume more than others before they become intoxicated.

Intoxicated means *physically and mentally impaired by the use of alcohol*. In other words, it means "having consumed more alcohol than the body can tolerate." This is also known as "being drunk." However, the amount of alcohol someone consumes is only one factor in understanding the effects of alcohol use.

How Alcohol's Effects Vary

Different people react to alcohol use in different ways. One of the biggest factors is the user's **blood alcohol concentration (BAC)**. This is *the amount of alcohol in the blood*. An alcohol user's BAC is expressed as a percentage.

Alcohol begins to affect body systems soon after it is consumed.

A blood alcohol concentration of 0.02 percent will cause most people to feel light-headed. A BAC of 0.08 percent interferes with a person's ability to drive a car safely. Police officers use this percentage to determine whether a person is legally intoxicated. A BAC of 0.40 percent can lead to coma and death. A number of other factors can also influence how alcohol affects an individual. A person's size and gender make a difference. So does how much alcohol someone consumes and how fast.

SHORT-TERM EFFECTS

MAIN IDEA The use of alcohol has an immediate effect on many parts of the body.

Alcohol has both short-term and long-term effects on the body. The use of alcohol not only causes immediate risks, but it can also cause serious health problems over time. Alcohol can affect the brain, stomach, liver, and kidneys right away. Using a lot of alcohol over time can cause serious damage to these organs.

The use of alcohol can cause serious health problems.

ALCOHOL AND THE BRAIN

Alcohol is absorbed into the bloodstream and reaches the brain very quickly. As a result, the brain and nervous system slow down immediately. Even one drink can make it difficult to think clearly. Alcohol blocks messages trying to get to the brain. After more drinks, it becomes harder to concentrate and remember. Also, it becomes difficult to speak clearly or walk in a straight line. People under the influence of alcohol may also feel dizzy, have blurred vision, and lose their balance. A person under the influence of alcohol is also more likely to engage in other risk behaviors such as driving while intoxicated, tobacco and other drug use, sexual activity, and acts of violence.

ALCOHOL AND THE STOMACH

In the stomach, alcohol increases the flow of acid used for digestion. Some people become sick to their stomach. Most of the alcohol passes into the small intestine. Some, however, is absorbed into the bloodstream and causes the blood vessels to expand. From the bloodstream, alcohol passes into the liver.

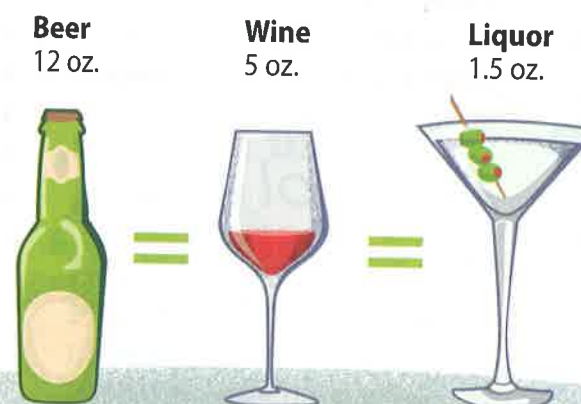
ALCOHOL AND THE LIVER AND KIDNEYS

Short-term use of alcohol also affects the liver and kidneys. The liver acts like a filter, taking alcohol from the bloodstream and removing it from the body. However, the liver can filter only about half an ounce of alcohol from the bloodstream each hour. Any additional alcohol that is consumed stays in the bloodstream and affects the body.

In addition, alcohol causes the kidneys to produce more urine. Extra urine production can lead to dehydration, or the loss of important body fluids. When people consume too much alcohol, they often feel more thirsty than usual the next day.

ALCOHOL POISONING

If someone consumes a lot of alcohol very quickly, it can lead to **alcohol poisoning**. This is *a dangerous condition that results when a person drinks excessive amounts of alcohol over a short time period*. Binge drinking is a common cause of alcohol poisoning. A person who has too much too quickly may vomit, become unconscious, or have trouble breathing. Alcohol poisoning can result in death.



Each of the drinks shown contains the same amount of alcohol. *How much beer would a person need to drink to consume the same amount of alcohol as in two glasses of wine?*

ALCOHOL AND THE HEART

Alcohol affects the way the heart pumps blood through the body. Because it makes the blood vessels wider, the blood comes closer to the surface of the skin. This makes a person who is consuming alcohol feel warm, but his or her body temperature is actually dropping. Alcohol also slows down a person's heart rate.

Reading Check

IDENTIFY Which parts of the body are affected by alcohol?

LONG-TERM EFFECTS

MAIN IDEA Alcohol use affects all areas of a person's life.

Consuming alcohol regularly can lead to a number of serious health problems. Alcohol use can damage major organs and make existing health problems worse. It can also lead to learning and memory problems. **BRAIN** Alcohol affects the parts of the brain which control memory and problem solving. Alcohol also destroys brain cells. Because brain cells do not grow back, this can be serious enough to limit everyday functions. Alcohol can also block messages sent to the brain. When this happens, people can have a hard time seeing, hearing, or moving. **HEART** Heavy drinking makes the heart weak and enlarged, which leads to high blood pressure. The risk of congestive heart failure and stroke also increases with excessive alcohol use.

STOMACH Alcohol causes your body to create more acid. Stomach acid usually helps with digestion. However, the extra acid created by alcohol consumption can eventually cause sores called ulcers to develop in the stomach lining. An **ulcer** is *an open sore in the stomach lining*. Drinking alcohol also makes the valve between your stomach and esophagus weak. This valve usually works to keep acid in the stomach. When it is weakened by alcohol use, acid comes up and causes heartburn.

Alcohol use can damage major organs and make existing health problems even worse.

LIVER Consuming alcohol regularly over a long period of time puts a serious strain on the liver. **Fatty liver** is *a condition in which fats build up in the liver and cannot be broken down*. Heavy drinkers are particularly at risk of developing **cirrhosis**, or *the scarring and destruction of liver tissue*. This condition can be deadly. Cirrhosis creates scar tissue that prevents blood from flowing normally through the liver. If the liver is not working correctly, it cannot filter out wastes or remove other poisons from the blood. These poisons can eventually reach the brain and cause more damage.

Reading Check

ANALYZE Which of the effects of alcohol use do you feel would have the most serious impact on your health? Explain your answer.



Alcohol affects the activity of the brain, as this CAT scan shows. Name a possible effect of alcohol on brain activity.

OTHER DANGERS OF ALCOHOL USE

MAIN IDEA Alcohol use can affect thoughts and behavior.

Because alcohol affects the brain, it also affects thoughts and behaviors. As a result, a person who consumes alcohol can cause arguments, physical fights, and vehicle accidents. The person may engage in risky behavior, such as using illegal drugs or engaging in sexual activity.

Alcohol and Driving

A person who uses alcohol experiences loss of coordination, concentration, and visual awareness. He or she also has slowed **reaction time**, or *the ability of the body to respond quickly and appropriately to situations*. Driving while intoxicated is extremely dangerous for the driver, his or her passengers, and others on the road. It is very important for your safety not to ride in a vehicle with a driver who has been using alcohol. If a person has been drinking, do your best to avoid letting them drive. You can always call someone else to come pick you up.

Alcohol and Behavior

Using alcohol can also damage your mental/emotional and social health. Teens who use alcohol are more likely to do poorly in school. A teen who uses alcohol may start to lose interest in his or her favorite activities. In addition, that person may risk losing friends as a result of his or her alcohol use.

Someone under the influence of alcohol might also engage in other risk behaviors such as tobacco use or sexual activity. Alcohol use can lead a person to make unhealthful decisions.

It is very important for your safety not to ride in a vehicle with a driver who has been using alcohol.

Alcohol and Pregnancy

If a pregnant woman consumes alcohol, it passes through her bloodstream to her baby. This can lead to what is known as **fetal alcohol syndrome (FAS)**, or *alcohol-related birth defects that include both physical and mental problems*. A baby born with fetal alcohol syndrome can have low birth weight and a smaller-than-normal brain. FAS can also cause serious heart and kidney problems. As they grow older, babies who were born with FAS may also develop speech problems and have learning disabilities.

Reading Check

INFER Why does slowed reaction time make driving while intoxicated so dangerous? ■

LESSON 2

REVIEW

After You Read

1. **DESCRIBE** What kinds of long-term damage can alcohol use cause?
2. **RECALL** Describe how alcohol affects the mind.
3. **VOCABULARY** Define blood alcohol content. Use the term in a sentence.

Thinking Critically

4. **APPLY** You are at a park with friends. When it is time to leave, a friend's brother offers you a ride. You smell alcohol on his breath. What should you do, and why?
5. **ANALYZE** Why is a person under the influence of alcohol more likely to engage in other high-risk behaviors?

Applying Health Skills

6. ACCESSING INFORMATION

Some teens may believe myths about alcohol. With classmates, research several of these myths. Use your findings to create a poster showing the truth about these concepts.

Review

Audio



LESSON 3

Alcoholism and Alcohol Abuse

BIG IDEA Alcohol is a highly addictive drug that can lead to disease and damage relationships.

Before You Read

QUICK WRITE Make a list of the reasons you can think of to avoid alcohol use.

Video

As You Read

STUDY ORGANIZER Make the study organizer found in the FL pages in the back of the book to record the information presented in Lesson 3.

Vocabulary

- › alcoholism
- › malnutrition
- › alcohol abuse
- › substance abuse

Audio

Bilingual Glossary

Fitness Zone

Stress-relieving activities Some people use alcohol to relieve stress. I think of other ways to deal with my stress. I can write a list of things I like to do that help me get rid of stress and stay healthy: run, play basketball, read a book, have a healthful snack with my mom, or ride my bike.

ALCOHOL'S ADDICTIVE POWER

MAIN IDEA Alcohol is a powerful drug that can cause addiction.

One of the greatest dangers with alcohol use is that it is habit-forming. As with other drugs, using alcohol regularly can lead to addiction. Teens age 15 and younger are four times more likely to become addicted than older people. A person who uses alcohol in large amounts is even more likely to become addicted. An addiction to any drug can change a person's life. It takes the focus off healthful goals. It can also damage relationships with family and friends.

Alcohol use is a serious health issue. Estimates show that at least 17 million people in the U.S. have an alcohol problem.

Alcohol addiction has a negative impact on that person's entire life. Alcohol addiction affects all three sides of a user's health triangle—physical, mental/emotional, and social.

One of the greatest dangers with alcohol use is that it is habit-forming.

How can someone tell if a person has an alcohol problem? A person who is addicted to alcohol frequently uses it alone. He or she often uses alcohol to the point of becoming intoxicated. Using this drug typically becomes more important than anything else in a person's life. Someone with an alcohol problem may ignore friends or lose them entirely. That person often neglects his or her family. Many people who are addicted to alcohol do poorly in school or at work. They may lose their jobs or get in trouble with the law. Most people with an alcohol problem need to use it every day in order to function. Some may even forget to eat regularly and stop taking care of themselves.

THE DISEASE OF ALCOHOLISM

MAIN IDEA The disease of alcoholism results from addiction and has physical, mental/emotional, and social consequences.

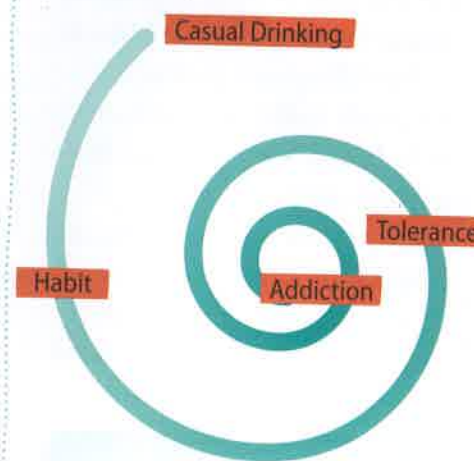
People who are addicted to alcohol suffer from **alcoholism**, or a disease in which a person has a physical and psychological need for alcohol. They are called *alcoholics*. Alcoholics typically experience some or all of the following symptoms of alcoholism:

- **Craving** is a strong feeling of need to consume alcohol. This is likely related to alcohol's effects on the brain.
- **Loss of control** means the user is unable to limit his or her alcohol consumption.
- **Tolerance** is when your body needs more and more of a drug to get the same effect. If someone is an alcoholic, he or she will need to consume more and more alcohol in order to feel intoxicated.
- **Physical dependence** can lead to painful symptoms. If an alcoholic stops using alcohol, he or she may experience sweating, shaking, or anxiety. Making excuses to drink is another common symptom. An alcoholic may be unable to limit how much he or she consumes at one time. Alcoholism may also cause a person to become irritable or violent. This can result in injury or abuse. Alcoholics may hurt themselves or others.

Reading Check

IDENTIFY What makes alcohol such a dangerous drug?

Making excuses to drink is another common symptom of alcoholism.



The spiral of addiction begins with casual alcohol use. Draw a conclusion about where the spiral ends.

Stages of Alcoholism

Alcoholism is a disease that develops over time. The cycle of addiction is sometimes represented by a downward spiral. The spiral in the figure above shows how addiction to alcohol starts and progresses along the way. Alcohol addiction typically starts with casual drinking. After a person starts using alcohol casually, it can then become a habit. Once alcohol use is a habit, the body builds up a tolerance, which spirals toward addiction.

Each of the three stages of alcoholism may be either long or short. How long each stage goes on depends on the individual and on how old he or she is when the alcohol use begins. All alcoholics do not go through each stage in the same way.

- **Stage One—Abuse.** The user may have short-term memory loss and blackouts. He or she may also begin to lie or make excuses for drinking. It is also common for a person who abuses alcohol to begin saying or doing hurtful things to friends and family members.
- **Stage Two—Dependence.** The alcoholic loses control and cannot stop drinking. The person's body begins to depend on the drug. The user can become aggressive, avoid family and friends, or have physical problems. The user typically tries to hide his or her alcohol problem but is unable to function well at home, school, or work.
- **Stage Three—Addiction.** The person may be intoxicated for long periods of time. The liver may already be damaged. Less alcohol may be needed to cause intoxication. Common at this stage are strange fears, hallucinations, and **malnutrition**. This is a condition in which the body does not get the nutrients it needs to grow and function properly.

Health SKILLS ACTIVITY

Decision Making

Helping a Friend

Mariah and Jenelle have been best friends for a long time. Mariah recently told Jenelle that her mom drinks alcohol nearly every day and sometimes becomes violent. Mariah also said that sometimes she gets very scared. Jenelle wonders what she should do to help Mariah.

What Would You Do?

Apply the six steps of the decision-making process to Mariah's situation.

1. State the situation.
2. List the options.
3. Weigh the possible outcomes.
4. Consider your values.
5. Make a decision and act on it.
6. Evaluate the decision.

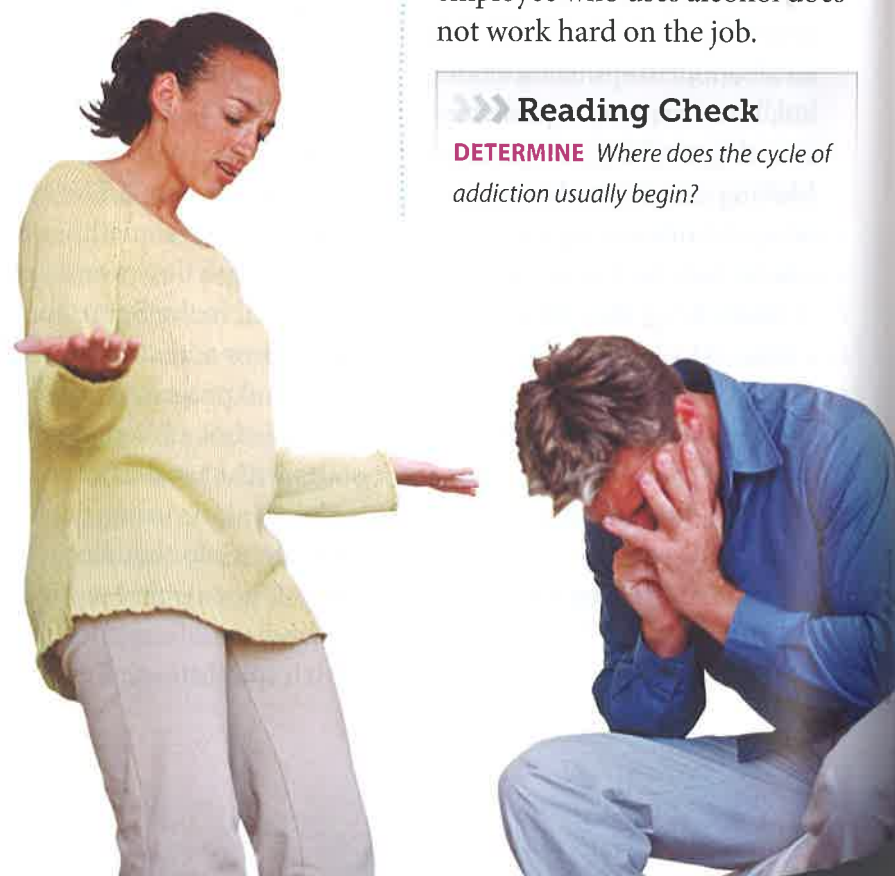
With a partner, role-play what Jenelle would say to Mariah and how Mariah might respond.

How Alcoholism Affects Families

Alcoholism is a problem that affects more people than just the alcoholic. It can be a painful experience for family members as well. Children of alcoholics sometimes blame themselves, thinking they did something to drive a parent to alcohol. This is not the case. A child is never to blame for a parent's alcoholism.

Denial is also a problem for family and friends. Often, they do not want to admit that a loved one has an addiction. Family members may focus on helping the alcoholic and not take care of their own needs.

Using alcohol can lead to unhealthy relationships. Describe some ways that addiction can cause problems in relationships.



If the alcoholic is abusive, this can have a negative effect. Friends may try to help by making an alcoholic feel comfortable with his or her behavior. This only encourages the addiction. It can create an unhealthy pattern and keep the alcoholic from getting the help he or she needs.

How Alcoholism Affects Society

Teen alcohol use costs the U.S. more than \$50 billion a year. The total cost of alcohol-related problems is estimated at \$223.5 billion a year. That figure is higher than the total for smoking and other drug-related issues. The greatest impact is on health care, law enforcement, and the workplace. Doctors and nurses have to take care of people with alcohol problems. Police and the courts must deal with people who break alcohol laws. A business can lose money when an employee who uses alcohol does not work hard on the job.

Reading Check

DETERMINE Where does the cycle of addiction usually begin?

ALCOHOL ABUSE

MAIN IDEA Alcohol abuse is different than alcoholism.

Although the terms *alcoholism* and *alcohol abuse* are sometimes used in the same way, there is a difference. **Alcohol abuse** means *using alcohol in ways that are unhealthy, illegal, or both*. People who abuse alcohol are not physically dependent on the drug. Their bodies are not in extreme need for the drug.

Alcohol abuse is different than alcoholism.

Alcohol abuse is a type of **substance abuse**, which involves *using illegal or harmful drugs, including any use of alcohol while under the legal drinking age*.

Alcohol abuse has four main symptoms. These include:

- Failing to complete major work tasks or ignoring responsibilities at home or school.
- Drinking in situations that are dangerous. For example, driving when intoxicated or riding with someone who has been drinking can result in an accident and serious injury.
- Having ongoing financial or legal problems.
- Continuing to drink even after the person has a problem with a friend or family member.

Reading Check

IDENTIFY Name a behavior that may occur when someone abuses alcohol.

Avoiding alcohol makes it easier to focus in school. Explain how alcohol abuse can make it hard to concentrate.

LESSON 3

REVIEW

After You Read

1. **VOCABULARY** Define alcohol abuse. Use the term in a complete sentence.
2. **EXPLAIN** What is the difference between alcoholism and alcohol abuse?
3. **DESCRIBE** Briefly describe the spiral of addiction.

Thinking Critically

4. **ANALYZE** Layla has started drinking alcohol. Now she is forgetting things and lying to others about her alcohol use. She also has been in more arguments with her friends and family. What stage of alcoholism is Layla likely experiencing?
5. **EVALUATE** Briefly explain why alcohol use is even more dangerous for teens.

Applying Health Skills

6. **DECISION MAKING** A friend has been irritable and moody lately. He tells you that he really needs alcohol and asks you to help him get some. He thinks only alcohol will make him feel better. Use the decision-making steps to make a responsible choice.

Review

Audio



LESSON 4

Getting Help for Alcohol Abuse

BIG IDEA Many resources are available to help alcoholics, alcohol abusers, and their families.

Before You Read

QUICK WRITE Name a person you might turn to when you need help with a problem. Write a brief description of this person's qualities, such as being a good listener



As You Read

STUDY ORGANIZER Make the study organizer found in the FL pages in the back of the book to record the information presented in Lesson 4.

Vocabulary

- › enablers
- › intervention
- › recovery
- › detoxification



Developing Good Character

Citizenship Students Against Destructive Decisions (SADD) helps people understand the harmful effects of alcohol on teens. Do some research on SADD. Find out how you and your classmates can get involved with this organization. Discuss your findings with your class.

HELP FOR ALCOHOL ABUSE

MAIN IDEA Family, friends, and organizations can all help someone with an alcohol problem.

People who are struggling with alcohol need help. However, many cannot admit they have a problem. Sometimes alcoholics surround themselves with **enablers**. These are *persons who create an atmosphere in which the alcoholic can comfortably continue his or her unacceptable behavior*. Enabling may allow an alcoholic to continue drinking without facing any negative consequences. A way to overcome this situation is to hold an **intervention**, or *a gathering where family and friends get a problem drinker to agree to seek help*. During an intervention, an alcoholic's family and friends can discuss their concerns about the alcohol abuse. They can try to convince

the abuser to stop using alcohol. An intervention may include commitments by friends and family to no longer enable the alcoholic's behavior.

Before holding an intervention, family members and friends may choose to meet with a substance abuse counselor. A counselor can often make arrangements for the alcoholic to get treatment. Friends and family members can then use the intervention to encourage the person with the alcohol problem to seek help.

Ways to Seek Help

Groups such as Alcoholics Anonymous (AA) can help people who are addicted to alcohol. Similar groups help friends and families of alcoholics. Support groups work to help people break their patterns of addiction. They allow people to talk with others who are facing the same problem. You can search online to learn more about these groups.

People who are **struggling** with **alcohol** need **help**.

The Road to Recovery

Before an alcoholic can get better, he or she must decide never to drink again. When that happens, **recovery**, or *the process of learning to live an alcohol-free life*, can begin. As we have learned, addiction is very powerful. Recovery is usually long and difficult. It involves several steps that each person must follow.

- **Admission.** The person must first admit that he or she has an addiction and ask for help.
- **Detoxification**, or *the physical process of freeing the body of an addictive substance*. Detoxification marks only the beginning of breaking the physical addiction. An alcoholic may go through withdrawal when he or she suddenly stops using alcohol.
- **Counseling.** Alcoholics need outside help from counselors and support groups to recover. As we have learned, there are local organizations that can help provide a support group.

- **Resolution.** The alcoholic commits to accepting responsibility for his or her actions. After recovery, people who have had alcohol problems are called recovering alcoholics. A recovering alcoholic is someone who has an addiction to alcohol but chooses to live without alcohol.

Even after a person goes through recovery, he or she must always fight addiction. Recovery is never final. Recovering alcoholics risk a relapse if they drink again. That is why it is important they decide to always make wise choices related to alcohol.

Reading Check

EXPLAIN What makes recovery from alcoholism so difficult?

A recovering alcoholic must always fight the addiction. Give examples of some healthful choices that would help someone remain alcohol free.



Health SKILLS

ACTIVITY

Communication Skills

When Communication Counts Most

You may be able to help a friend or family member who has an alcohol problem. Here's how.

- * **HAVE AN HONEST TALK.** Find a time when the person is sober. Discuss your concerns, and talk about the effects alcohol can have on a person's health.
- * **ENCOURAGE THE PERSON TO SEEK HELP.** After expressing your concerns, explain why he or she needs help and support.
- * **OFFER INFORMATION.** Provide details about where the person can go for help. Make sure the person understands what help is available and how to get it.



Role-play a conversation in which you use the skills outlined above. Think about specific words that would express your concern and encourage the person to get help.

HELP FOR FAMILIES

MAIN IDEA Support groups can help families of alcoholics.

Families and friends of alcoholics can get help too. For example, Al-Anon teaches about the effects of alcoholism. This group also helps people learn strategies for dealing with an alcoholic.

Alateen helps teens who have parents who abuse alcohol. Organizations like these may offer group sessions or direct families to counseling and mental health resources. Al-Anon and Alateen also help educate the public.

Reading Check

IDENTIFY Name one example of a support group for families of alcohol abusers.



This support group was formed to help families of people who suffer from alcoholism. *What are some support groups for alcoholism in your area?*

STAYING ALCOHOL FREE

MAIN IDEA Choosing not to use alcohol is the best way to avoid its dangers.

As you have learned, the use of alcohol has serious physical, mental/emotional, and social consequences. Choosing to be alcohol free is the best way not to experience these dangers. You can try to avoid situations where people are drinking alcohol. If someone pressures you to drink alcohol, use refusal skills.

Practice the S.T.O.P. strategy:

- Say no in a firm voice.
- Tell why not.
- Offer another idea.
- Promptly leave.

If you choose friends who are also alcohol free, you will have a support system. When you are around people who make healthful choices, it is easier for you to make healthful choices.

Positive peer pressure can make it more likely that you and your friends will choose activities that do not involve alcohol.

Choosing not to use alcohol is the best way to avoid its dangers.

Benefits of Staying Alcohol Free

Staying alcohol free is a choice to lead a healthy lifestyle. When you choose not to use alcohol, you are showing respect for yourself and your body. You are choosing to remain in control of who you are.

Staying alcohol free is a choice to lead a healthy lifestyle.

Another benefit is being able to focus on your future. An alcohol-free lifestyle allows you to care for your family and friends. Better relationships are a benefit of choosing not to use alcohol.

Staying alcohol free keeps you focused to achieve your life goals. *What are some activities you can do to help focus on your goals?*

Healthy Alternatives

When someone offers you alcohol, use your refusal skills as a healthful alternative. Refer to the S.T.O.P. strategy on the previous page. If you are offered alcohol, say no and explain why you have chosen not to drink. Offer a suggestion of an alcohol-free activity. If those steps do not work, promptly leave the area.

Finding another way to think or act will also help you avoid alcohol use. Instead of using alcohol, find a healthful way to spend your time. Join a club or sports group at school. Volunteer at a local organization, such as a food bank or animal shelter. Volunteering can give you a sense of purpose and can make you feel good about yourself. Another idea is to start a hobby or business with your friends. Alcohol use will never help you reach your goals, but positive activities such as these can help.

Reading Check

DESCRIBE What are benefits of choosing an alcohol-free lifestyle?



LESSON 4

REVIEW

After You Read

1. **EXPLAIN** Describe how a person can get help for an alcohol problem.
2. **VOCABULARY** Define intervention. Use the term in a complete sentence.
3. **IDENTIFY** What is the best way to avoid problems with alcohol?

Thinking Critically

4. **HYPOTHESIZE** How might you be affected if one of your close friends or family members developed an alcohol problem? Where could you find help? Explain your answer.
5. **ANALYZE** How can healthy alternatives prevent alcohol use?

Applying Health Skills

6. **GOAL SETTING** Think about personal goals you have, such as going to college or the kind of job you would like to have some day. Write one or two of these on a sheet of paper. Leave space under each one. Use that space to explain how alcohol use could prevent you from reaching your goals.

Review

Audio

Hands-On HEALTH ACTIVITY

Refusing to Get into a Car with a Driver Who Has Been Drinking

WHAT YOU WILL NEED

- * 1 index card per student
- * Colored pencils or markers

WHAT YOU WILL DO

1 Working with a small group, brainstorm a list of refusal statements a teen can use to avoid riding in a car with a driver who has been drinking.

2 Write a skit that has dialogue showing successful use of refusal skills. Be sure that every group member has a part.

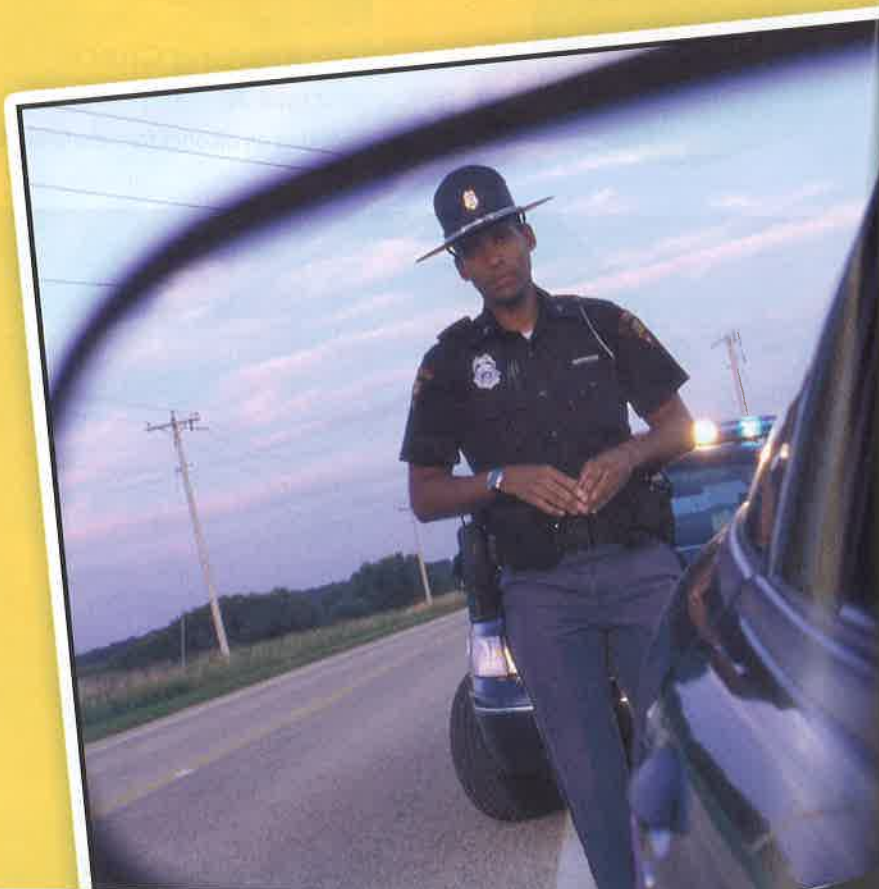
3 Act out your skit for the class.

WRAPPING IT UP

As a class, discuss the dialogue used in each of the skits. Decide which skit presented the most effective refusal statements. Then, on your own, take your index card and write "Don't Ride with a Drunk Driver" on the card. Then, write at least two statements you can use to refuse such a ride. Use markers or colored pencils to make the card creative and colorful. Display your cards in the classroom.

You have learned that you should not drink and drive. You should also avoid getting into a car with someone who has been drinking. If someone who has been drinking alcohol invites you to ride in a car with him or her, you should know how to refuse that invitation. The following are some suggestions that can help you avoid an unsafe situation.

- * Make a decision to never ride with someone who has been drinking, and stick to it.
- * Do not make arrangements to go places with a driver who you know will likely drink at an event you are going to.
- * Find other ways to get a ride home if you are with a driver who has been drinking.
- * Use direct statements: "I am not riding with you. You have been drinking. Don't drive. I'll find us another ride."



CHAPTER 15

READING REVIEW

FOLDABLES and Other Study Aids

Take out the Foldable® that you created and any study organizers that you created. Find a partner and quiz each other using these study aids.

LESSON 1 Alcohol Use and Teens

BIG IDEA Most teens do not use alcohol, but several factors influence teens to try it.

- * Alcohol is a drug created by a chemical reaction in some foods, especially fruits and grains.
- * Alcohol acts as a depressant by slowing down the functions and reactions of both the mind and body.
- * Studies show that most teens do not use alcohol, but they do face a number of influences that encourage them to try it.
- * Influences on teen alcohol use include peer pressure and images in the media.
- * The negative effects of alcohol use pose even greater risks for teens than for adults.

LESSON 2 Effects of Alcohol Use

BIG IDEA Alcohol use has far-reaching effects to the body, other people, and personal relationships.

- * Alcohol use has many short-term and long-term effects on a person's body.
- * The use of alcohol has an immediate effect on many organs in a person's body, including the brain, stomach, heart, liver, and kidneys.
- * A major factor in how a person reacts to alcohol use is blood alcohol concentration (BAC), or the amount of alcohol in the user's blood.
- * Alcohol use affects all areas of a person's life.
- * The use of alcohol can have negative effects on a person's thoughts and behavior.

Review

Web Quest

LESSON 3 Alcoholism and Alcohol Abuse

BIG IDEA Alcohol is a highly addictive drug that can lead to disease and damage relationships.

- * One of the greatest dangers of alcohol use is that it is habit-forming and can lead to addiction.
- * Alcohol abuse is a serious health issue—an estimated 17 million people in the U.S. are either addicted to alcohol or have an alcohol problem.
- * The disease of alcoholism results from a spiral of addiction and has physical, mental/emotional, and social consequences.
- * Alcoholism is different from alcohol abuse, in which a person is not physically dependent on alcohol, but alcohol abuse is still a form of substance abuse.
- * Alcoholism also affects families, friends, and society.

LESSON 4 Getting Help for Alcohol Abuse

BIG IDEA Many resources are available to help alcoholics, alcohol abusers, and their families.

- * Family, friends, and various organizations can all help someone who has an alcohol problem.
- * An intervention is a gathering where family and friends attempt to get a problem drinker to agree to seek help.
- * Support groups can help alcoholics recover from their addiction and help families and friends of alcoholics learn to deal with the problem.
- * Choosing not to use alcohol is the best way to avoid the dangers it poses to all aspects of a person's health.

HOW SUBSTANCES AFFECT THE BODY

Respiratory System

The organs that supply your blood with oxygen



Nearly **450,000** people in the U.S. **die** each year from **smoking** or exposure to **secondhand smoke**.

Digestive System

The organs that break down foods into substances your cells can use



Skeletal + Muscular Systems

Your body is supported by your skeleton. Your muscles move your body and control your organs.



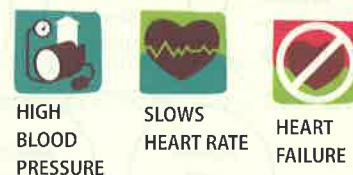
Nervous System

Your body's message and control center



Circulatory System

This system carries oxygen and nutrients to the cells, and waste products away from the cells.

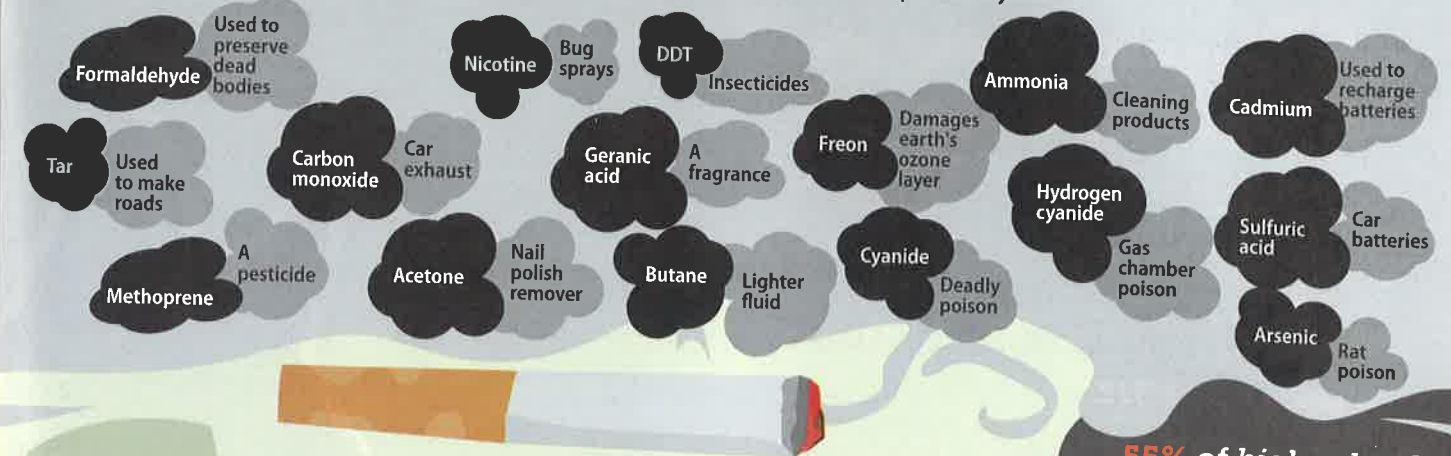


"Sudden sniffing death" can occur if you use an **inhalant** just **one** time.



WHAT'S IN TOBACCO?

If you use tobacco, here's what ends up inside you.



55% of high school students have never, **EVER**, tried cigarette smoking.

ALCOHOL

Alcohol use affects **EVERY** aspect of your life, including your relationships, your school work, and your social activities.

Alcohol affects **EVERY** organ of your body.

SUPPORT GROUPS offer a place to:



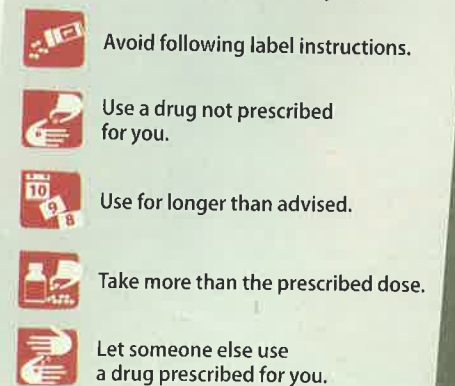
Medicine misuse sends **700,000** people to the hospital in the United States each year.

MEDICINES

Drugs that **PROTECT** your health can **HARM** your health if taken incorrectly.

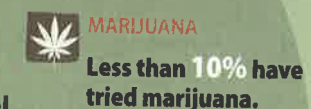
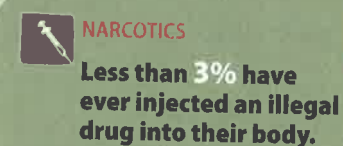
DRUG MISUSE:

Misusing a drug means that you:



Alcohol is a factor in nearly **one-third** of all **traffic deaths** in the United States.

TEENS + ILLEGAL DRUGS



Drug users are at higher risk for: **HIV**, all other **STDs**, hepatitis + tuberculosis.