

# Alcohol and underage drinking

- Alcohol is a drug created by a chemical reaction in some foods called **fermentation**, especially fruits and grains.
- Alcohol affects people **physically, emotionally, mentally and socially**.
- Three main types of alcohol:
  - **beer**
  - **wine**
  - **liquor**
- Alcohol is a **depressant** which means it can slow down the activity of the brain and nervous system.
- Nicotine on the other hand is a **stimulant**. (where is nicotine found?)
- Effects of alcohol:
  - impaired judgement- (making bad decision)
  - Loss of control and motor skills - (balance, coordination)
  - development of diseases
    - liver disease
    - weight gain
    - alcohol poison
- Being intoxicated or drunk is when a person feels effects of alcohol. This is different for everyone. Many factors play into this including weight, body type and genetics.
- **Blood alcohol concentration (BAC)- The amount of alcohol in the blood**
- Many factors determine a person's BAC including a person's **weight, height, age, genetics, amount of alcohol they have consumed, and how much food is in their stomach**.
- 1.5 oz liquor = 12 oz of beer = 5 oz of wine
- In most states, a person is legally intoxicated when the BAC is greater than **.08** but in some states, the limit is .01
- Anyone under 21 is legally intoxicated if BAC is over .02
- Over time alcohol can damage the brain, heart, liver, and kidneys
- Alcohol is absorbed into the bloodstream and reaches the brain almost immediately.
- Alcohol and the liver/kidneys:
  - The liver filters alcohol from the blood but it can only remove about half an oz of alcohol per hour. The extra alcohol stays in the blood stream
- **Long term drinking can cause cirrhosis of the liver.** see picture 268
- Cirrhosis: scarring and destruction of liver tissue
- **Your brain is not fully developed until age 25.**
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Facts about underage drinking:

## Underage Drinking

Alcohol is the most commonly used and abused drug among youth in the United States.<sup>1</sup>

- Excessive drinking is responsible for more than 4,300 deaths among underage youth each year, and cost the U.S. \$24 billion in economic costs in 2010.<sup>2,3</sup>
- Although drinking by persons under the age of 21 is illegal, people aged 12 to 20 years drink 11% of all alcohol consumed in the United States.<sup>4</sup> More than 90% of this alcohol is consumed in the form of binge drinks.<sup>4</sup>
- On average, underage drinkers consume more drinks per drinking occasion than adult drinkers.<sup>5</sup>
- In 2010, there were approximately 189,000 emergency rooms visits by persons under age 21 for injuries and other conditions linked to alcohol.<sup>6</sup>

## Drinking Levels among Youth

The 2015 [Youth Risk Behavior Survey](#)<sup>7</sup> found that among high school students, during the past 30 days

- 33% drank some amount of alcohol.
- 18% binge drank.
- 8% drove after drinking alcohol.
- 20% rode with a driver who had been drinking alcohol.

# Drugs

- **Drugs affect:**
  - **Health**
  - **relationships**
  - **work**
  - **personality**
  - **actions**

- Drugs impair a person's ability to think clearly and make reasonable decisions
- **Drugs distort a person's view of reality** and what is truly happening around them.
- Many drugs alter both desired sensations and unwanted ones; either enhancing them or blocking them off.
- **Drugs cloud judgement and lead to irrational thought and actions.**
- **People often think drugs are a solution**, but eventually the drugs become the problem
- The consequences of drug use are always worse than the problems someone is trying to solve with them.
- **Common reasons for drug use:**
  - **Peer pressure**
  - **Experiment**
  - **boredom**
  - **To forget about problems**
- Many people refer to marijuana as a **gateway drug**
- **A gateway drug is a habit-forming drug that may lead to the use of other more addictive drugs.**