

Alcohol

- Alcohol is a drug created by a chemical reaction in some foods, 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.
- 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
 - genetics.
- Blood alcohol concentration (BAC)- The amount of alcohol in the blood
- Many factors determine a person's BAC including a person's
 - Weight
 - gender
 - amount of alcohol they have consumed
 - 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.
- Cirrhosis: scarring and destruction of liver tissue
- Your brain is not fully developed until age 25.

Facts about underage drinking:

Underage Drinking

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

- 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.^{2,3}
- 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.⁴ More than 90% of this alcohol is consumed in the form of binge drinks.⁴
- On average, underage drinkers consume more drinks per drinking occasion than adult drinkers.⁵
- In 2010, there were approximately 189,000 emergency rooms visits by persons under age 21 for injuries and other conditions linked to alcohol.⁶

Drinking Levels among Youth

The 2015 [Youth Risk Behavior Survey](#)⁷ 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
- Marijuana is considered a gateway drug
- Gateway drugs are a habit forming drug, which may not be addictive itself, but could lead to the use of other, more addictive drugs.

Tobacco

- A single cigarette has over 4,000 harmful chemicals
- Here are a few harmful chemicals found in cigarettes:
 - Cadmium (found in batteries)
 - Butane (in Lighter fluid)
 - Nicotine (used in pesticides)
 - Carbon Monoxide
 - Ammonia (used in toilet bowl cleaner)
 - Methanol (used in rocket fuel)
 - Arsenic (used in rat poison)
 - Hydrogen Cyanide
 - Tar
- Tar Causes cancer of the lungs mouth and throat
- A carcinogen is a cancer causing substance
- There are 43 known carcinogens in cigarettes
- Nicotine is the addictive substance found in tobacco products
- Cigarette smoking kills over 480,000 Americans a year

