

LET ME GET THIS STRAIGHT...

In the U.S., I can get a driver's license at 16, vote in elections at 18 and get married without my parents' OK at 18. So why do I have to wait until I'm 21 to legally drink alcohol?

Good question. The age limit was set when studies found that young people react differently to alcohol than adults. Teens have more of a problem knowing when to stop, get drunk twice as fast and often tend to overdo things.

So keeping the drinking age at 21 means fewer car crashes and trips to the emergency room, while protecting teens' brains which are still growing and keeping them safer.

If you're one of the millions of underage drinkers in this country and you don't quite get what the big deal is...



THE FACTS WILL SET YOU STRAIGHT.

DISCLAIMER. This book provides general information about alcohol and related issues. The information does not constitute medical advice and is not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting with a licensed health professional. Consult with a qualified physician or health care practitioner to discuss specific individual issues or health needs and to professionally address personal medical concerns.





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WHO ?

Who are you hanging out with?

Who vouches for them?

WHERE ?

Where is the safest place for you to be?

Where are you all meeting up?

WHY ?

Why are my friends acting like that?

Why would I hang out with people who do crazy stuff?

WHAT ?

What are you going to be doing tonight?

What will your friends say the next day at school?

When are we going there?

WHEN ?

When do you think we should get outta here?



5

Every day you have choices. Making the right ones are up to you. But how do you stay on course with life's twists and turns? With a good pair of eyes and pocket full of questions, you will be on the lookout at the right place and the right time. You have control of the **WHO, WHAT, WHEN, WHERE & WHY!** Just ask yourself...

YOUR LIFE, YOUR CHOICE, YOUR STEPS



So there you are, standing at the first page of a book about underage drinking, ready to step forward and fill your brain with knowledge. Your life is the same way. You've got a long full life ahead of you with a ton of new things to learn every day. Here's the kicker: Your future will be defined by the choices you make today.

- Should I finish school?
- Should I go to college?
- What job do I want?
- Should I get married?
- Should I serve my country?
- Should I start a family?
- Should I start my own business?

Just like those important decisions, staying alcohol-free is a choice you make. It isn't a decision made by your parents, your brothers and sisters, your friends, your classmates, your teachers, your preachers, your coaches, your favorite musicians or your personal heroes.

So take the next step. Turn the page and walk into the story of your life, where you learn the truth and make the choice to wait on alcohol. Be your own personal hero. It's your story and your life.

THE THREE



'S OF HEALTHY DECISION MAKING

**CHALLENGE / CHOICES/
CONSEQUENCES**

STOP AND THINK

Each and every day you're faced with decisions you have to make. Maybe it's while standing in line at the cafeteria. Maybe it's when making plans for the weekend. Maybe it's while browsing the shampoo aisle at the store. Choices. Decisions. You do it all the time. It's a big part of being human.



No decision should ever be made lightly. Fries with that? Pool party or studying for the final? Dry hair, oily hair or color-treated hair? What you do is, you stop and think. First you identify the problem at hand (C #1, **CHALLENGE**: "I need shampoo."). Then you consider the choices (C#2, **CHOICES**: "Dry? Oily? Straightening?"). And then you think about what might happen based on your choice (C#3, **CONSEQUENCES**: "If I don't use a color-treated shampoo on my hair, this new raving red dye job could be toast!").

Guess what. It's the same with alcohol.



DIALING IT OUT

Alcohol: *noun*; The substance in drinks such as wine and beer that makes a person drunk.



CHALLENGE: You're hanging out with a friend at her brother's party. Her brother offers you a beer. It's just one. The parents don't care. They're not even around.

CHOICES: Do you give in and drink the beer? Do you split it with your friend? Do you decide you like it and go for another? Do you say no, you're good? Do you leave and go home?

CONSEQUENCES: If I drink this beer, will I like it? Will it make me drunk? Will it make me sick? Will I get caught? Will I get in trouble? How much trouble? Will I get arrested if the cops show up? Will I lose my friend if I don't drink it? Will my friends think I'm totally uncool if I say no? Will I be able to find something else to do if I leave?

Any decision can be made easier if you just stop and think. When a challenge comes up, use the Three C's to help you decide. Decisions rushed into without a pause to think about it often end in poor judgment. And regret.



SO...

STEP 1: CHALLENGE

Name the problem. Stop and look at the challenge you're facing. What decision do you have to make?

STEP 2: CHOICES

Think about the choices you have in dealing with the challenge. List them all.

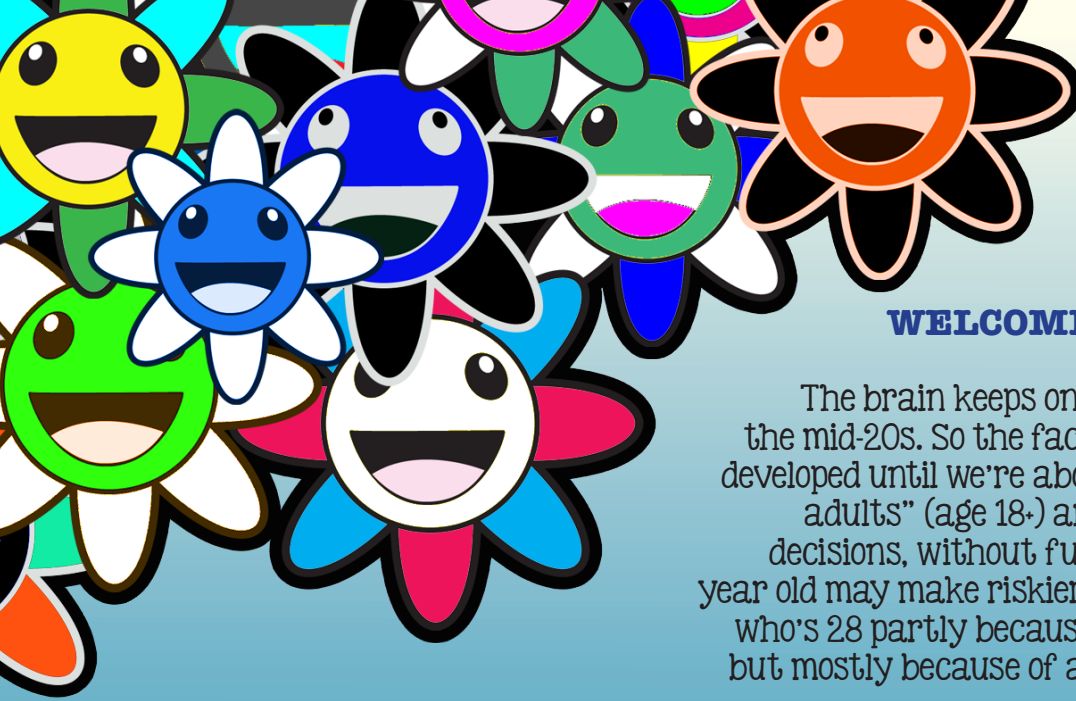
STEP 3: CONSEQUENCES

Ask yourself what the consequences will be for each choice. Think about what will happen and list the pros and the cons.



DIALING IT OUT

Alcoholic: *noun;* A person who suffers from **alcoholism**, with a desire to drink alcohol beyond their ability to control it.



**WELCOME TO YOUR BRAIN.
USE IT WISELY.**

The brain keeps on developing until at least the mid-20s. So the fact that our brains aren't developed until we're about 25 means that "legal adults" (age 18+) are allowed to make adult decisions, without fully mature brains. An 18 year old may make riskier decisions than someone who's 28 partly because of a lack of experience, but mostly because of a brain that hasn't fully developed yet.

Knowing this, it's important to use the THREE C's when making decisions.

CHALLENGE

CHOICES

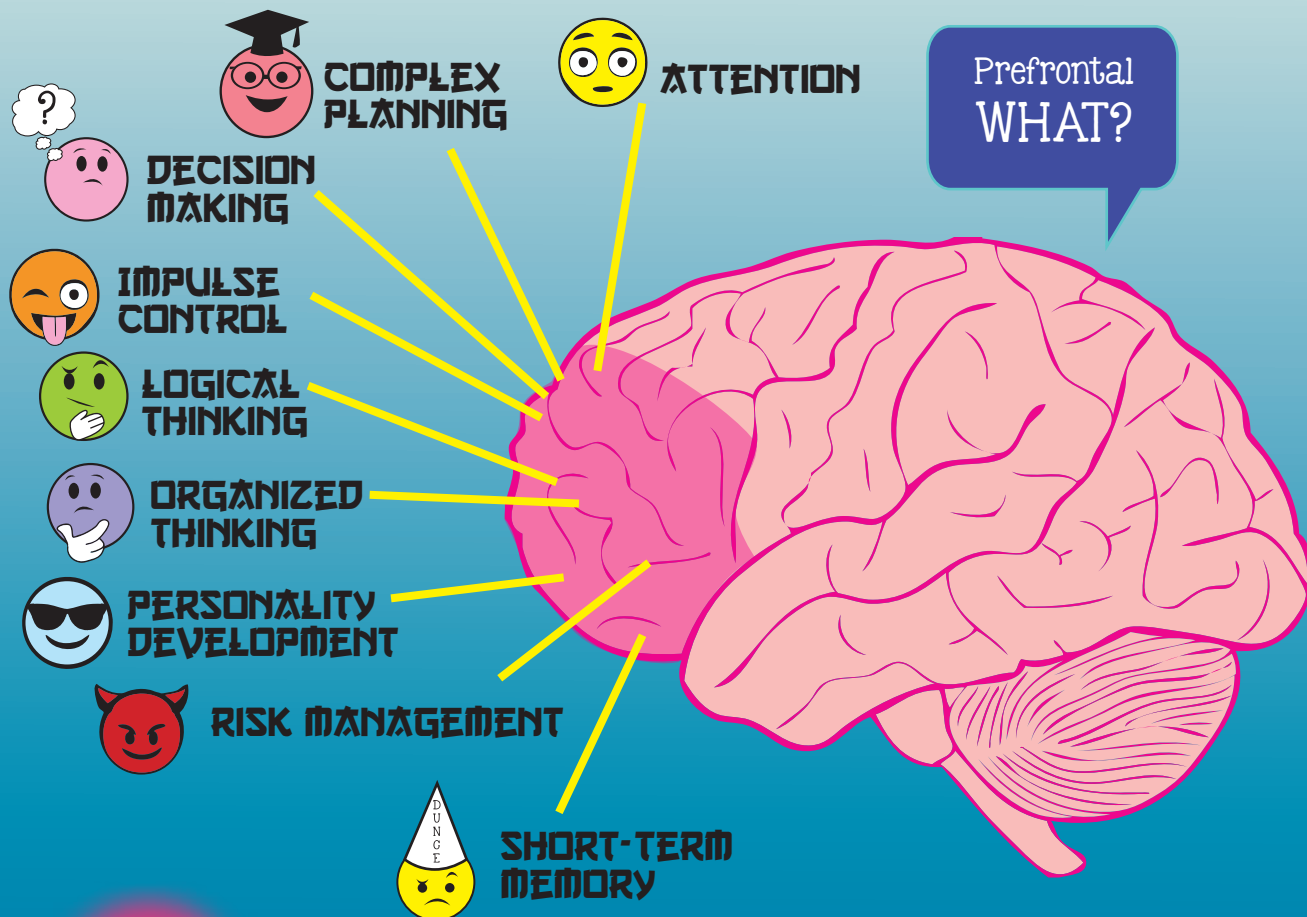
CONSEQUENCES

When have you made a good "Choice" that prevented some pretty serious "Consequences?"



IT'S ALL ABOUT THE PREFRONTAL CORTEX

Between the ages of 12 and 25, development takes place in all areas of the brain. It ends in a section up front called the **prefrontal cortex**. This special part of the brain is responsible for a variety of functions.



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Teenology News: Journey to the Center of the Teenage Psyche
teensafe.com/blog/teenage-psyche-statistics

INTOXICATION NATION

THE LATEST AND GREATEST...NOT.

Unlike the latest batch of hit songs on the radio or whatever trend in clothes you're wearing this season, alcohol is far from new. It wasn't new when your great grandparents drank it. It wasn't new when pilgrims sailed to the New World, relying more on beer to quench their thirst than water. It may have been new when Persians in the Middle East fermented a drink made from honey and wild yeast, but that was 10,000 years ago.



CRITICAL DIGITS

11

Percent of all alcohol in the U.S. that's consumed by minors (12-20 year olds).

DIALING IT OUT

Intoxication: *noun*; the condition of being drunk; an unhealthy state that is like a poisoning.



We live in a nation where an estimated **15 million people** suffer from alcoholism. For a lot of these people, their addiction gives them a higher risk of:

- Disease and sickness
 - Loss of job
- Relationship problems
 - Dying early

Don't worry. In a couple chapters from now we'll lay out in detail what alcohol does to certain organs and systems in your body. **SPOTLER ALERT:** It isn't pretty. So you have that to look forward to in a few pages.

DIALING IT OUT

Underage: *adjective*; a person too young to legally engage in a certain activity, such as drinking alcohol.

Alcoholism: *noun*; addiction to the drinking of alcoholic liquor or the mental illness and compulsive behavior that come from being dependent on alcohol.

We've come a long way from the ancient Babylonians who worshipped a wine goddess 5,700 years ago. But maybe we haven't, because drinking is still drinking, drunk is still drunk and dead is still dead. Think before you drink.

FACTS AND THE STATS

In one year alone, there were 25,692 deaths caused by alcohol, and that doesn't even count car accidents and murders.

THE OVER-UNDER

Alcoholism is a major concern for adults. But if you're under 21, drinking alcohol is a huge problem. It's illegal. If you're caught, you may have to spend time in a juvenile facility, pay a fine, perform community service or take alcohol awareness classes. Minors who drink are more likely to get bad grades in school and are at higher risk for being a victim of crime.

Have you ever seen someone that you thought was intoxicated or drunk?
How did it make you feel?



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Narconon: Alcohol History:
narconon.org/drug-information/alcohol-history.html

Too Smart to Start: Underage Drinking Statistics:
toosmarttostart.samhsa.gov/families/facts/statistics.aspx

ALCOHOL AND THE BODY: AN INTRODUCTION

The next few pages will go into some detail about what alcohol does to your body and its various parts. Before that, here are a few fast facts about the power of alcohol and what it does:

- It slows down brain activity because it is a depressant.
- It drains water from the brain.
- It can cause dizziness, headaches and loss of control.
- It can mess with emotions.
- It can kill brain cells over time, especially if you drink a lot.
- It can cause you to gain a lot of weight, since it's high in calories.
- It can make you dehydrated.
- It can give you bad breath and body odor.
- It can cause blurred vision.
- It can cause your liver to fail.
- It can lead to liver cancer.



FACTS AND THE STATS

About 200,000 people below the age of 21 visit an emergency room for injuries related to alcohol each year.



SORRY. WERE THOSE YOUR SHOES?

THE EFFECTS OF ALCOHOL

YOUR BARF IS WORSE THAN YOUR BITE

For some people who drink a lot of it, alcohol has a funny habit of coming back out the same way it went in. Only it burns, it smells awful, makes you feel terrible and embarrasses you. So it's really not funny at all. But puking isn't the only effect drinking can have on your body. Check out these short-term and long-term gifts of drinking too much.

SHORT-TERM EFFECTS OF ALCOHOL

- Vomiting
- Slurred speech
- Tiredness
- Diarrhea
- Upset stomach
- Breathing problems
- Blurred vision
- Distorted hearing
- Bad judgment
- Unconsciousness
- Loss of red blood cells (anemia)
- Blackouts and memory loss
- Goma
- Death

LONG-TERM EFFECTS OF ALCOHOL

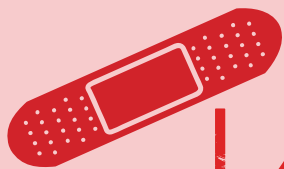
- Injury from car crashes, falling, burns, drowning
- Injury from violence
- Higher on-the-job injuries
- Not effective at work
- More family problems
- High blood pressure
- Stroke
- Liver damage
- Brain damage
- Ulcers
- Malnutrition
- Cancer of the mouth, throat, liver, breast
- Death

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Coalition Against Drug Abuse:
The Effects of Alcohol Use:

drugabuse.com/library/the-effects-of-alcohol-use





LASTING SCARS

ALCOHOL AND LOSS OF INHIBITION

DIALING IT OUT

Inhibition: *noun*; a nervous feeling that keeps you from expressing your thoughts, emotions or desires.

LOVE POTION NUMBER NONE

So you've got this idea that alcohol has the magical ability to make you friendlier, more attractive, funnier, easygoing, relaxed, bolder and more charming in general. More likely, when you're drunk, you only think you're all of these. The reality could be much different.

Remember, alcohol is a depressant.

DIALING IT OUT

Depressant: *noun*; a substance with the quality of depressing or lowering the nature of; a substance that slows down brain function.

After drinking it, alcohol causes your body's systems to slow down. You may feel temporary happiness and joy with drunkenness, but feelings of anger and sadness can replace them quickly. Guess what else are affected? Your balance and coordination. And your sense of judgment. The real problem is that alcohol reduces your inhibition. And what does reduced inhibition lead to? Usually risky sexual behavior.

NO FILTER

The fact of the matter is, when drunk, you're more likely to engage in unwise sexual activity. That's loss of inhibition. That little voice that guides you to what's right and steers you away from what's wrong gets put on hold. Being drunk may make you more likely to engage in sexual activities that you normally wouldn't.

★★★★**CAUTION**★★★★

Alcohol may lead to unprotected sex, which can lead to pregnancy and/or transmitting sexual diseases.



SERIOUS SITUATIONS

A person so drunk that he or she has passed out and lost consciousness may be taken advantage of with unwanted sexual acts, pictures or humiliating actions. Staying sober can keep you from ending up in a situation like this.

THE INTERNET IS FOREVER

You probably already know this but the Internet is overflowing with pictures and videos of people taken under the influence of alcohol. Carolyn goes to a party. She drinks a lot. Several guys at the party convince her to shed her clothes and dance. She doesn't even realize that one of the guys is recording the whole performance on his phone's camera. A week later, Carolyn's friend breaks the bad news to her: her naked dance is all over the Internet. And to make matters worse, there's nothing she can do to get the video removed. Be smart. Don't end up like Carolyn, a regretful Internet sensation.

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Safe Place: Drugs and Alcohol:

nationalsafeplace.org/safe-place-teens/drugs-alcohol



BOOZE OR CONSEQUENCES



PLAYING WITH FIRE

Ever heard the expression “Play with fire and you get burned”? It’s the same with drinking, and worse if you’re underage. Think of alcohol as a flamethrower blasting a path of destruction through your life. The point is, falling into the habit of drinking before you’re of legal age leads to a lot of consequences to deal with now, as well as later in life.

CONSEQUENCES OF UNDERAGE DRINKING

NOW	LATER
<ul style="list-style-type: none">• Missed days at school• Bad/failing grades• Fighting• Low participation in activities• Hangovers or sickness• Unwanted, unplanned and unprotected sexual activity• Stunted growth and development• Higher risk for suicide and homicide• Other drug abuse• Alcohol-related car crashes and other injuries, such as burns, falls and drowning• Changes in brain development	<ul style="list-style-type: none">• Missed days at work• Failure to focus and concentrate• Legal problems: arrests for drunken driving or physically hurting someone• More hangovers and sickness• Cirrhosis of the liver• Children born with Fetal Alcohol Syndrome• Memory loss• Relationship problems• Family issues• Financial problems• Death by alcohol poisoning

WARNING: If you're a **binge drinker**, you run a much higher risk of having these problems.

UP AGAINST THE LAW

So there's this little thing known as the legal system that's also getting in the way of you and underage drinking. Since it's illegal to drink alcohol under the age of 21 (a minor) in all 50 states, the consequences for breaking this law can be pretty harsh.

- Criminal fines
- Community service
- Counseling classes
- Possible jail time
- Taking away driver's license

States may have different laws in regard to underage drinking. See the link at the end of this chapter.

Going into adulthood with a criminal record can mess up your chances of landing a job, finding a partner, getting a bank loan and any number of other things you'll need in life. So stay clean and you'll keep your record clean.



DIALING IT OUT

Binge drinking: *noun*, drinking a large amount of alcohol in a short period of time. Five or more drinks for boys in less than two hours, and four or more drinks for girls in less than two hours is considered binge drinking.

FACTS AND THE STATS

Most of the unpleasant symptoms of a hangover are caused by dehydration: dizziness, thirst, headache, paleness and shaking.



REMEMBER : Just because you can, doesn't mean you should.

Maybe you think your body is mature enough to handle the effects of alcohol. Maybe you've got parents who are cool with you drinking from time to time. It still doesn't mean you should.

FAKE I.D. FAIL

So, you're Mr. Bob Q. McIlroy, 42 years old, 225 pounds, 6 feet tall and with a big bushy mustache. Nice try, miss. If you've ever tried using a fake ID and were turned away, consider yourself lucky. If you think using a fake ID to buy liquor to drink in your own home is a harmless or innocent act, think again. Fake IDs are illegal and could get you in tons of trouble, Mr. McIlroy.

Try these consequences on for size:

1. **A felony conviction.** Having and using a fake ID could mean prison time, depending on the state you live in.
2. **Charges of fraud and other crimes.** You could be charged with fraud for using a fake ID, resulting in legal action against you that will end up on your personal record.
3. **Having your license taken away.** Turns out it's not just breaking driving laws that can separate you from your driver's license. In some states, using a fake ID can get your license taken from you.
4. **A criminal record.** Once you turn 18 and get convicted of using a fake ID, it could go on your permanent record and stay with you for life. It'll go with you when you apply for jobs and try to buy a house.
5. **Becoming a victim of identity theft.** Be careful if you give out your personal info in order to have a fake I.D. made. That info could be used to scam you.

IS IT WORTH IT?

What do you stand to gain from underage drinking? The attention of a special guy or girl? A better personality? More people who think you're cool? Well, maybe. But these are also possible outcomes: Embarrassment, upset parents, damaged friendships, taking away of privileges, alcohol poisoning; dependency; sickness; a crashed car; impaired judgment; jail time; license taken away; death and a million others.

Not much of a reward, is it?

FACTS AND THE STATS

People who start drinking before the age of 15 are five times more likely to develop alcohol dependence later in life than those who start at or after the age of 21.

Have you ever seen someone who suffered a consequence from alcohol? What did you think about it?



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Alcohol Policy Information
System: State Profiles of
Underage Drinking Laws:
[alcoholpolicy.niaaa.nih.gov/
state_profiles_of_underage_
drinking_laws.html](http://alcoholpolicy.niaaa.nih.gov/state_profiles_of_underage_drinking_laws.html)



There's a lot you may have heard and were led to believe about alcohol. But just because your best friend's cousin told you something he found out from his step-sister's guitar teacher, doesn't mean it's true. Check out these myths and see how they get busted.

MYTH	BUSTED !
Alcohol isn't as harmful as other drugs.	Alcohol raises your chances for many diseases. Drinking too much can lead to deadly alcohol poisoning.
Alcohol is a great way to loosen up at parties.	Alcohol can make you act like an idiot and say and do things you regret later.
Drinking alcohol makes you cool.	News flash: Bad breath, weight gain, barfing on people, passing out, stumbling around and slurring your speech are anything but cool.
You need to drink to fit in, since all the other kids are doing it.	Studies show that almost 75 percent of youth 12-20 years old don't use alcohol regularly. Staying sober is far more popular.
Taking a cold shower or drinking coffee will sober you up fast.	It takes an average of two to three hours for a single drink to leave your body. Nothing speeds up that process.

MYTH	BUSTED !
Beer and wine are safer than liquor.	Here's the thing: alcohol is alcohol, no matter what form it takes. It affects your body's systems the same way.
Alcohol makes stress go away and helps you relax.	Uh...wrong. Alcohol makes stress and adrenaline levels go up. You may feel more relaxed when drinking, but inside your body there's a stress party going on.
The best thing you can do for someone who passes out from drinking is to put him in bed and let him sleep it off.	<p>Bad idea. Since alcohol slows down the heart and breathing and lowers blood pressure, the last thing you should do is leave a passed out person alone.</p> <p>The best idea: Watch their heart rate and breathing closely. If you're concerned, get the person some medical attention right away. You could just save their life.</p>

FACTS AND THE STATS

The amount of alcohol it takes to make you pass out is dangerously close to what it takes to kill you.

DIALING IT OUT

Passing out: *verb*; losing consciousness; also known as an **alcohol coma**.

Share a "myth" that you thought about alcohol?
What was the truth that busted the myth?



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eHow: Alcohol Facts & Fiction:
ehow.com/about.5118363_alcohol-fiction.html

DAMAGE CONTROL

ALCOHOL AND THE BODY

So here's that section we mentioned a few pages back. It's the chapter where we explain what drinking a lot can do to your body parts. First up...

THE HEART



It pumps blood to every cell, tissue, muscle and organ in your body, keeping you walking this earth. But if you drink a lot of alcohol over a long time or if you drink too much at once, you can mess up your heart, causing problems like...

- Weakening and stretching of the heart muscle
- Irregular heart beat
- Stroke
- High blood pressure
- Heart attack

THE BRAIN



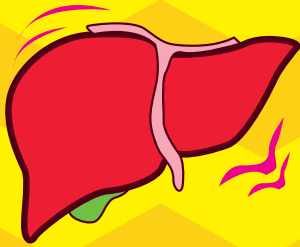
You know that gray squishy thing inside your skull that's helping you read these words right now? Well, it can get pretty loopy when alcohol gets in the way of its communication pathways.

- Changes in mood
- Changes in behavior
- Thinking difficulty
- Movement and coordination problems

FACTS AND THE STATS

Drinking alcohol raises the risk for breast cancer. Studies show that even as much as one drink a day may increase the risk. Alcohol raises estrogen levels, a known risk factor for developing breast cancer.

THE LIVER



It's the largest solid organ in your body. It lives quietly inside you, under your rib cage, working hard to clean your blood, making bile to help you digest food and storing energy in the form of sugar. Heavy drinking gets in the way of the liver's ability to do its jobs. The results can be...

- Fatty liver
- Hepatitis
- Liver cancer
- Cirrhosis

THE STOMACH



The stomach is the first stop on alcohol's long journey through your body. Drinking a lot can lead to...

- Stomach ulcers
- Internal bleeding
- Gastritis (inflamed stomach)
- Stomach cancer

THE PANCREAS



Deep inside your belly is this long, flat gland that makes insulin and enzymes that help with digestion. This is your pancreas. This is your pancreas on alcohol...

- Pancreatitis (inflammation and swelling of the blood vessels, which can be fatal)
- Pancreatic cancer

THE BONES



You won't get far in life without these handy things. But alcohol can even do a number on your bones.

- Osteoporosis from poor calcium absorption

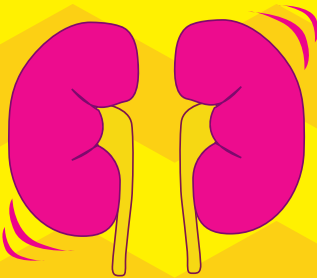
THE INTESTINES



Here we have the long series of tubes that food passes through after it leaves the stomach. Alcohol's effects on the intestine can be...

- Ulcers
- Cancer of the colon
- Inability to absorb nutrients and vitamins

THE KIDNEYS



Kidneys are handy to have, especially if you want to be able to pee out the liquid waste your body doesn't need. They keep your fluids balanced and process the liquids you drink, including alcohol. If they have to filter a lot of the stuff, it can lead to...

- Kidney damage
- Kidney failure
- Having to pee often, which can lead to dehydration

THE SKIN



Your skin keeps everything contained neatly inside your body and keeps people from screaming in horror at the sight of a skinless person. But drinking too much alcohol can do this to your skin...

- Dehydration
- Red, blotchy patches from widened blood vessels
- Wrinkling

GUYS VS. GIRLS

You may have already figured this out but women are more easily affected by alcohol than men. Their systems absorb and metabolize alcohol differently. With less body water than guys of a similar size, women's blood alcohol concentration is higher, even after drinking the same amount as a guy.

CRITICAL DIGITS

30

Percentage of alcohol a woman's bloodstream absorbs over a man of the same weight, drinking the same amount.

Alcohol dehydrogenase is an enzyme in the stomach that helps break down alcohol. Because women don't have nearly as much of this as men do, their blood-alcohol level is higher when drinking.

Alcohol makes women more likely to experience liver damage, brain damage, heart disease, breast cancer, domestic violence and car accidents.

A woman's hormone changes during her menstrual cycle can also affect alcohol metabolism in negative ways and make the effects more intense.

It comes down to this: A woman who thinks she can keep up with a guy when it comes to drinking is putting herself at great risk of harm.

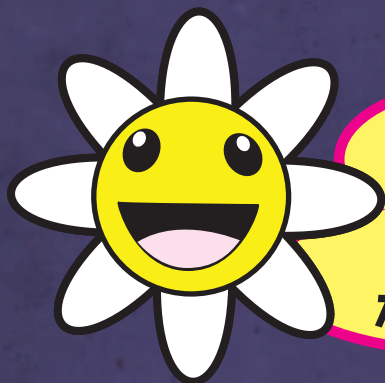
Have you ever known anyone that has suffered health problems because of alcohol? How did that make you feel?



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**QUIT ALCOHOL: The Truth
about what Alcohol Does to
your Body:**

[quit.alcohol.com/the-truth-
about-what-alcohol-does-to-
your-body.html](http://quit.alcohol.com/the-truth-about-what-alcohol-does-to-your-body.html)



STRANGER IN THE MIRROR

ALCOHOL AND YOUR LOOKS



THE FAT TRUTH

Try this on for size: Drinking a pint of beer has the same effect on your calorie intake as eating a burger. Yep. Alcohol is fattening. It can make your face look puffy and swollen. It bloats your stomach. The toxins in alcohol can also give you cellulite, fat deposits under the skin that gives it a dimpled look.

SKIN DEEP

The skin is your body's largest organ. When you're young, your skin is smooth and supple. As you age, so does your skin. It gets wrinkled and starts to sag. Alcohol is kind of like a time machine. It ages your skin by a couple of decades. How? Drinking a lot of alcohol dries out the skin and robs it of important nutrients and vitamins. Over time, heavy drinking can wreck your face and make you look weathered and a lot older than you are.

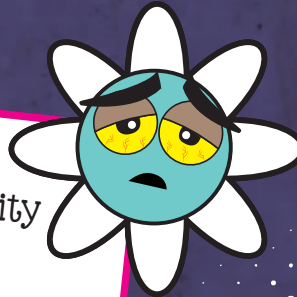
BUT WAIT! THERE'S MORE!

People with a hangover smell weird. Not good weird. Bad weird. Here's why: Your liver processes a lot of the alcohol you down. Some of it exits your body right through your breath, your sweat and your urine. And it smells funky. Glassy, bloodshot eyes, sagging eyelids and dark areas below the eyes paint a picture you wouldn't want to see on the cover of any glamour magazine.

#BOOZENOTAGOODLOOK

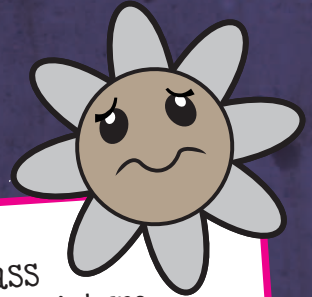
TIRED EYES

Drinking at night affects the quality of your sleep, making you wake up feeling and looking tired.



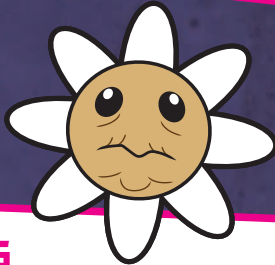
GRAY SKIN

Alcohol makes kidneys pass more fluids. Without that moisture inside, skin gets dull and gray looking over time from regular drinking.



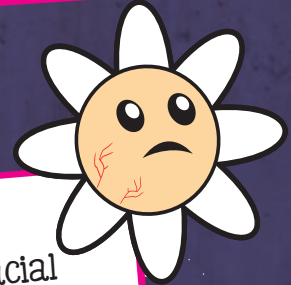
SAGGING

Regular drinking steals vitamins, minerals and moisture from skin, taking away its smooth and elastic feel.



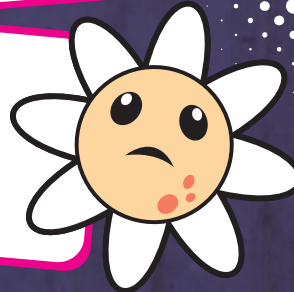
ROSACEA

Visible blood vessels under the facial skin makes it take on a red look.



RED BLOTCHES

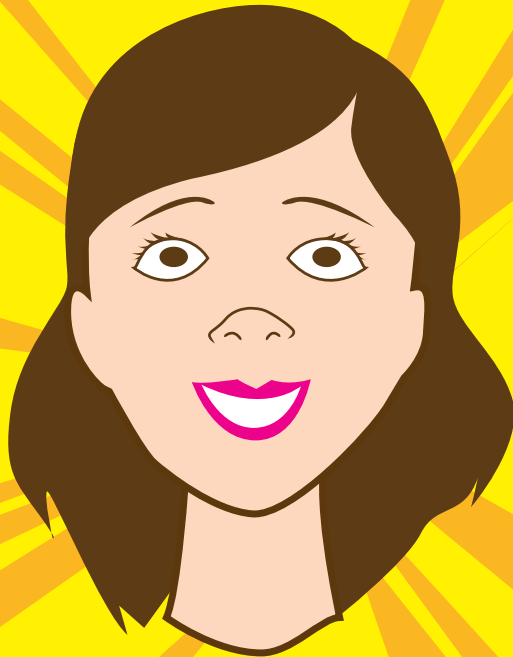
Alcohol dilates the tiny red blood vessels in the skin causing red spots and blotches to surface.



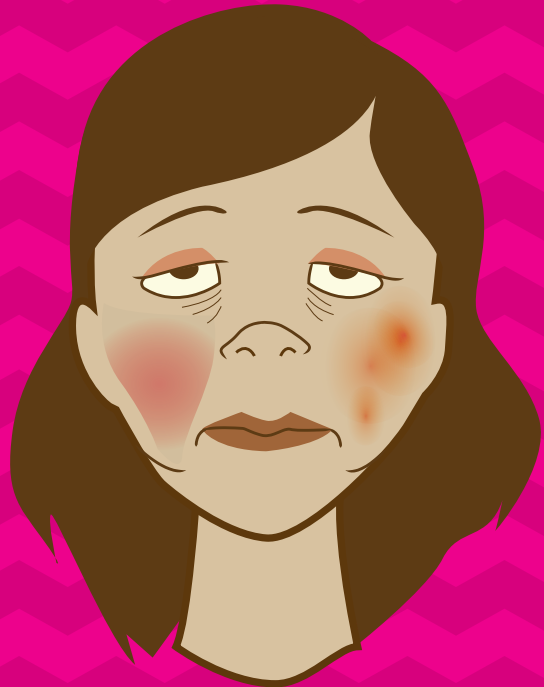
FACTS AND THE STATS

Alcohol messes with your brain. It can make you think you look totally cool and smokin' hot when the reality is something quite different.

HOW YOU THINK YOU LOOK WHEN DRINKING




HOW YOU REALLY LOOK WHEN DRINKING



**MORE
411!**

StyleList: The honest truth: How alcohol affects your skin:
stylelist.com/read/the-honest-truth-how-alcohol-affects-your-skin



THIS COULD
GET UGLY...
ALCOHOL POISONING



PICTURE THIS

You've taken in a large amount of alcohol in a short period of time. Now your blood alcohol level is so high it's considered toxic. You might feel totally confused and disoriented, have shallow breathing and you might pass out or even go into a coma. You could die if you don't get medical treatment right away. Welcome to the world of alcohol poisoning.

A common cause of alcohol poisoning is binge drinking, taking in a lot of alcohol in a short time span.

Here's what happens in your body:

- Your liver filters out the alcohol from your blood.
- Because we absorb alcohol a lot faster than food, it gets into the bloodstream quicker.
- But the liver can only process a small amount of alcohol at a time, leaving more in the bloodstream.
- The faster you drink, the higher your Blood Alcohol Concentration (BAC) goes.
- Your brain is going to sleep. So, your mental and physical abilities get affected. During this time, your breathing, heart rate and gag reflex might not work right.
- You pant, you might choke and your heart rate gets a bit out of whack. If your BAC is high enough, these functions can stop working.
- You stop breathing and die.



Those at the highest risk of alcohol poisoning:

- College students
- Alcoholics
- People taking medicine that can clash with alcohol
- Children who try drinking out of curiosity

MORE BAD NEWS...

Even when you stop drinking, your Blood Alcohol Concentration can keep going up for as much as 30-40 more minutes, making symptoms worse if you've already had a lot to drink.

SIGNS OF ALCOHOL POISONING

- Confusion
- Hypothermia (drop in body temperature)
- Pale skin, sometimes taking on a bluish tinge
- Clammy skin that feels cool to the touch
- Stupor (conscious but not responsive)
- Passing out
- Unusual breathing pattern
- Very slow breathing
- Vomiting
- Unable to stand up or walk
- Not able to wake up, even when shaken by others
- Irregular or slow heartbeat or pulse of less than 40 beats per minute



ACT FAST!

IF YOUR FRIEND IS SHOWING THE SIGNS OF ALCOHOL POISONING, DO THIS:

- Call 911 for help right away
- Stay with your friend
- Keep him or her sitting, not lying down
- If unconscious, turn your friend on his or her side to lessen the chance of choking on vomit
- If your friend stops breathing, perform rescue breathing if you know how
- When help arrives, let the paramedics know how much your friend had to drink

IF YOUR FRIEND IS SHOWING THE SIGNS OF ALCOHOL POISONING, DO NOT DO THIS:

- ✗ Give him or her coffee
- ✗ Put him or her in the shower
- ✗ Make your friend walk
- ✗ Have your friend go swimming
- ✗ Let your friend drive
- ✗ Let your friend ride with someone who's been drinking

WHAT TO EXPECT AT THE HOSPITAL


Depending on your Blood Alcohol Concentration level and how serious the signs and symptoms are, the medical staff may just watch you until your alcohol levels drop. Or they may insert a tube into your windpipe to help you breathe. You may get an intravenous (IV) drip for hydration, blood glucose and vitamin levels. In some cases you may have to have your stomach pumped. They'll flush out the fluids through a tube that goes down your mouth or nose.

**ALCOHOL POISONING IS SERIOUS STUFF.
STAY SOBER. STAY ALIVE.**



Facts About Alcohol Poisoning
[collegedrinkingprevention.gov/
OtherAlcoholInformation/
FactsAboutAlcoholPoisoning.pdf](http://collegedrinkingprevention.gov/OtherAlcoholInformation/FactsAboutAlcoholPoisoning.pdf)

Use the **WHO? WHAT? WHEN? WHERE? WHY?**





BEHIND THE WHEEL

DRINKING AND DRIVING

STEER CLEAR!

In a few short years, you'll be of driving age. With a lot of prep and a little luck, you'll get your license and have a car to drive. This section lets you know what's up ahead if you choose to drink alcohol and drive.

EMPTY BOTTLE, FULL THROTTLE

Car crashes are a leading killer of teens.

THE MAJOR DANGERS INCLUDE:

1. DRIVING AT NIGHT
2. SPEEDING AND STREET RACING
3. DISTRACTIONS
4. NOT WEARING A SEAT BELT
5. DRINKING AND DRIVING

Every year, thousands of teens are killed or badly hurt in traffic accidents caused by drunken driving. These are people who don't get to graduate high school, go on to college, fall in love, start a family and get a career. Driving after drinking alcohol is a serious problem for anyone at any age. For teens—who don't have the driving experience, have brains still developing and have a lower tolerance for alcohol—this problem gets totally jacked up.

CRITICAL DIGITS

40

Percent of all deaths by car accidents that involve alcohol.

DIALING IT OUT

Designated driver: *noun*, a member of a group who stays away from drinking alcohol in order to drive the others safely.

**DON'T BECOME A STATISTIC! IF YOU HAVE TO DRINK,
MAKE SURE YOU HAVE A DESIGNATED DRIVER WHO'S
TOTALLY SOBER.**

THE 411 ON 502 (THE POLICE CODE FOR DRUNKEN DRIVING)

Drivers aged 16-20 are 17 times more likely to be killed in a crash when they have a Blood Alcohol Concentration of .08%, compared to when they haven't been drinking.

Food, coffee or exercise won't lessen the amount of booze in your system. Only time can do that.

Cops are trained to spot drivers who have been drinking. Thinking you can fool them is just plain foolish.

Never get in a car with a driver who's been drinking.

Get busted for underage drunken driving, face jail time, the loss of your driver's license, lawyer's fees, court costs and other fines.

An independent study found that first time drunken driving offenders could expect to pay \$5,000 to \$24,000 for a Driving While Intoxicated arrest and conviction.

FACTS AND THE STATS

The only factor that lowers a person's Blood Alcohol Concentration is time.

**MORE
411!**

Drive Safely: Teenage
Drunk Driving Facts:
[drive-safely.net/
teenage-drunk-driving.
html](http://drive-safely.net/teenage-drunk-driving.html)

Write about a time when someone you know drove after they drank alcohol.
How did that make you feel?



Write about a situation when you felt uncomfortable being with someone
who was drinking alcohol and decided to drive. What did you do?



What are some things that you can do in the future if you feel uneasy about
being with someone who may be driving after drinking?



GET A RIDE WITH SOMEONE ELSE

CALL A RELATIVE

CALL YOUR PARENTS

SITUATION: You think the person driving you home may have had too much to drink. What are three things you can do to make you feel safer?



#1

ASK
THEM
NOT TO
DRIVE

CALL
A TAXI

#2

GET
OUT
OF THE
CAR

CALL
THE
POLICE

#3

CALL A
TRUSTED
ADULT

WALK SOMEWHERE SAFE

CALL 411

STAY PUT

NEIN

NON

PLAN OF ACTION

STRATEGIES FOR SAYING NO

HET

EI

NEE

SO NOW YOU KNOW

Now you know the effects of alcohol on your body systems, some common myths, drunken driving facts, the legal consequences of underage drinking and a lot more. The question is: What are you going to do when your friends pressure you to make unhealthy choices, like drinking, using tobacco or doing drugs? Here are some plans you can use:

1. Steer clear.

Stay away from the situation completely. Don't be around a bad situation where bad things can happen.

2. Say no.

"No thanks." "No way." "I'm good." "Not interested." These are all good responses when offered alcohol, smokes or drugs. Enough said. You don't need to explain or defend your decision. Say no and move on.

3. Walk away.

Think of a safe place to go. Then just start walking away. Leave as quickly as you can and don't look back.

4. Ignore the pressure.

Keep doing what you were doing before the person pressured you. Don't make eye contact.

POA 4 NO



5. Offer a better idea.

Give an idea that you and your friends can do that's a better alternative. Play video games. Go see a movie. Go shopping or bowling or go for a walk at the park.

6. Make an excuse.

You don't have to lie. Just come up with a real reason to not go along with your friend's offer. "I told my mom I'd clean my room and I need to get started." "I need to get home. I told my parents I'd be home right away and I don't want to get grounded."

7. Reverse the pressure.

Turn the tables on your friend. Say "Why are you pressuring me?" or "If you were my friend you wouldn't push me like this. Why don't we play a video game? Come on. Let's play a game."

8. State the facts.

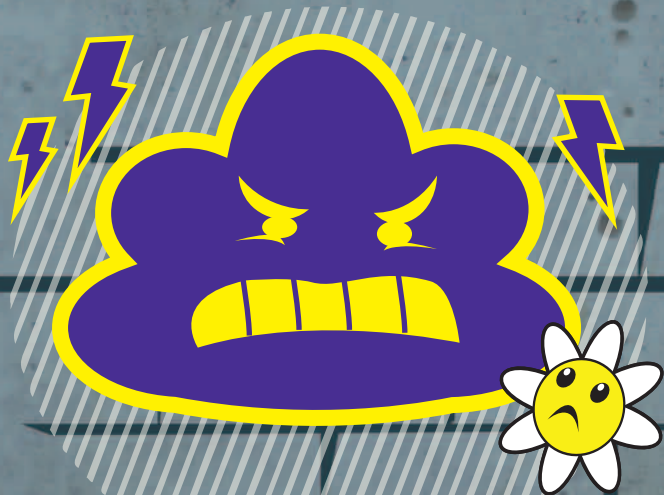
Tell your friend the consequences of what they're offering. "That stuff makes you forget stuff." "Why would I want to get sick and puke all over?" "We could get suspended for skipping school."



No thanks.
I have a game
tomorrow.

No thanks.
I'd rather
get pizza.

No thanks.
I have plans to
go to a movie.



BULLY LOADED

DRINKING AND BULLYING

BULLY BASICS

A recent study in the U.S. showed that nearly half of all elementary to high school students were bullied at least once in the last month. So what is a bully? A bully is someone who harms a victim without being provoked. They repeat their actions over time, causing harm to their victims.

TYPES OF BULLYING

Physical: Hitting, kicking, punching, slapping, pinching, rude hand gestures or other aggressive acts

Verbal: Using words to mock a victim's intelligence, social standing, abilities, appearance or other characteristics

Social: Hurting a person's reputation or relationships, leaving a person out of an activity on purpose, spreading rumors, embarrassing someone in public

Cyberbullying: Harassing someone online by sending or posting hurtful messages through social media sites, web pages or chats.

JUST ADD ALCOHOL

Get this: Studies have found out that boys who are bullies at 8 years old are almost five times more likely to become frequent heavy drinkers than non-bullies and victims. And they're eight times more likely to use other substances. The reason why is said to be that young aggressive children are attracted to aggressive and moody peers. They adopt their lifestyle, which often includes substance abuse.

KNOW THIS

- Children are often bullied into using drugs and alcohol.
- Peer pressure is the biggest influence on underage drinking. Young people think they have to drink in order to fit in.
- Binge drinking is a chief factor of addiction. This is defined as five or more drinks for boys in less than two hours, and four or more drinks for girls in less than two hours.
- Drinking alcohol makes the chances of being a victim or perpetrator of a violent crime go up.

Have you ever seen someone under the influence of alcohol being a bully to others? How did it make you feel? What did you do?



THE RESULTS ARE IN

Bullying and substance abuse are serious and growing concerns. The negative results of drinking and those of bullying are the same. And each role in the bullying production—the bully, the victim, the bully-victim and the bystander—are all at a higher risk of using illegal substances than their peers who aren't involved.



CRITICAL DIGITS

4,300

Number of deaths of underage youth in the U.S. each year due to alcohol.

**MORE
411!**

NoBullying.com: Underage Drinking
nobullying.com/underage-drinking

SHOOT! FAILS TO SCORE! ALCOHOL AND SPORTS

WHY DRINK IF YOU'RE AN ATHLETE?

Alcohol can mess up reaction time, balance and hand-eye coordination, all of which you need for peak athletic performance. It's also a diuretic, making you pee out the fluids and electrolytes your body needs for proper hydration. Alcohol can make you more tired when exercising. Other effects of alcohol on athletes:

- Dilation of blood vessels
- Increased sweating
- Dehydration

Even days after drinking it, alcohol can delay your reaction and keep you from thinking clearly. Game performance will be at risk and your chances for injury go up. Because it gets in the way of lactic acid breakdown, you could be sorer for longer after exercising. Imagine trying to play in a school football game and having to deal with vomiting, nausea and drowsiness because you drank the night before. Looks like the bench for you. Most likely underneath it.

FACTS AND THE STATS

Women may be more sensitive than men to the toxic effects of alcohol on the heart.

**MORE
411!**

Bodybuilding: Sports,
Exercise & Alcohol:
[bodybuilding.com/
fun/issa65.htm](http://bodybuilding.com/fun/issa65.htm)

HELP IS WHERE YOU FIND IT

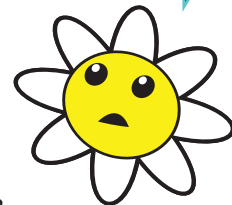
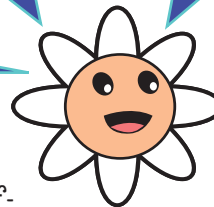
HOW TO TALK ABOUT YOUR ALCOHOL PROBLEM

I am worried.

I am upset.

I want to change.

yeah?



NEVER EASY, ALWAYS HELPFUL

It isn't easy to talk about personal problems with others. Doesn't matter if it's an eating disorder, a smoking habit, a self-confidence issue, a drug addiction or an alcohol problem. But the fact of the matter is, once you've come to terms with it and admitted to yourself that it is a problem and you need help, help will be there for you.

Realize that alcohol and the need for it can sometimes be stronger than our ability to say no. It's OK to admit defeat. But you have to be ready to fix the problem, get healthy and become stronger than your addictions. There are people who will help you do that.

TALK THE TALK

Ready to talk to someone and get help? Keep these ideas in mind when doing so:

- Know that underage drinking is harmful to your health and your future.
- Admit you have a problem.
- Be honest and sincere.
- Show that you're concerned for your health, safety and well-being and know that you need to change.
- Be thankful and appreciate the advice you're given.

DIALING IT OUT

Alcohol dependence: *noun*; a physical or mental need for alcohol which may involve cravings and withdrawal symptoms.

FAMILY FIRST

Trust your family first. Hopefully your parents, brothers or sisters or even aunts and uncles are the type who will listen to your sincere requests for help and will appreciate you reaching out to them. Chances are they love you, care about you and want to see you get better.

OTHERS AT THE READY

There are others in your life that may be able to listen and help. Think about speaking to them and asking for help from your close friends who don't drink, your teachers, counselors, coaches, preachers, your doctor or other adults you can trust to listen and offer support and resources for help.

TIPS FOR QUITTING ALCOHOL

1. Get all alcohol out of your home.
2. Stay away from places where alcohol is easy to get.
3. Stay away from people who are drinking.
4. Think about seeking treatment.
5. Trust in your family and friends to help.
6. Reward yourself for making progress.
7. Consider help groups like Alcoholics Anonymous and Alateen.
8. Tell the world you're quitting and stick to it.
9. Stay busy.
10. Figure out your issues.



GO PRO

There are professional services you can turn to for outside help. They know exactly what you're going through and how to help.

- **Al-Anon-Alateen:** 888-4AL-ANON
- **Alcoholics Anonymous World Services:** 212-870-3400
- **American Council on Alcoholism treatment referral line:** 800-527-5344
- **National Council on Alcoholism and Drug Dependence:** 800-NCA-CALL
- **National Institute on Alcohol Abuse and Alcoholism:** 301-443-3860

**MORE
411!**

TeenHelp.com:
Teen Alcoholism
[teenhelp.com/
teen-alcohol-use/
teen-alcoholism.
html](http://teenhelp.com/teen-alcohol-use/teen-alcoholism.html)

Have you ever known someone to ask for help with their drinking problem? What happened?



FIGHTING
JAIL

HARD
LIQUOR

GRAVE CONSEQUENCES

WINE

SHAME

DIVORCE

STRESS

LYING

List other "GRAVE" consequences you have seen from alcohol.









CRYING

ARGUING

MONEY
PROBLEMS

NO SAFETY

JEALOUSY









GETTING BACK ON THE SOBER TRACK

STEPS TO GETTING SOBER

If you've already started drinking, there are steps to take to get yourself clean. Your life is worth it.

STEP 1: Go to therapy sessions or AA (Alcoholics Anonymous/Alateen) meetings weekly. Set up a regular schedule and make sure you don't miss any appointments.

STEP 2: Decide to stay away from the people who enable you to drink. Try to stay away from friends or family members who make access to alcohol easy.

STEP 3: Set life goals. Figure out what you'd like to do with your life and your future. Write down the goals and realize that getting clean is the best way to reach those goals.

STEP 4: Clean out everything. Get organized and clean out the things you no longer have use for. Getting your living space clean will help you become clean and sober.

STEP 5: Make a pact to not start drinking until you've passed the legal drinking age. Your mind and body aren't ready before this time.

STEP 6: Stay away from parties where alcohol is served. Make other plans. Make up an excuse if you have to but know that steering clear of alcohol-serving environments will help you fight the urge to drink.

**MORE
411!**

**SoberNation: How
to be a Sober Girl:**
[sobernation.com/
sober-girl](http://sobernation.com/sober-girl)

YOU THE HERO

HELPING OTHERS GET HELP



SUPER YOU

Maybe you have a friend, a brother or sister or a parent with a drinking problem. You have the power to come to the rescue and help.

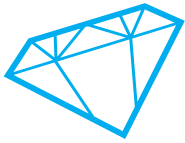
TIPSHEET

- Don't let a friend who's been drinking get in a car and drive. Offer to drive, take the keys away or call someone. Angry friends are still better than dead ones.
- Don't preach. It doesn't work. Be patient and compassionate and ready to act.
- Don't be afraid to get involved. Talk honestly about the problems drinking can cause and solutions for kicking it.
- Let the person know he or she isn't alone. There are many great treatment options out there.
- Don't try to talk to the person while he or she is drunk. A sober subject calls for sober conditions.
- Offer to help your friend get help. Do the research and guide him or her to Alcoholics Anonymous or another treatment program.

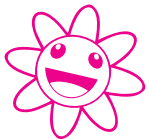
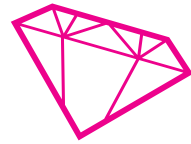
Remember that you probably can't turn around an alcoholic's life all by yourself. But you can take the first steps and make a real difference. That's what heroes do. Heroes like you.

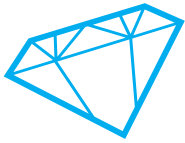
**MORE
411!**

How Do I Help a Friend with an Alcohol Problem?:
justaskhope.com/how-do-i-help-a-friend-with-an-alcohol-problem

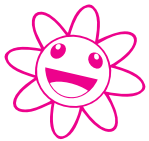
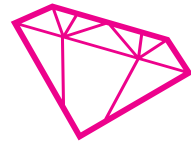


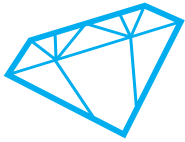
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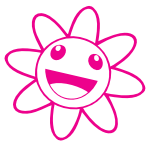
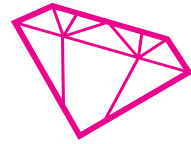


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my JOURNAL



RESOURCES

Alcoholics Anonymous

aa.org

Al-Anon Family Groups

al-anon.alateen.org

Center for Substance Abuse Treatment (CSAT)

1-800-662-HELP (662-4357)

Alcohol and Drug Abuse Crisis Line

1-800-234-0420

National Institute on Alcohol Abuse and Alcoholism

niaaa.nih.gov

SoberNation: Addiction Treatment Centers & Recovery Resources

SoberNation.com

NCADA: National Council on Alcoholism & Drug Abuse

ncada-stl.org

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IT GOES BY MANY NAMES...

ANTIFREEZE BEAST BOOZE

BREW BREWSKI CHUG COLD ONE

FIREWATER GARGLE

GOOF GIGGLE JUICE HARD STUFF HOOCH

JACK JUICE POISON REFRESHMENT

SAUCE SHINE SWISH HAPPY DRINK GROG

DEVIL'S MOUTHWASH HAIR OF THE DOG

MOONSHINE RED-EYE ROAD SODA ROT GUT SUDS

No matter what you call it, if you're under 21, call it illegal. If you're a minor especially, drinking alcohol is also dangerous, fattening, harmful to your health, bad for your skin, expensive and deadly. Getting drunk can wreck your body, your mind and your future. Check out the info inside on this high-octane subject and decide for yourself.



WHO?
WHAT?
WHERE?
WHEN?
WHY?



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