

alcohol

CAUSE & EFFECT



SHORT TERM EFFECTS

Brain

Impaired motor skills and judgement, damage to short term memory, stroke, head aches

Psychological

Major mood swings, violent behavior, depression

Vision

Dizziness, blurred vision, blood shot eyes

Heart

Increased blood pressure

Stomach

Nausea, vomiting, alcohol poisoning, possible death

Coordination

Unable to walk or talk clearly, accident prone

LONG TERM EFFECTS

Brain

Brain damage and memory loss, addiction

Nervous System

Break down of the nervous system supplying limbs

Throat

Risk of hemorrhage, increased risk of cancer

Muscles

Weakening and pain

Heart

Heart attacks, heart disease, anemia

Liver

Liver damage, cirrhosis of the liver, possible death

Stomach

Peptic ulcer, gastritis

Pancreas

Early diabetes, bad digestion

Bones

Degeneration and risk of fracture



BEHAVIORAL HEALTH: Relationship & family problems, problems getting or keeping a job, problems at school, loss of interest in hobbies

STREET NAMES FOR ALCOHOL: Booze, liquor, cocktail, highball, nightcap, moonshine, forty, spirits, brew, juice.

FORMS OF ALCOHOL: Beer, liquor (like whiskey, vodka, rum, gin, tequila, etc.), wine, malt liquor and liqueurs.



FACTS ABOUT ALCOHOL:



- Statistics show that drinking and driving is the leading cause of teen deaths in the U.S.
- Binge drinking is when someone drinks multiple drinks in a short period of time (For guys, five drinks and for girls, four drinks).
- It is illegal for a teen to drink alcohol. The age limit to drink varies by state.
- The CDC reports that alcohol-related car accidents kill 32 people a day.
- Teens who start drinking before the age of 15, are five times more likely to become alcoholics than those who begin drinking after they are 21.
- Drinking coffee does not help you sober up.
- According to the CDC, nearly 79,000 people die from alcohol poisoning each year.
- Even consuming just one alcoholic drink can impair your ability to drive. Buzzed driving is still drunk driving.

Refusal Tips

If you find yourself in a situation where someone is encouraging or pressuring you to drink alcohol, try one of these lines :

- "Sorry, I have to drive tonight."
- "No thanks. I don't like beer."
- "No way. My mom will kill me if I come home smelling like alcohol."



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