

# ALCOHOL

Alcohol is created when fruits, grains and veggies are fermented. Fermentation is a process that breaks down the natural sugars in foods and turns them into a deadly poison: Alcohol.



## IDENTIFICATION



**Forms of Alcohol:** Beer, liquor (like whiskey, vodka, rum, gin, tequila, etc.), wine, malt liquor and liqueurs.

**What's it Do?** Alcohol interferes with your brain's ability to send messages to other parts of your body. When drinking alcohol, everything slows down – your vision is blurry, your movements are clumsy and you have trouble speaking and thinking clearly.

### Warning Signs of Abuse

- Poor concentration
- Headaches, nausea and sensitivity to sound
- Slurred speech
- Red/blood shot eyes
- Fatigue & sleep problems
- Problems at school (failing grades, cutting class)
- Loss of interest in hobbies



### 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 men, five drinks and for women, four drinks).
- It is illegal for a teen to drink alcohol. The age limit to drink varies by state.
- According to an American Medical Association survey, 2 out of 5 teens said they could get alcohol from a friend's parent.
- Teens often mix alcohol with energy drinks, which creates an even bigger problem.

## SHORT-TERM EFFECTS

- Dizziness
- Major mood swings
- Violent behavior
- Lack of coordination
- Impaired motor skills
- Impaired judgment
- Nausea and vomiting
- Damage to your short-term memory



## LONG-TERM EFFECTS

- Alcohol addiction
- Depression
- Increased risk of cancer
- Brain damage and memory loss
- Problems getting and keeping a job
- Liver damage, including cirrhosis of the liver
- Relationship and family problems
- Death



### Refusal Tips for Kids

It's not always easy for a kid to keep their cool in the face of peer pressure. Give them a few suggestions on how to say "NO" like:

- "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."
- "I'll pass. I don't want to get arrested."

Drinking too much alcohol doesn't just damage your liver and brain. It puts your life in jeopardy.



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JUST THE FACTS