

JUST THE FACTS

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 and 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."