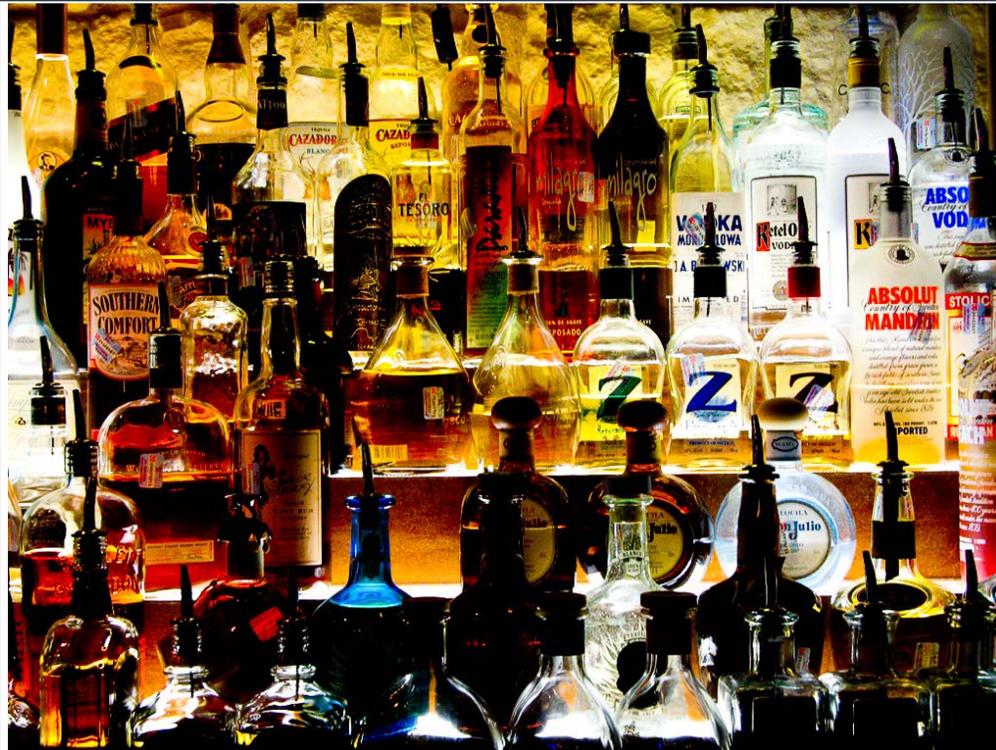


Alcohol



Bell Ringer #1

Positively Negative Poem
on page 172 .

- Read poem
- Write a one paragraph reflection about the poem ~ what does it MEAN to you?
- 5 sentences minimum

Fact or Myth?

Think Pair Share Activity

- **Take out Fact/Myth worksheet on page 173.**
- **Find a shoulder buddy**
- **Answer the questions & write a sentence why you think it is a fact or myth**

Fact or Myth???

Drinking alcohol through a straw “filters out” the alcoholic content of the beverage?

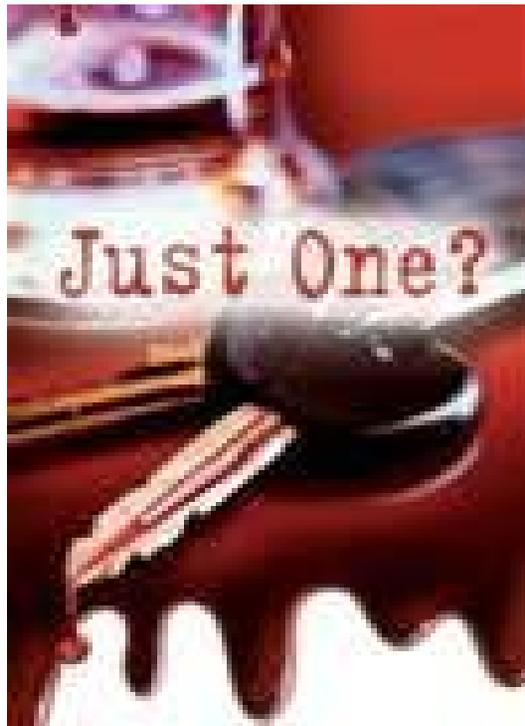


MYTH:

The alcohol content remains the same no matter how the drug is delivered into the body.

Fact or Myth???

Someone who
doesn't seem
drunk can't be
drunk.



MYTH:

Many people,
particularly those with
alcohol problems, can
drink a lot without
showing the obvious
signs of drunkenness.

Fact or Myth???

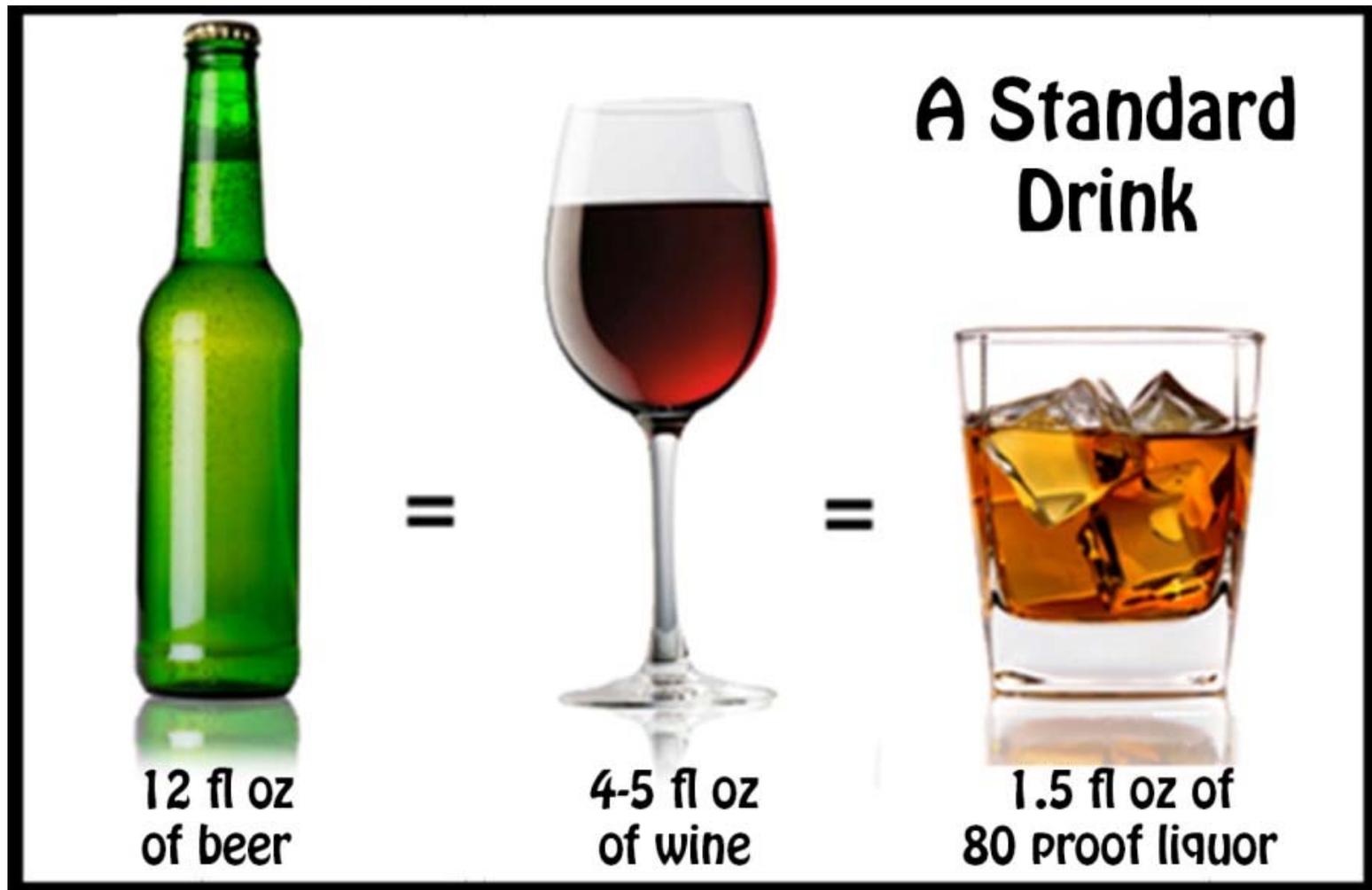
Beer and Wine have less alcohol than “hard” liquors like whiskey.



MYTH:

One standard serving of beer, wine or liquor contain the same amount of alcohol.
(Quick demo.)

Standard Serving Sizes



Fact or Myth???

Using Alcohol on weekends or only once in a while is harmless.



MYTH:
People can get into serious health, legal, and social situations anytime they use alcohol.

Fact or Myth???

When an individual is drunk, a coffee, a cold shower or fresh air will sober him or her up.



MYTH:

These practices do not speed up the liver's ability to break down the alcohol, so they don't help to sober a person up.

**Time is the best method.*

How is Alcohol Made?

- Produced naturally by **fermentation** of **fruits**, vegetables or grains
 - **Fermentation**- is a process in which yeast, sugar, and water are combined to produce alcohol and carbon dioxide.
- Water, flavoring and minerals are added to form beer and wine
- Can be processed to create liquors
 - Whiskey
 - Gin
 - Vodka



How is Alcohol Made?

- **Ethanol** is a type of alcohol, and the two are formed by the fermentation of glucose by enzymes in yeast.
- Ethanol is the only type of alcohol that can be consumed.
- **Methanol** alcohol is rubbing alcohol and can not be consumed.
- A proof of an alcoholic beverage is twice its alcohol content. So for example 80 proof whiskey is 40% alcohol.

Is Alcohol Powerful a drug? **Is it Addictive?**

- Yes because alcohol can alter your behavior, perception and the way your body reacts to different situations.

Why Do People Drink?

- People consume alcohol to be social, fit in and escape problems. They want to feel the effects of being drunk.

- Yes it is called Alcoholism.
- Alcoholism is a disease in which there is a physical and psychological dependence on alcohol.
- Some people develop a compulsive need for alcohol.
- People with the addiction can get help by attending Alcoholics Anonymous (A.A.) Classes.

What is Addiction?

- A state of physiological or psychological dependence on a potentially harmful drug.
- <http://www.youtube.com/watch?feature=endscreen&NR=1&v=5f1nmqiHIII>

What Does Consuming Alcohol do to your Body?

- At first, it may give the drinker a certain energy of “buzz”
- However Alcohol is a **Depressant**.
- It effects the CNS by slowing it down therefore diminishing the brain’s level of awareness.
- Within time the person becomes **intoxicated**.



Intoxication



- What is **intoxication**?
- **Physical** and **mental** impairment ranging from inability to walk to unconsciousness

Daily Review

1. What is the best method for an individual to sober up?

Time

2. _____ is a state of physiological or psychological dependence on a potentially harmful drug.

Addiction

3. _____ is a process in which yeast, sugar, and water are combined to produce alcohol and carbon dioxide.

Fermentation

4. What category of drug is Alcohol?

Depressant

5. _____ is the physical and mental impairment ranging from inability to walk to unconsciousness.

Intoxication

6. How would you help a friend you know is intoxicated?

Bell Ringer #2

“Binge Drinking Article”

-Read Article

-Answer the Questions to the Article

Blood Alcohol Concentration

- Blood alcohol concentration is the amount of alcohol in a person's blood.
- This can be measured by a blood test or a breathalyzer.
- .08 is legally **drunk**.
 - **3-5** drinks
- The legal age to buy & drink alcohol in the state of Michigan is **21** years old.
- Under the age of 21 is zero tolerance for alcohol.
- What determines how quickly alcohol consumption will affect you?
 - **Weight**
 - **Sex**-why? (article)
 - Have you **eaten**
 - **When** and **what**

BAC Levels

- **01-.05**
 - **Nearly** normal
- **.03-.12**
 - Euphoria
 - Confidence
 - Reduced inhibition
 - Reduced coordination
 - **Judgment problems**
- **.08 - Legally drunk**



BAC Levels

- **.18-.3**
 - Confusion
 - Exaggerated emotions
 - Slurred speech
 - Increased pain tolerance
- **.25-.4**
 - Vomiting
 - Decreased consciousness
 - May pass out
- **.35-.5**
 - **Coma**
 - **Possible Death**



Binge Drinking

- Consuming large amounts of alcohol in a short amount of time is called **binge drinking.**

The Doctors: Binge Drinking Dangers you didn't know medical course

- <https://www.youtube.com/watch?v=-srNZb8WmlM>
- Binge Drinking – The Facts
- <https://www.youtube.com/watch?v=clEEeK1e4gU>

Alcohol Poisoning

- Alcohol is a toxin.
- **Toxin is a substance that is poisonous.**
- If a person swallows a large amount of alcohol the stomach will reject it. This causes a person to vomit.
- It is sometimes difficult to tell if a person has just "passed out" or is in **grave** medical danger.
- Video: In the mix:
http://www.youtube.com/watch?v=TuSNV_Xkh8A



Alcohol Poisoning Story

- **Scenario** - Last summer, a girl went to a party with many of her friends. She decided it was a good idea to mix drugs and alcohol together. The drugs she took and alcohol were considered “uppers” and “downers” which is a horrible idea. She was under the influence so bad to the point that she had passed out. What should you do???

CALL 911

If...

- they **cannot** stand up
- they are asleep and you are **unable** to wake him/her up
- they do not respond to being **pinched, prodded or poked**
- they are breathing **less** than 12 times per minute or stops breathing for periods of 10 seconds or more
- their skin is **cold, clammy, pale, bluish** in color

Signs of Alcohol Abuse

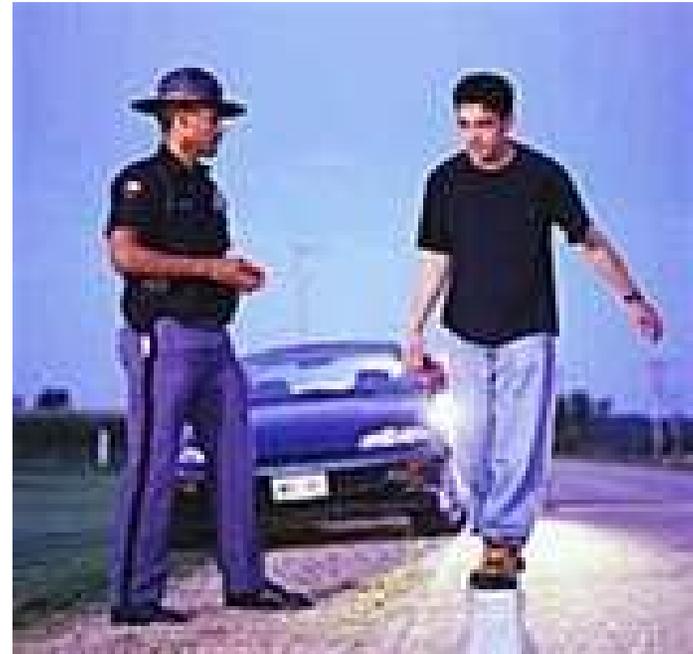
- Drinks **too much** on **regular** basis
- Their use is **self destructive**
- Potentially Dangerous to others
- Establish some measure of control
- Alcohol Addiction or Alcohol Dependence
- Lose control of amount consumed
- Unable to stop use **despite** severe physical and psychological consequences

Signs of Alcohol Abuse

- Trouble with the law
- Family problems
- Increased tolerance: Body & brain need more alcohol to feel the same effect.
- Withdrawal symptoms: Jumpiness, sleeplessness, sweating & poor appetite to convulsions and death.

Alcoholic Signs

- Odor on breath
- Glassy eyes
- Memory loss
- Emotional problems
- Change in appearance
- Failing grades
- Slow reflexes
- Slurred speech



YOU CAN'T HIDE IT

THEY KNOW!!

Daily Review

1. _____ is the amount of alcohol in the blood.

Blood Alcohol Concentration (BAC)

2. Name two factors that affect an individual's BAC.

Body Weight, Gender, Amount of food eaten

3. _____ is consuming large amounts of alcohol in a short amount of time.

Binge Drinking

4. What is the BAC level for being legally intoxicated in the state of Michigan?

.08

5. _____ is a substance that is poisonous.

Toxin

6. When should you call 911 for alcohol poisoning?

Cannot stand up, unable to wake him/her up, do not respond to being pinched or poked, breathing less than 12 x's per minute, skin is cold.

Bell Ringer #3

*Down the Hatch Worksheet

In each box describe the effects of alcohol as it goes through the body.

Effects on the Body

- **Mouth:**
 - Slurred speech
 - Dulls taste and smell, reducing desire to eat.
- **Throat:**
 - Irritation and damage of lining of the throat, induces vomiting, pain and difficulty swallowing.
 - Cancer

**MOUTH
&
THROAT**

Effects on the Body

- About 20% of the alcohol consumed passes through the lining of the stomach and into the **bloodstream**.
- Too much alcohol in the stomach may cause **vomiting**.
- Irritation of stomach lining, ulcers and cancer.

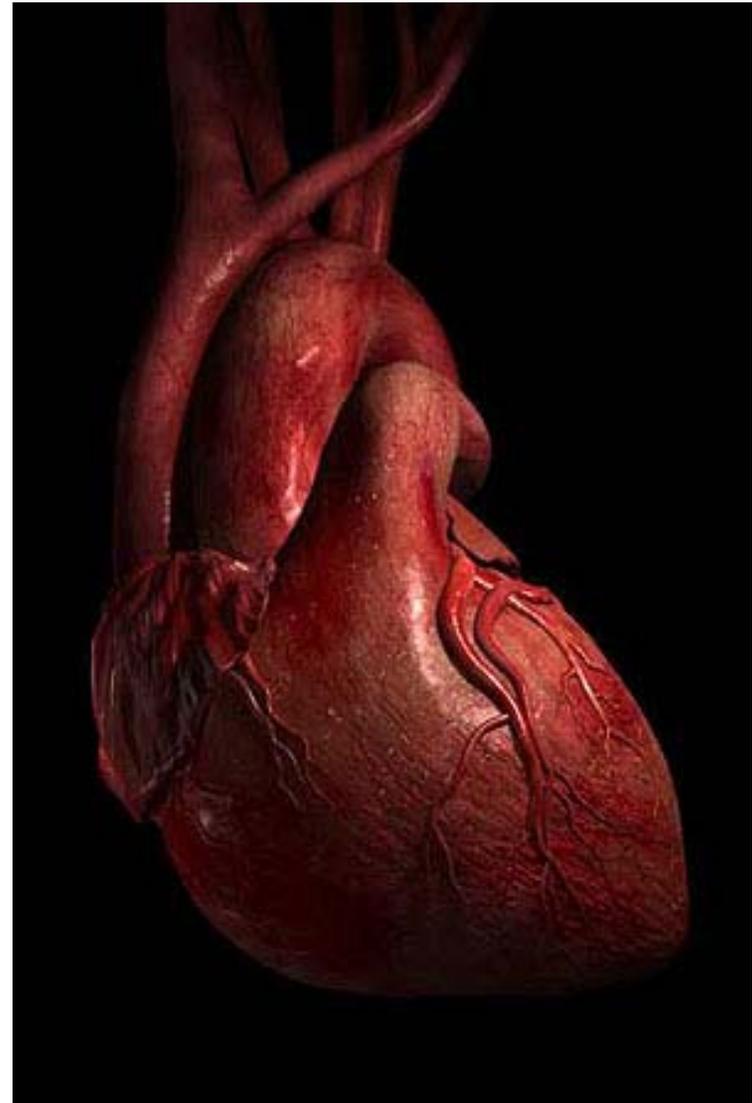
STOMACH



Effects on the Body

HEART

- Alcohol causes the heart to beat **faster** and the blood vessels to widen.
- This increased blood flow to the surface gradually allows body heat to escape and body temperature to drop.
- Heart attacks & Strokes



Effects on the Body

LIVER

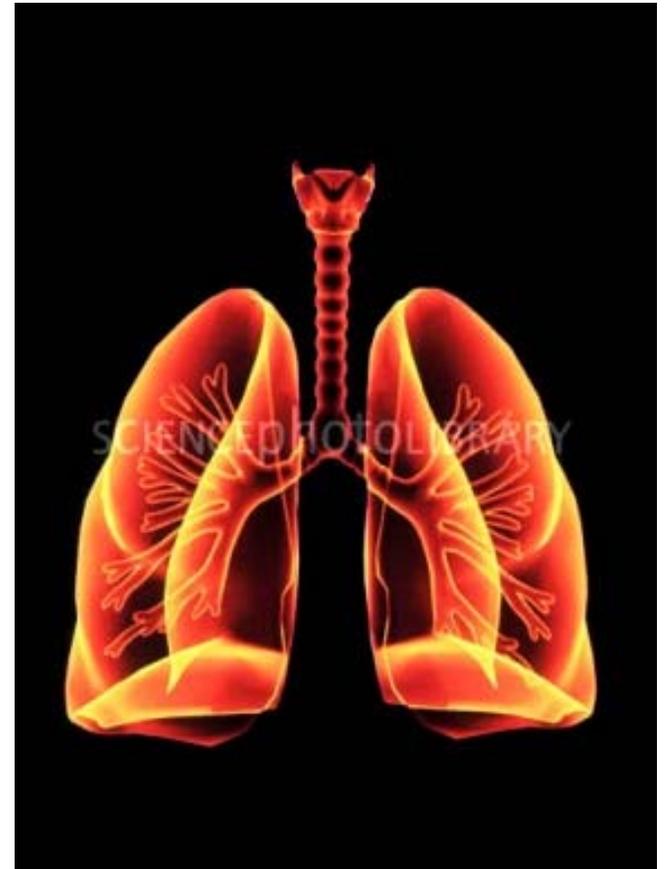


- The liver changes **alcohol** into **water** and **carbon dioxide**. When a person drinks alcohol faster than the liver can break it down the person becomes **intoxicated**.
- Liver breaks down alcohol at approx. **1 drink per hour**.

Effects on the Body

LUNGS

- Carbon dioxide is released through the body through the lungs.
- The water passes out of the body in the form of **urine**, **perspiration** and **breath vapor**.
- May stop breathing.



Effects on the Body



BRAIN

- Alcohol reaches the brain within **minutes**, and the brain becomes **less** able to control the body.
- **Movement, vision and speech** may be affected.
- Video: **Alcohol and your Brain**
- <http://www.youtube.com/watch?v=zXjANz9r5F0>

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ALCOHOL

HARMFUL EFFECTS

- BRAIN DAMAGE
ADDICTION & STROKE
- BLURRED VISION
- SLURRED SPEECH
- BLEEDING THROAT
- BREATHING MAY STOP
- HEART DISEASE
IRREGULAR HEART BEAT
- STOMACH ULCERS
- LIVER DISEASE
LIVER FAILURE
- MUSCLE WEAKNESS
- INTESTINAL CANCER
- INTESTINAL ULCERS
- IMPOTENCE (MEN)
& INFERTILITY (WOMEN)
- OSTEOPOROSIS

Daily Review

- Alcohol Simulation Activity

Bell Ringer #4

“The Health Effects of Teen Alcohol Use Article”

Group Activity: Put students in groups of 4.

1. First read the article as a group or individual. Then as a group come up 5 critical thinking questions.

2. Then have each group read off 1 or 2 of their questions and have the other groups answer.

3. Repeat #2 until each group is done.

10pt. Activity.....

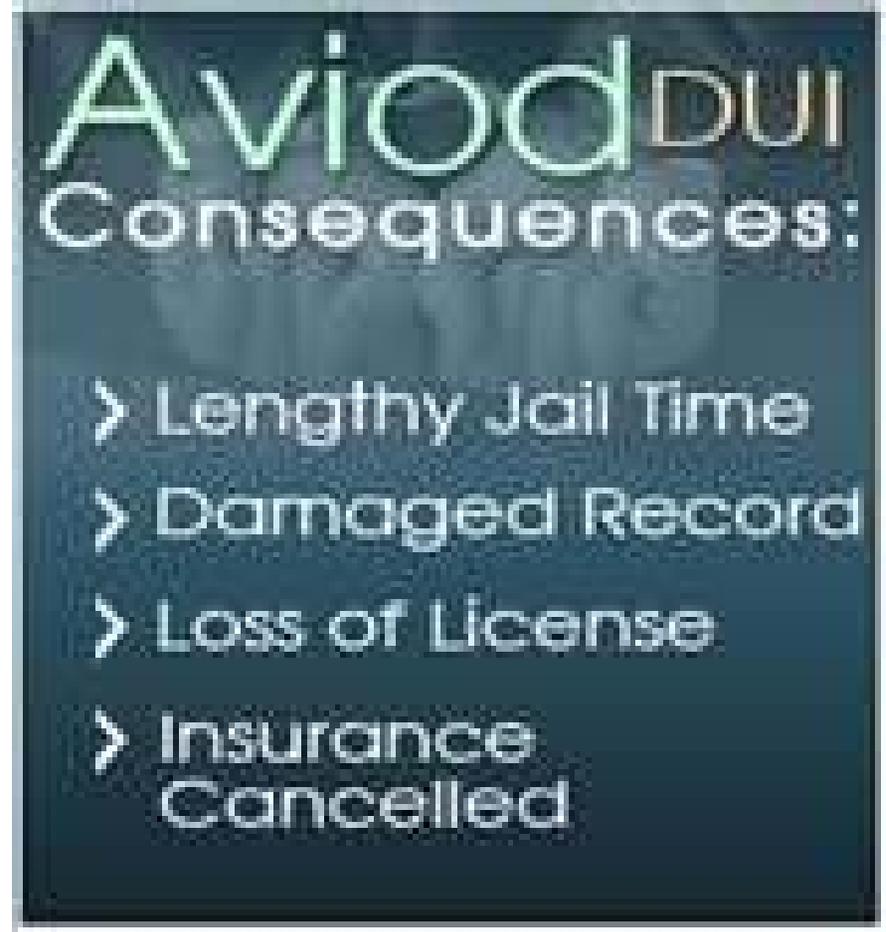
Short Term Effects

Depending on how much is taken and the physical condition of the individual, alcohol can cause:

- Feeling of warmth and flushed skin
- A relaxing effect, Reduce tension, Poor concentration
- Slow reaction time, Lack of coordination, Slower brain activity
- Slurred speech, Altered emotions, Poor vision
- Vomiting, uncontrolled urination, breathing difficulties
- Passing out and Black outs

Short Term Effects

The most deadly is
**Driving Under
the Influence**
(DUI)

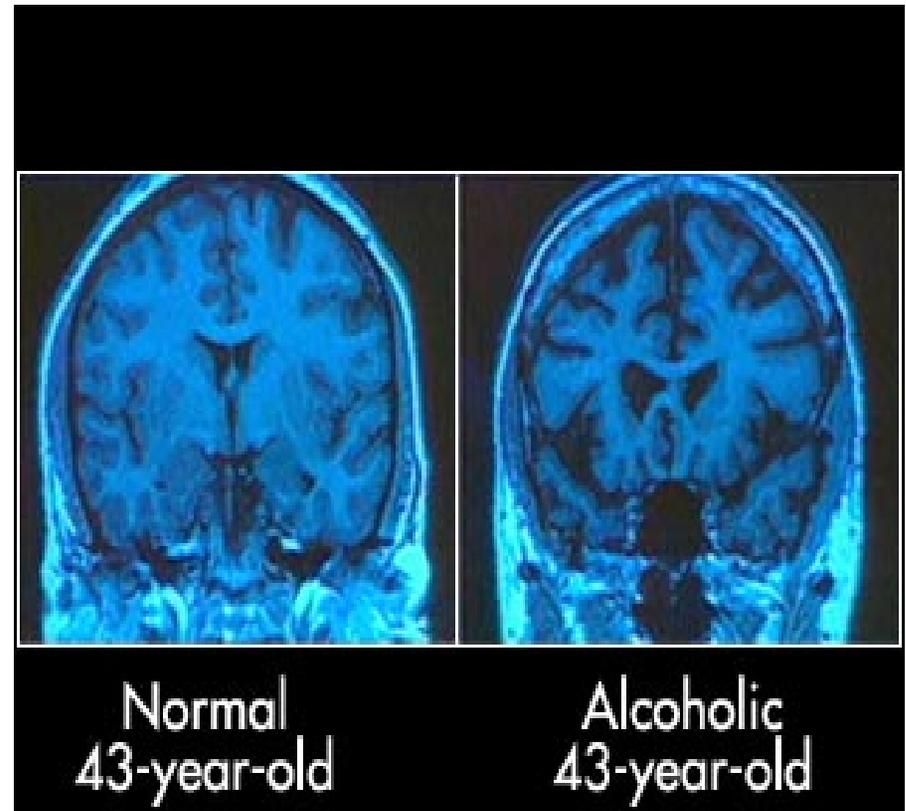


Long Term Effects

- **HIV/AIDS, STDs, unplanned pregnancies, date rape** and **violence** can result when under the influence of alcohol.
- Increased family problems, broken relationships
- Alcohol Poisoning
- High Blood Pressure and Stroke
- Ulcers
- Cancer of the mouth & throat

Long Term Effect

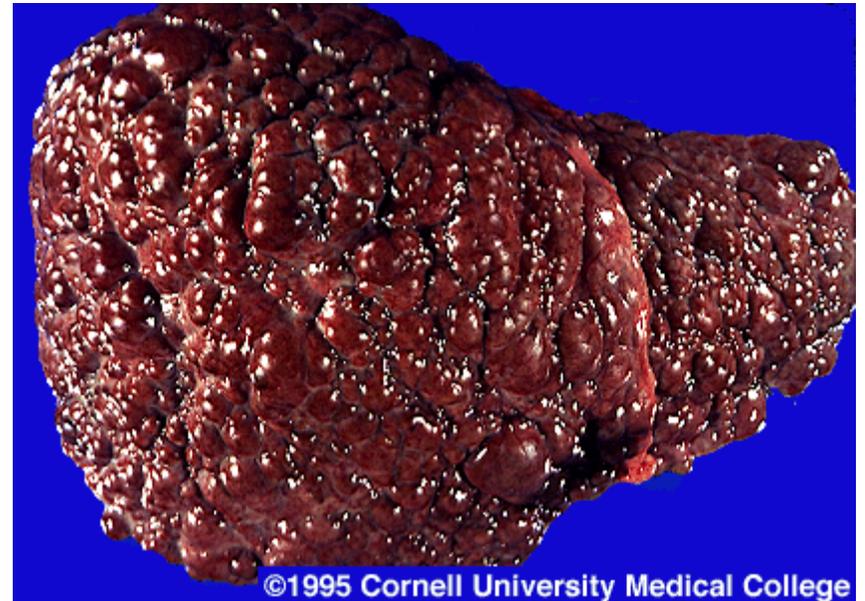
- Leads to major **Brain Damage**.
- Even **moderate** drinking can **destroy** brain cells.
- Which results in **loss** of intellectual abilities such as memory and problem solving.
- Video: Affects of drinking on your brain:
- <https://www.youtube.com/watch?v=proeGAwY1zI>



Long Term Effect

- Alcohol interferes with the liver's ability to break down fats.
- The liver cannot break down fats so the fat builds up in the liver and prevents it from functioning normally.
- **Cirrhosis** of the liver in which liver tissue is destroyed and replaced with scar tissue.
- What Alcohol Can Do To Your Liver: (video)
- <http://www.youtube.com/watch?v=l-SBR7p7K-M>

Long Term Effects



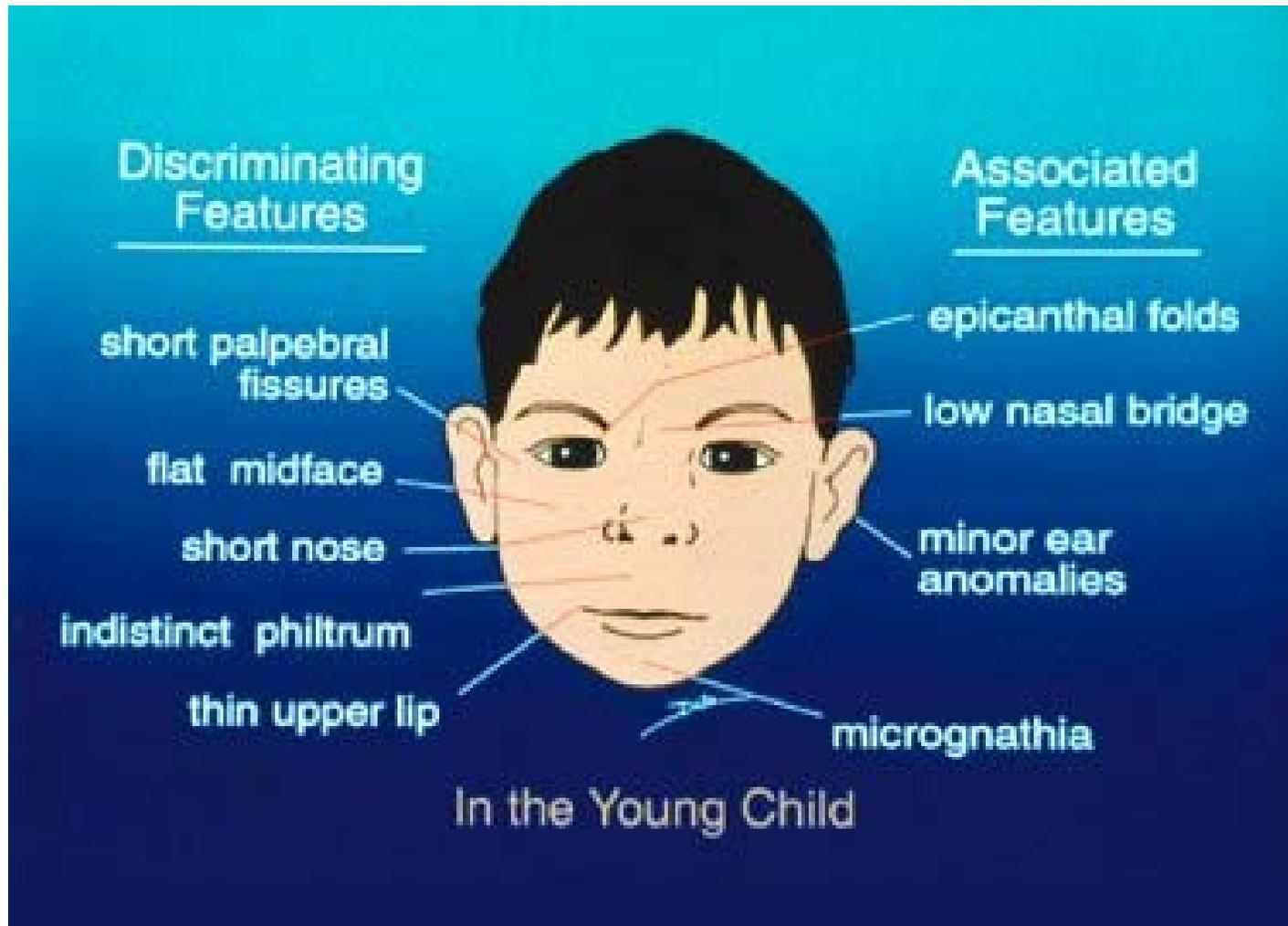
Fetal Alcohol Spectrum Disorder/ Fetal Alcohol Syndrome

- Children **do not** "outgrow" FASD/FAS and its serious consequences.
- They become adolescents and adults who may have difficulties **with learning, attention, memory and problem solving.**

If a mother drinks during her pregnancy the baby may have **physical, cognitive** and **behavioral** abnormalities.



FASD/FAS



FASD/FAS

- **Physical abnormalities**
 - Growth deficiency in height and/or weight
 - facial anomalies
 - short eye slits
 - smooth or indistinct philtrum (the ridges running vertically between the nose and lips)
 - a thin upper lip.
- **Cognitive abnormalities (mental)**
 - coordination
 - difficulty staying focused
 - recognizing/understanding patterns
 - predicting "common sense" outcomes
 - mastering math and reading

FASD/FAS

- **Behavioral abnormalities**
 - violence against themselves/ others
 - hyperactivity
 - social perception or social communication problems
 - being taken advantage of easily
 - inappropriate choice of friends
 - Immaturity
 - superficial interactions

Daily Review

- Name 5 short term effects of alcohol.

Feeling of warmth, flushed skin, a relaxing effect, lack of coordination, slower brain activity, slurred speech, altered emotions, poor vision, vomiting, breathing difficulties, passing out.

- What is the most deadly short term effect?

Driving Under the Influence (DUI)

- Name 5 long term effects of alcohol.

HIV/AIDS, STDs, unplanned pregnancies, date rape & violence
family problems, broken relationships

Alcohol poisoning, stroke, cancer of mouth & throat

Brain damage, Cirrhosis of liver and Fetal Alcohol Syndrome

Bell Ringer #5

- Brandon Silveria Tells His Story Movie

Alcohol Dangers

Drinking and Driving

- Reduces the ability to **judge distances, speeds and turns**
- Makes you take **higher risks**
- **Slows reflexes**



Alcohol Dangers

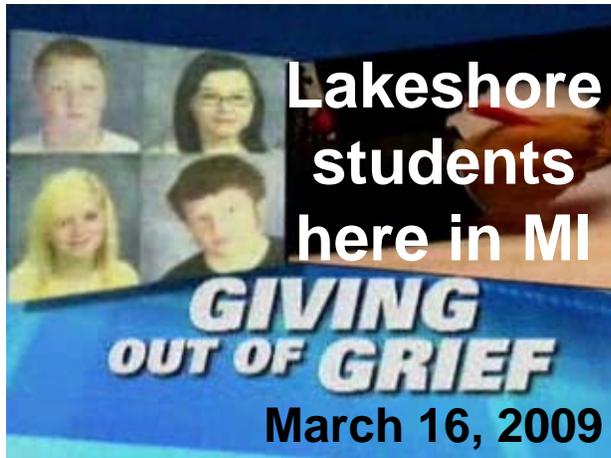
Drinking and Driving

- Driving while intoxicated is the leading cause of **death** amongst teenagers!!
- Each day in the U.S. **11** teenagers are killed and **350** are injured by **drunk driving**.



March 16, 2009

Victims of Drunk Driving



Not everyone who gets hit by a drunk driver dies.



 Jacqueline Saburido was 20 years old when the car she was riding in was hit by a drunk driver. Today, at 25, she is still working to put her life back together. Learn more at www.TexasDUI.org

DON'T DRINK & DRIVE 

Texas Department of Public Safety - Texas Alcoholic Beverage Commission - Smart Drinking Safe Transportation for a Drug-Free Texas | Texas Commission on Alcohol and Drug Abuse
© 2008 Department of Transportation

Victims of Drunk Driving



They not only
destroy their lives,
but **OTHERS** as
well.

Jacqui's Story – Based on true story

- https://www.youtube.com/watch?v=GtXo_usX7Tw&feature=endscreen&NR=1
- 7 minute video
- **Oprah 20th Anniversary Heartprints Jacqui Saburido**
- <https://www.youtube.com/watch?v=hecfPhLdX6M>
- What Jacqui looks like today.
- http://www.oprah.com/oprahshow/Jacqui-Struggle-Video_1