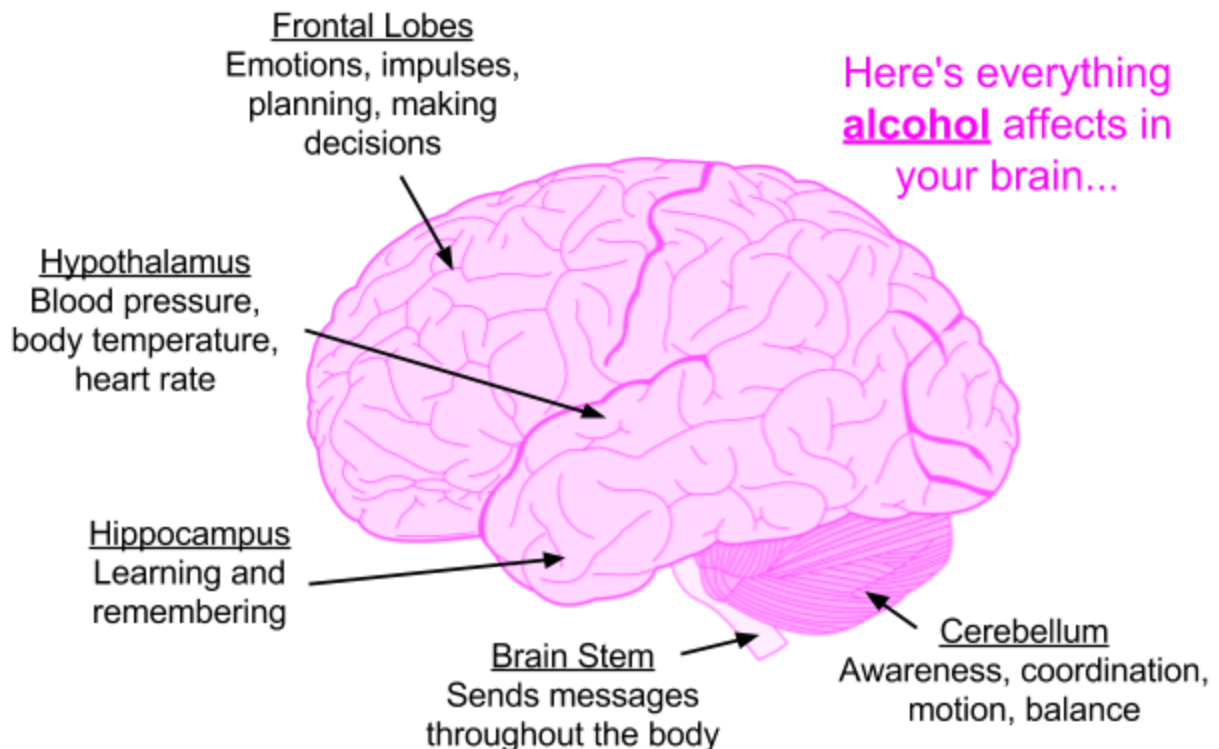


**Alcohol** is the most commonly abused drug for adolescents: 20.3% of people ages 12-20 admitted to drinking in the past month (National Survey on Drug Use and Health, 2015).

### **ALCOHOL AND THE BODY:**

- **Alcohol** lowers heart rate and blood pressure, leading to a "slower" state. Long-term, it can cause irregular heartbeat/arrhythmia, stroke, and high blood pressure.
- **Alcohol** has tons of effects on the brain: it causes memory loss, decreased ability to make decisions, loss of balance, impaired motor skills, and slower reaction times.
- In 2013, 45.8% of all liver disease deaths were caused by **alcohol** (Center for Disease Control and Prevention, 2013).
- Drinking **alcohol** increases the risk of cancers of the mouth, throat (esophagus, pharynx, larynx), liver, and breast.
- **Alcohol** also negatively affects the pancreas and immune system, leading to more preventable illnesses and deaths.

### **YOUR BRAIN ON ALCOHOL:**

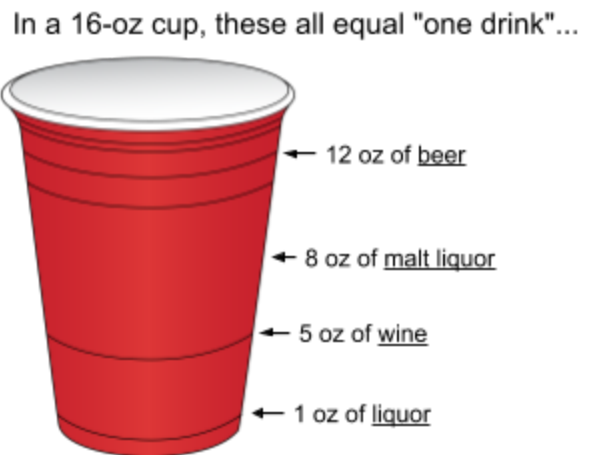


### **DRINKING AND DRIVING:**

- 31% of car crash deaths in the USA are caused by **alcohol** impairment (Department of Transportation, 2014).
- For drunk drivers in fatal crashes in 2014, 30% were between ages 21-24 (DoT, 2014).
- 20% of all adolescents have ridden in a car with a driver who had been drinking **alcohol** (Center for Disease Control and Prevention, 2016).
- With even one drink, **alcohol** can cause a decline in visual ability, in multitasking ability, and in judgement/decision-making. This often leads to fatal results.

### **DRINKING FACTORS:**

- Not all drinks are the same, due to different percentages of **alcohol** content.
- People get drunk at different rates. Females get drunk faster than males, and the lighter you are, the faster you can get drunk.
- After only three drinks, a 120-lb female in high school will have a BAC of about 0.10. A 160-lb male in high school will have a BAC of about 0.05.



### **ALCOHOL POISONING:**

- Having too much **alcohol** and overdosing can have life-threatening effects.
- You can use **PUBS** to remember the signs of **alcohol** poisoning:
  - **Puking while passed out**
  - **Unresponsive to stimulation**
  - **Bad breathing (slow/shallow breathing or no breathing)**
  - **Skin that's blue, cold, or clammy**
- If you see any of these signs, **call 911 immediately**. Roll this person onto their left side and support their head.

### **WATCH:**

1. <https://www.youtube.com/watch?v=vkpz7xFTWJo>
2. <https://www.youtube.com/watch?v=zXjANz9r5F0>