

## ALCOHOL IS THE MOST COMMONLY ABUSED DRUG FOR ADOLESCENTS

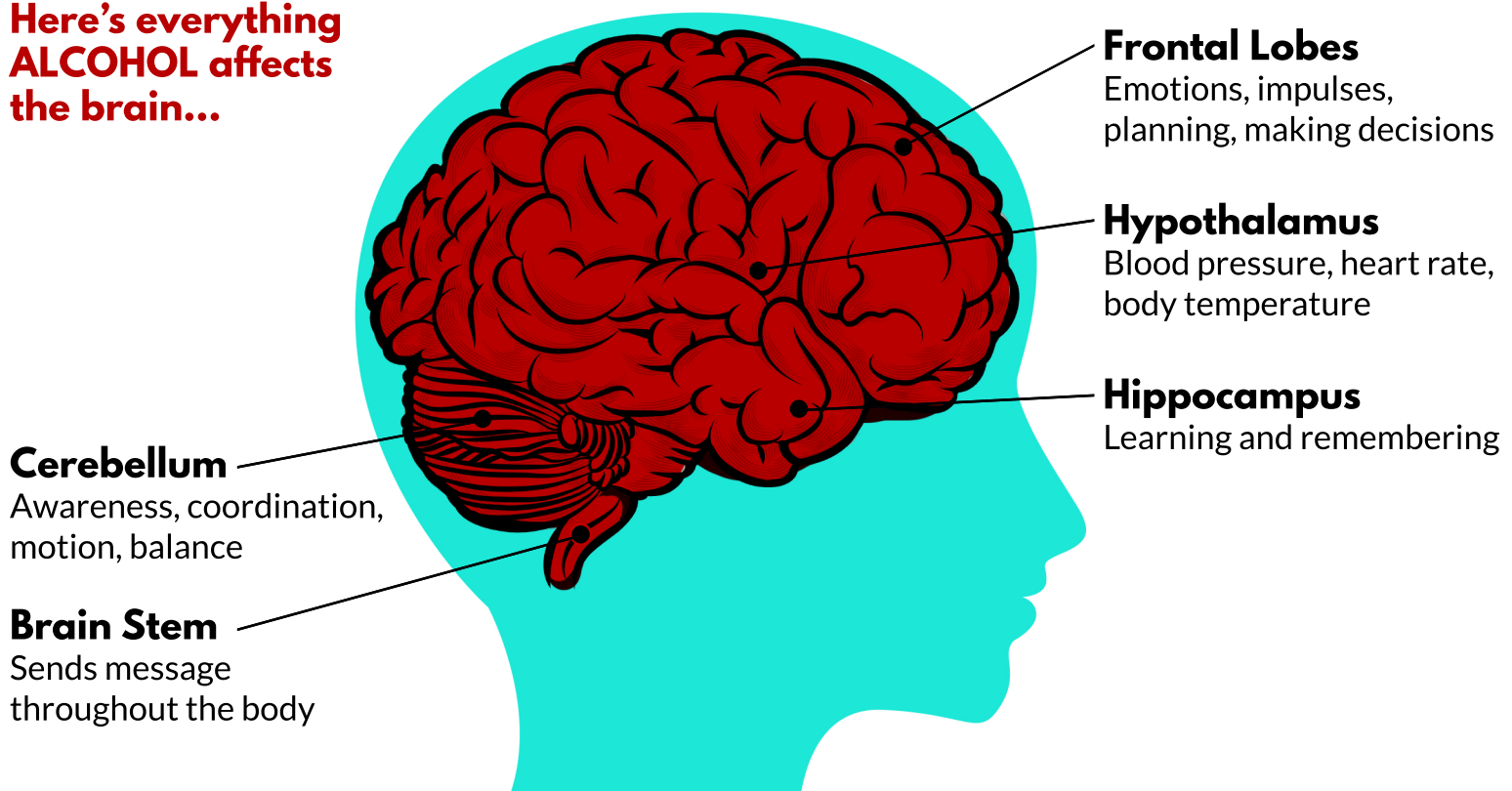
20.3% of people ages 12-20 admitted to drinking in the past month  
(National Survey on Drug Use and Health, 2015)

### 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

**Here's everything  
ALCOHOL affects  
the brain...**



## 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.

**In a 16 oz cup, these all equal “one drink” :**



## ALCOHOL POISONING:

- Having too much alcohol and overdosing can have life-threatening effects.
- You can use **PUBS** to remember the signs of alcohol poisoning:
  - P**uking while passed out
  - U**nresponsive to stimulation
  - B**ad breathing (slow/shallow breathing or no breathing)
  - S**kin 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>