

ALISA'S CHOICE



Alisa was speeding and passed four cars in a no-passing zone before hitting a mail truck. That collision threw her into the path of an on-coming semi-tractor trailer – killing her instantly.

In a tragic twist of fate, Alisa's mother was at the scene of the crash at the time of the collision, right behind the seat.



Alisa's choices ended her dreams of becoming an oceanographer. She loved spending time with friends, skid hiking, tubing and the outdoors.

The choices Alisa made that day left her parents without a daughter and her brothers without a sister.

Chapter Preview

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▲ Working with the Photo

Drinking alcohol as a teen can have serious consequences. **What are some of the risks associated with drinking alcohol?**

Start-Up Activities



Before You Read

Do you know how to “just say no” to alcohol? Answer the Health eSpotlight questions below and then watch the online video. Keep a record of your answers.

VIDEO

Health eSpotlight

Avoiding Alcohol



Choosing not to use alcohol is a healthy choice, but expressing your decision to your friends is not always easy. What methods have you used to “just say no”? What health reasons might you give to a friend to avoid alcohol altogether?

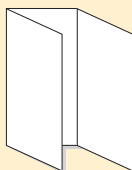
Go to glencoe.com and watch the health video for Chapter 12. Then complete the activity provided with the online video.

FOLDABLES® Study Organizer

As You Read

Make this Foldable® to organize the information in Lessons 2 and 3 on alcohol and its effects on the body. Begin with a plain sheet of 11" × 17" paper.

1 Fold the sheet of paper into thirds along the short axis. This forms three columns.



2 Open the paper and refold into thirds along the long axis, then fold in half lengthwise. This forms six rows.



3 Unfold and draw lines along the folds.

4 Label the chart as shown.

Effects	Short-Term	Long-Term
Mouth and Esophagus		
Heart and Blood Vessels		
Brain and Nervous System		
Liver		
Stomach and Pancreas		

In the appropriate section of the chart, take notes on the short- and long-term effects of drinking alcohol.



Visit glencoe.com and complete the Health Inventory for Chapter 12.

Lesson 1

Why Alcohol Is Harmful

Guide to Reading

Building Vocabulary

Read the terms in the list below. Then, write what you think the definitions are in your notebook. Make any corrections that are needed as you read the text.

- alcohol (p. 278)
- depressants (p. 278)
- alternatives (p. 281)

Focusing on the Main Ideas

In this lesson, you will learn to

- **explain** why some teens drink alcohol.
- **state** reasons not to drink alcohol.
- **identify** alternatives to drinking alcohol.

Reading Strategy

Organizing Information Make a diagram titled *What Teens Should Know About Alcohol*. Draw spokes from the heading. Under each, note one of the facts from the lesson.

Quick Write

Find a news story about a traffic accident involving alcohol. Write a short summary of the story.

What Is Alcohol?

Alcohol is a drug that is produced by a chemical reaction in fruits, vegetables, and grains. There are several kinds of alcohol. Some are used to kill germs. Others can be found in medicines, cleaners, and fuels. The kind of alcohol we are talking about in this chapter is a beverage. It is called *ethanol* alcohol. Ethanol alcohol is produced by a chemical reaction called *fermentation*.

Alcohol affects the brain and central nervous system, causing changes in behavior. Alcohol belongs to a group of drugs known as depressants. **Depressants** are drugs that slow down the body's functions and reactions. Even small amounts of alcohol can affect how a person feels and behaves. Some become relaxed and friendly. Others become depressed and angry. Alcohol makes it hard to think clearly and make good decisions. That is why many people say and do things they regret after they drink.



- ◀ Many teens are making the decision to stay alcohol free. **How can abstaining from alcohol improve your health triangle?**

Alcohol Use and Teens

A teen's body and mind are still growing and developing. Research has shown that alcohol use can interfere with long- and short-term growth. Alcohol can harm the brain's ability to learn and its ability to remember. Teens who drink are more likely to fall behind in school. Alcohol also increases the risk of social problems, depression, suicidal thoughts, and violence.

It is illegal for anyone under the age of 21 to use alcohol. Teens who drink alcohol risk getting into trouble with the law. If you are caught buying or drinking alcohol, you could be arrested, fined, or sent to a youth detention center.

Finally, alcohol is the cause of hundreds of traffic accidents every year. One-third of all teen traffic deaths are related to alcohol.

Why Some Teens Drink Alcohol

Teens who drink risk damaging their health. Why, then, do some young people drink alcohol? Here are some reasons teens give.

What Teens May Say

- "Drinking will help me forget about my problems."
- "I'll look more grown-up with a drink in my hand."
- "Movies make drinking look cool."
- "My friends keep pressuring me to try alcohol."
- "A drink will help me relax."

What Teens Should Know

- The problems will still be there when the effects of alcohol wear off.
- You won't look mature getting in trouble for underage drinking.
- Movies don't always show the risks associated with drinking alcohol.
- Real friends won't pressure you to do something illegal.
- Alcohol interferes with sleep and performance in school or other activities, creating stress.



Identify What can happen to a teen who is caught buying or drinking alcohol?

What Teens THINK

Why do you think some teens choose to use alcohol?

I personally think that there are many different reasons why teens would drink alcohol. During teenage years, a lot of us think that we need to be cool. In large groups or at parties, drinking can get out of hand and peer pressure easily takes control. Even if you think that peer pressure couldn't overpower you, it could be hard to turn it down in a large crowd. As you get older, most teens want to prove that they can be adult and participate in adult-like activities like drinking.

Kylie N.
Boise, ID



Health Skills Activity

Refusal Skills

Life of the Party

Kim has been invited to a party at her friend Terry's house. When she arrives, she finds that Terry's parents are not at home and many teens are drinking beer. Terry tells her that her older brother brought the beer. She urges Kim to try some. Kim knows that it is illegal for teens to drink and has learned about the risks of using alcohol. What do you think Kim should do when her friend laughs at her concerns and continues to offer her a drink?

On Your Own

Apply the S.T.O.P. strategy described below to help Kim say no to using alcohol.

1. Say no in a firm voice.
2. Tell why not.
3. Offer other ideas.
4. Promptly leave.

Go Online

Visit glencoe.com and complete the Interactive Study Guide for Lesson 1.

Reasons Not to Drink

Does the phrase, "just say no" sound familiar? Choosing not to use alcohol is a healthy choice. It shows you understand how risky drinking can be and are choosing to stay alcohol free. Some teens may believe that drinking alcohol will help them fit in with their peers.

In reality, most teens are not drinking alcohol. If you choose not to drink alcohol, you will already be fitting in with most of your peers. Many teens realize the negative effects alcohol can have on their health and are saying no to alcohol use.

- ▶ Alcohol is one of the biggest factors in teen traffic deaths. **Can you think of a better reason to stay alcohol free?**



There are important reasons why you should join this majority. First, you are risking your health when you drink. Second, using alcohol is against the law for teens. Finally, you want to make decisions that will help you become a strong person. Teens who stay alcohol free are better able to handle the challenges of everyday life.



Reading Check

Explain Why is drinking a bad idea for teens?



Alternatives to Drinking Alcohol

Teens who avoid alcohol may want to seek positive alternatives to drinking. But what **alternatives** or *other ways of thinking or acting* are available to teens who choose not to drink? One positive alternative is sports. Learning new skills, discovering a new talent, challenging your body, and being part of a team are all alternatives to drinking alcohol.

Other alternatives include pursuing interests in theater or the arts, volunteering in your community, and advocacy. Becoming an advocate gives you a chance to make a difference in the lives of others. There are many advocacy groups that try to help teens like yourself make smart choices. Some of these include Students Against Destructive Decisions (SADD), Teens Against Tobacco Use (T.A.T.U.), and Youth for Environmental Sanity.

▲ There are much more fun ways to spend time with friends than drinking alcohol. **What activities do you enjoy?**

Lesson 1 Review



After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** Define *alcohol*, and use it in a sentence.
2. **State** What are three reasons not to drink alcohol?
3. **Explain** What are two reasons teens give for using alcohol?

Thinking Critically

4. **Evaluate** How can positive alternatives help a teen avoid using alcohol?

5. **Apply** You are at an amusement park with several friends. When it is time to leave, a friend's brother offers to give you a ride. You believe you smell alcohol on his breath. What should you do, and why?

Applying Health Skills

6. **Advocacy** Create a TV ad that encourages teens *not* to drink. Use images and reasons you think will appeal to teens your age. Share your ad with your classmates.

Lesson 2

Short-Term Effects of Alcohol Use

Guide to Reading

● Building Vocabulary

As you read this lesson, write each new highlighted term and its definition in your notebook.

- reaction time (p. 282)
- intoxication (p. 283)
- blood alcohol content (BAC) (p. 283)
- alcohol poisoning (p. 283)
- malnutrition (p. 285)

● Focusing on the Main Ideas

In this lesson, you will learn to

- **describe** how alcohol travels through the body.
- **explain** the short-term effects alcohol has on a person.
- **identify** factors that account for different reactions to alcohol among different people.

● Reading Strategy

Sequencing Using Figure 12.1, trace the course alcohol takes after it enters the body. Name the various organs it reaches.

FOLDABLES® Study Organizer Use the Foldable® on p. 277 as you read this lesson.

Quick Write

Write a paragraph describing how you think alcohol affects the body.



Alcohol and the Body

Alcohol is a very fast-acting drug. It is quickly absorbed by the bloodstream and reaches the brain within 30 seconds after being swallowed. Alcohol absorption can be delayed if the person who drinks has eaten a heavy meal. Once alcohol reaches the brain, it slows reaction time. **Reaction time** is *the ability of the body to respond quickly and appropriately to situations*. This is what makes drinking and driving so deadly. People with slowed reaction time cannot respond quickly enough to dangers on the road.

Reading Check

Define What is *reaction time*?

Intoxication



As you can see from the diagram in **Figure 12.1**, the liver's job is to break down alcohol once it enters the bloodstream. The liver breaks down approximately 95 percent of all alcohol consumed. The remaining 5 percent passes

- ◀ Alcohol consumption can cause delays in reaction time. **How can this make the activity in this picture very dangerous?**

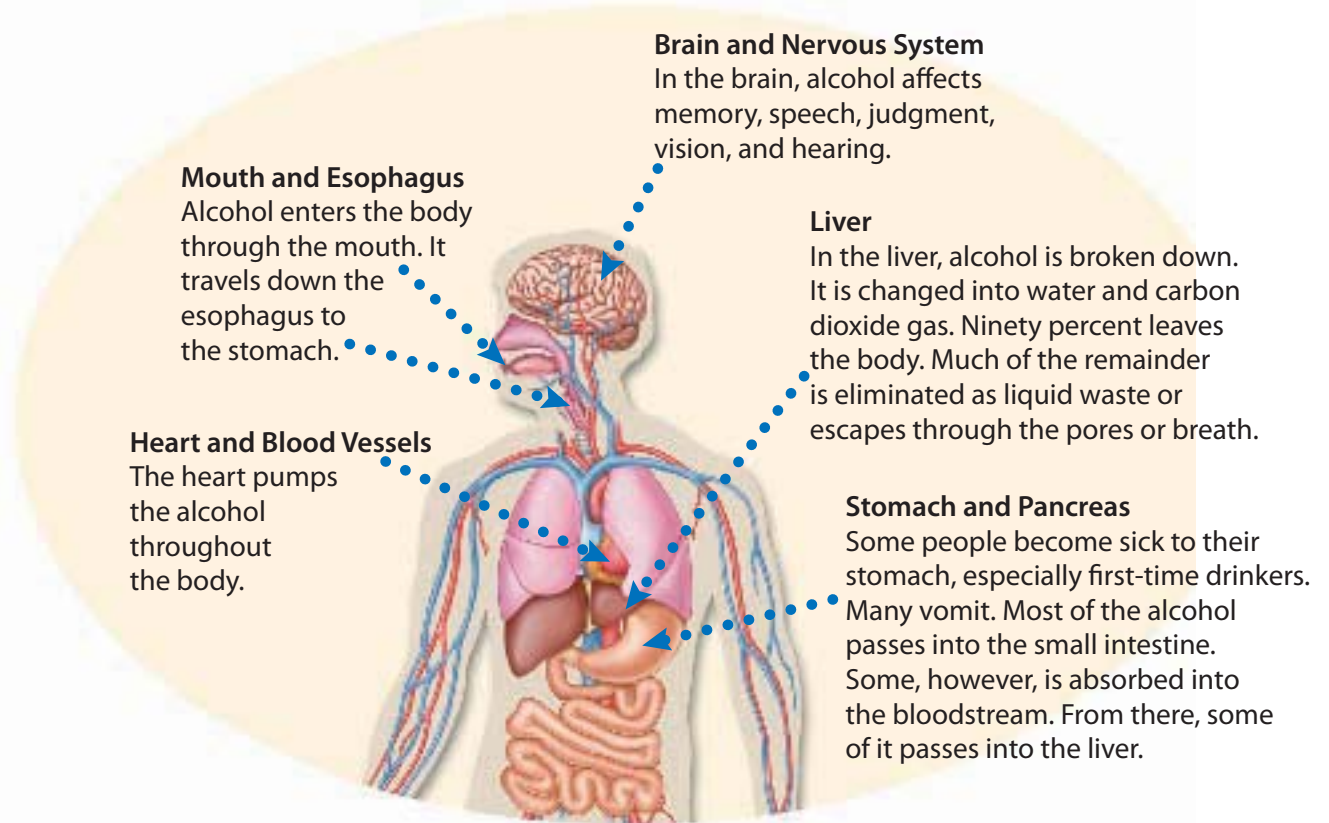


▼ FIGURE 12.1

ALCOHOL'S JOURNEY THROUGH THE BODY

Alcohol travels through the body, where it is filtered by the liver.

What effects can alcohol have on the liver?



out of the body through sweat, urine, and breath. If the amount of alcohol a person drinks is more than what his or her body can tolerate, the person becomes intoxicated. **Intoxication** means *a person's mental and physical abilities have been impaired by alcohol*.

If a person continues to drink, his or her blood alcohol content will continue to rise. **Blood alcohol content (BAC)** is *a measure of the amount of alcohol present in a person's blood*. BAC is expressed as a percentage of the total amount of blood in the body. A BAC of 0.02 percent is enough to make most people feel lightheaded. A BAC of 0.08 percent is enough to make it dangerous for a person to drive a car. If a person has a BAC of 0.08 percent he or she is considered legally intoxicated.

People who are heavily intoxicated are at risk of alcohol poisoning. **Alcohol poisoning** is *a dangerous condition that results when a person drinks excessive amounts of alcohol over a short time period*. And as with any drug overdose, alcohol poisoning can kill you.



Reading Check

Identify What is the BAC of a legally drunk driver?



Connect To...
Language Arts

Intoxication

The word *intoxicate* contains the prefix *in-*, meaning "having or toward," and the suffix *-ate*, meaning "the action of." That leaves the root word, *toxic*. Look this root up in the dictionary.

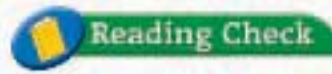
Tell how this root's meaning relates to the terms intoxication and alcohol poisoning.



How Alcohol Affects the Individual

One of the greatest dangers of alcohol is that there is no way to tell how a person will act when alcohol is in his or her body. Several things determine the effect alcohol may have:

- **Gender and body size:** Females and smaller people are affected more quickly than males and larger people.
- **Other drugs:** Alcohol mixed with other drugs or medicines can be deadly. Alcohol can make the effects of other drugs stronger.
- **Food:** Food in the stomach slows down alcohol absorption.
- **General health:** How healthy and well rested a person is affects how the body responds to alcohol. Someone who is tired or sick will be affected more quickly.
- **How fast you drink:** The faster a person drinks, the more he or she will be affected by alcohol.
- **How much you drink:** The amount a person drinks affects how his or her body reacts. Different alcoholic beverages contain different amounts of alcohol. **Figure 12.2** shows a comparison of alcohol content in a variety of beverages. Drinking a lot or very quickly overworks the liver and causes intoxication.

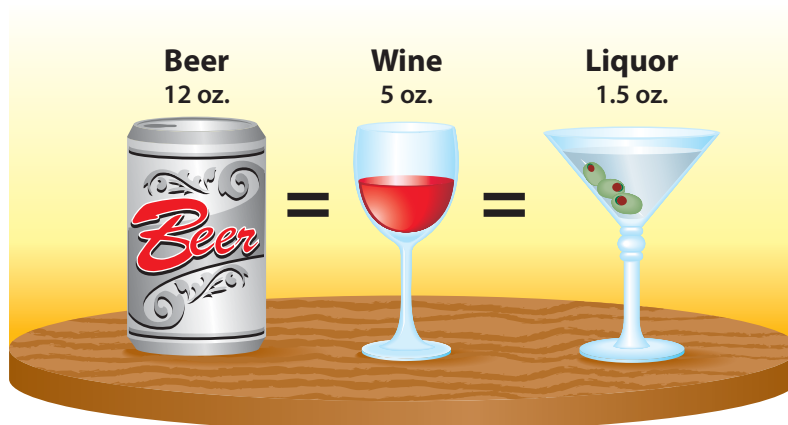


Explain What role does a drinker's weight and gender play in how he or she is affected?

▼ **FIGURE 12.2**

ALCOHOL CONTENT OF DIFFERENT DRINKS

Alcoholic drinks are only partly alcohol. The rest is water, flavoring, and minerals. Each of the drinks shown contains the same amount of alcohol—0.6 oz. of pure alcohol. **How much beer would a person need to drink to consume the same amount of alcohol in two 5 oz. glasses of wine?**



Alcohol Use and Violence

Those who drink are more likely to fight or behave violently. This is because alcohol makes many people aggressive. Alcohol use can cause a great deal of violence both in and outside the home. Two-thirds of all domestic violence cases are related to alcohol abuse. Violence also increases at sporting events where alcohol is served.

Alcohol and Nutrition

Alcohol affects the body's ability to use nutrients. Long-term use of alcohol can lead to **malnutrition**, a condition in which the body doesn't get the nutrients it needs to grow and function properly. Because alcohol comes from the breakdown of sugar, it has calories. These calories have almost no nutritional value. When a person drinks alcohol for a long period of time and is not eating enough healthy food, he or she may not be getting enough nutrients. The calories in alcohol can also cause unwanted weight gain, especially when combined with other high-calorie beverages like soda and fruit juice.

Go Online

Visit glencoe.com and complete the Interactive Study Guide for Lesson 2.

Lesson 2 Review

After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** What is *blood alcohol content*?
2. **Recall** How long does it take alcohol to reach the brain of a person who has not eaten recently?
3. **Give Examples** List three factors that can influence the effect alcohol has on a person.

Thinking Critically

4. **Apply** Review alcohol's journey through the body in Figure 12.1. Explain why people who have been drinking might smell like alcohol.

5. **Analyze** Allie is at a party at a friend's house. She has had trouble sleeping lately because of worries over a big exam. Someone at the party suggests everyone have a beer. What are at least two good reasons Allie should say no?

Applying Health Skills

6. **Accessing Information** Some teens may believe myths about alcohol. With classmates, research several of these myths. Use your findings to create a poster showing the truths about these concepts.

Lesson 3

Long-Term Effects of Alcohol Use

Guide to Reading

● Building Vocabulary

Look at the terms below. Can you see how they might be related? Write down any relationships you see.

- fatty liver (p. 287)
- cirrhosis (p. 287)
- binge drinking (p. 289)
- inhibition (p. 289)
- fetal alcohol syndrome (FAS) (p. 290)

● Focusing on the Main Ideas

In this lesson, you will learn to

- **identify** body organs and systems negatively affected by long-term alcohol use.
- **describe** the long-term effects of alcohol use.
- **explain** the risks to a fetus if its mother drinks alcohol.

● Reading Strategy

Identifying Cause-and-Effect List the long-term effects caused by alcohol as described in the lesson.

Quick Write

Write a short paragraph explaining what you know about the dangers of using alcohol.



Long-Term Physical Effects of Alcohol Use

Alcohol affects all areas of a person's life. Drinking alcohol regularly can lead to a number of serious health problems, including damage to major organs like the stomach, liver, pancreas, and heart. It can also worsen existing health problems. Research has shown that drinking alcohol as a teen can lead to long-lasting learning and memory problems.

Since alcohol is a depressant, it affects a person's emotional health. The more a person drinks, the more problems he or she is likely to have. Many people have mood changes when they drink. Those who are depressed often feel worse with alcohol in their bodies. The combination of alcohol and depression can lead a teen to commit suicide.

For some, alcohol can become addictive. This means that the person needs alcohol both physically and emotionally.



Alcohol and the Mouth

Alcohol is not digested like other foods. It is absorbed by tissues lining the mouth and stomach, and goes directly into the blood. In some cases, people who drink large amounts of alcohol are more likely to develop mouth or throat cancer than people who don't drink alcohol.



Alcohol and the Stomach

Alcohol irritates the stomach lining and increases the amount of acid there. Extra acid makes the lining red and swollen, and can produce ulcers. Ulcers are sores that cause bleeding.

Drinking alcohol also weakens the valve that separates the stomach from the esophagus. This valve is like a door that prevents stomach acid from entering the esophagus. When the valve is weak, acid flows back into the esophagus and causes heartburn. Many people who drink regularly have ongoing heartburn.



◀ The picture on the left shows a normal liver. The one on the right shows one damaged by alcohol. **What can happen if your liver stops functioning?**



Alcohol and the Liver

One of the most serious effects of alcohol is damage to the liver. If alcohol is frequently in the blood, liver cells die. When this happens, **fatty liver** can develop. This is *a condition in which fats build up in the liver and cannot be broken down*. The increased amount of fat prevents the liver from working normally and from repairing itself.

A life-threatening problem also associated with heavy alcohol use is **cirrhosis**. This is *a disease characterized by scarring and eventual destruction of the liver*. The scarring from cirrhosis reduces blood flow in the liver. The damaged liver is unable to carry out one of its key functions—removing poisons from the blood. These poisons can eventually reach and damage the brain.

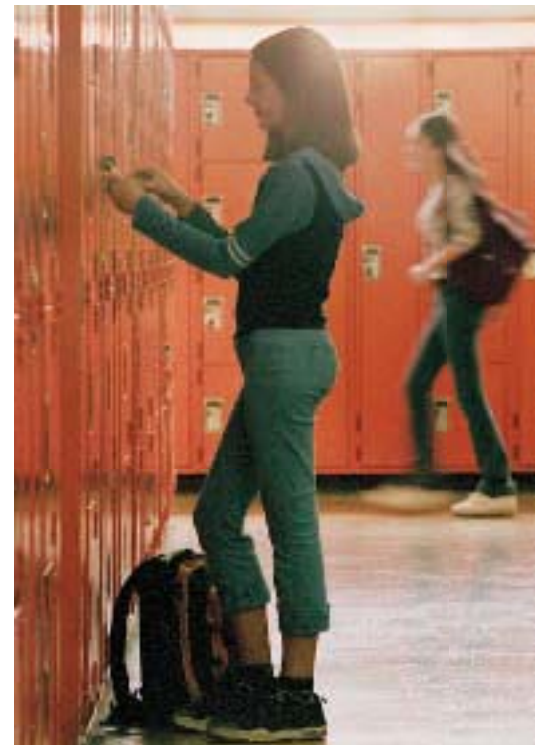
▼ Even simple acts can be difficult when intoxicated. **How might intoxication affect a person's daily activities?**



Alcohol and the Brain

Alcohol disrupts the parts of the brain responsible for memory and problem solving. Alcohol also destroys brain cells. Unlike many of the other kinds of cells in your body, brain cells do not grow back. Once you destroy them, they are gone forever. This damage can be serious enough to interfere with everyday functions.

Alcohol can also block messages that are sent to the brain. This can cause problems with movement, vision, and hearing.





Alcohol and the Heart

Heavy drinking damages the heart muscle, causing the heart to become weakened and enlarged, and leads to high blood pressure. It increases the risk of congestive heart failure and stroke. Heavy drinking also raises the levels of some fats in the blood.



List Name two problems of the stomach related to long-term alcohol use.



Driving While Intoxicated

As stated earlier, a person with a BAC of 0.08 percent is considered legally intoxicated or drunk. If the person is also driving a car, he or she is said to be driving while intoxicated (DWI).

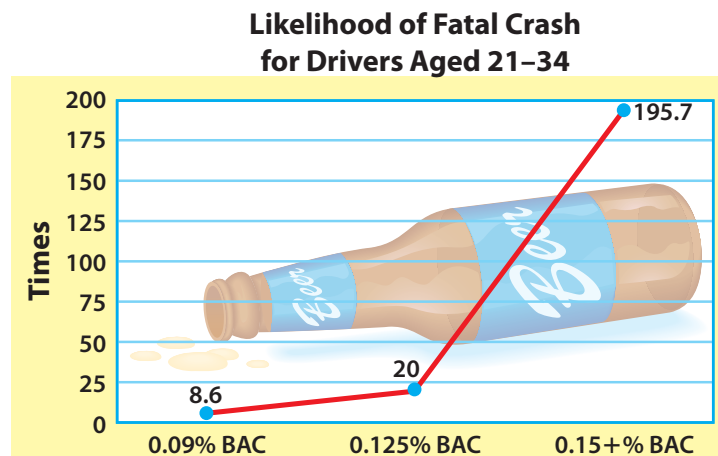
A devastating long-term consequence of driving while intoxicated is causing your own death or the death of another. On average, someone is killed in a crash involving alcohol every 31 minutes. In 2005, over 16,000 people were killed in alcohol-related crashes. That accounts for 39 percent of all traffic deaths that year. Remember, the driver is not the only person at risk. Passengers, pedestrians, and other drivers are all potential victims of a person who is DWI.

People who are DWI are more likely to die in a fatal crash than sober drivers. **Figure 12.3** shows a numerical link between the amount of alcohol in a driver's blood and the likelihood of a deadly accident occurring.

FIGURE 12.3

TRAFFIC DEATHS AND BAC

About three in every ten Americans will be involved in an alcohol-related crash at some time in their lives. **How can you reduce your risk of being involved in an alcohol-related crash?**



Source: U.S. Dept. of Transportation, 2000.



◀ Binge drinking can prevent teens from reaching their long-term goals. **What are some other effects of binge drinking?**

Binge Drinking

Teens who experiment with alcohol also risk becoming binge drinkers. **Binge drinking** is the consumption of a large quantity of alcohol in a very short period of time. Although binge drinking is dangerous at any age, it is a special problem for teens.

Binge drinking is harmful because of the potential long-term consequences. Since teens frequently combine high-risk activities with binge drinking, their potential for death or serious injury is very high. Some of the dangers include:

- Death due to falls, drowning, or drunk driving
- Pregnancy or contraction of sexually transmitted diseases due to sexual activity
- Being a victim of violent behavior
- Death from alcohol poisoning

 **Reading Check** Define What is binge drinking?



Alcohol Use and Teen Pregnancy

Unplanned pregnancies are sometimes a long-term consequence of alcohol use. Using alcohol can lower a person's inhibitions and affects the ability to make healthy decisions. An **inhibition** is a conscious or unconscious restraint of a person's own behaviors or actions. Many inhibitions are normal and healthy because they prevent people from taking dangerous risks.

When using alcohol, people are much more likely to say and do things they normally would not. The things that they say and do could negatively affect their future. Teen pregnancy is a very serious and long-lasting result of lowered inhibitions.

Go Online

Visit glencoe.com and complete the Interactive Study Guide for Lesson 3.



▲ Signs like this appear in some restaurants and other locations where alcohol is available. **Why do you think it is important to post these types of warning labels?**

Pregnancy among teens is usually unplanned. One study of female teens with unplanned pregnancies found that one-third had been using alcohol.

An unplanned pregnancy complicates a teen's life. It can disrupt long-term plans and goals, such as going to college. Most teens are not prepared emotionally or financially to be parents. For this reason, pregnancy can be very difficult for teens.

Fetal Alcohol Syndrome

When a female is pregnant, everything she eats and drinks affects her unborn baby. This includes alcohol, which is passed into the baby's blood. A baby's liver is not developed enough to break down alcohol. Therefore, when an unborn baby is exposed to alcohol, it can develop **fetal alcohol syndrome (FAS)**. FAS is a group of alcohol-related birth defects that include both physical and mental problems. Babies with FAS can have smaller body sizes, lower birth weight, and other problems. Babies with FAS frequently develop problems with their hearts and kidneys as well. Because alcohol limits the supply of oxygen to the baby's brain, learning disabilities and mental retardation can also occur.



List What are some health problems that occur in babies with FAS?



Lesson 3 Review



Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** What is *cirrhosis*? What are the long-term risks associated with this health problem?
2. **Explain** How are three body organs or systems negatively affected by long-term alcohol use?
3. **Recall** What are the risks to the fetus of a pregnant female who uses alcohol?

Thinking Critically

4. **Hypothesize** What are some ways in which experimenting with alcohol can interfere with a teen's future?

5. **Apply** At a party, Cindy sees a pregnant female reach for a beer. What could Cindy say to help the woman understand the health risks of drinking during pregnancy?

Applying Health Skills

6. **Practicing Healthy Behaviors** Some people say that alcohol helps them relax and sleep better. Make a list of things you could do that would help your body relax and sleep better without using alcohol.

Lesson 4

Alcoholism and Alcohol Abuse

Guide to Reading

Building Vocabulary

Read the terms below and try to define them. Write your definitions in pencil and make any changes that are needed as you read this lesson.

- addiction (p. 291)
- alcoholism (p. 291)
- tolerance (p. 292)
- physical dependence (p. 292)
- enablers (p. 294)
- alcohol abuse (p. 295)

Focusing on the Main Ideas

In this lesson, you will learn to

- **identify** symptoms of alcoholism and alcohol abuse.
- **describe** the stages of alcoholism.
- **explain** how alcoholism affects families and society.

Reading Strategy

Sequencing As you read the lesson, be aware of the progression of alcoholism. Make notes about what occurs at each stage of the problem.

Quick Write

Make a list of all the reasons you can think of to avoid alcohol use.

Alcohol's Addictive Power

One of the biggest problems with alcohol is that it is habit-forming. Like other drugs, using alcohol repeatedly can lead to **addiction**. This is a *physical or psychological need for a drug*. Teens 15 and younger are four times more likely to become addicted than older individuals.

An addiction to any drug can change a person's life. It takes the focus off of healthy goals and damages relationships with family and friends. In the following lessons, you will learn more about the dangers of alcohol addiction, and about where people can turn for help.

The Disease of Alcoholism

People who are addicted to alcohol suffer from alcoholism. **Alcoholism** is a *progressive, chronic disease involving a mental and physical need for alcohol*. People with alcoholism are called *alcoholics*. The disease affects all parts of an alcoholic's life—physical, mental, emotional, and social. Currently, an estimated 14 million Americans are alcoholics or have an alcohol abuse problem.



Millions more take part in risky drinking that could lead to mental, emotional, and health problems. People with this disease typically have five major symptoms:

- **Denial.** The person has a hard time believing they have a problem. They are usually the last to admit they need help.
- **Craving.** The person has a strong need, or compulsion, to drink.
- **Loss of control.** The person is unable to limit his or her drinking on any given occasion.
- **Tolerance.** A person who drinks regularly can develop a tolerance. **Tolerance** is a process in which your body needs more and more of a drug to get the same effect. For alcoholics, tolerance means needing to drink more and more in order to feel the effects of intoxication.
- **Physical dependence.** This is a type of addiction in which the body itself feels a direct need for a drug. If the person stops drinking abruptly, he or she may experience symptoms, such as sweating, shakiness, and anxiety.

Academic Vocabulary

displays (di SPLEYZ) (verb)
shows. *If someone you know displays signs of depression, talk to a trusted adult immediately.*

Figure 12.4 lists some other symptoms associated with alcoholism. If you know someone who **displays** some of these symptoms, encourage him or her to get help.



Reading Check

Define What is physical dependence?

FIGURE 12.4

COMMON SYMPTOMS OF ALCOHOLISM

As shown, alcohol affects all areas of life and leads to negative consequences to your physical, mental/emotional, and social health.

What should you do if you think that someone you are close to has an alcohol-related problem?

- 
- Drinking alone
 - Making excuses to drink
 - Need for daily or frequent use of alcohol in order to function
 - Lack of control over drinking, with inability to stop or reduce the amount of alcohol being consumed
 - Episodes of violence associated with drinking
 - Secretive behavior to hide alcohol-related behavior
 - Hostility when confronted about drinking
 - Neglecting to eat regularly
 - Neglecting to take care of physical appearance
 - Nausea and vomiting
 - Shaking in the morning
 - Abdominal pain
 - Numbness and tingling
 - Confusion

Source: National Institutes of Health

Stages of Alcoholism

There are four stages of alcoholism. They develop over a period of time. Each stage can be long or short, depending on the individual and the age at which he or she begins drinking.

Stage One

Most people in the first stage are surprised by how much they can drink. Other symptoms of this first stage include:

- Drinking to relax or get relief from stress and mental fatigue
- Looking for opportunities to drink
- A gradual increase in tolerance

Stage Two

In the second stage, the person has short-term memory loss and blackouts. These are periods of time the alcoholic cannot remember. Other symptoms include:

- Saying or doing hurtful things
- Sneaking extra drinks and feeling guilty
- Making excuses for drinking

Stage Three

In stage three, the alcoholic loses control. He or she cannot predict what will happen. For example, though the alcoholic intends to have only one drink, he or she cannot stop after just one. The alcoholic's body depends on the drug. Other symptoms include:

- Aggressive or resentful behavior
- Making and failing to keep promises
- Losing interest in anything but alcohol
- Avoiding family and friends
- Trouble with money, work, and the law
- Tremors and the start of severe physical problems

Stage Four

The fourth and final stage is chronic, or ongoing. Up until now, the alcoholic may have been able to keep a job. Now, however, he or she lives to drink, and drinking can go on all day. Symptoms include:

- Long periods of being intoxicated all the time
- Strange or unreasonable fears
- Faulty thinking or hallucinations
- Malnutrition caused by not eating properly



- ▲ Alcoholism is a disease that can shatter a person's entire life and disrupt the lives of those around him or her. **How widespread is this disease in the United States?**



Go Online

Topic: Speaking Out About Alcohol

Visit glencoe.com for Student Web Activities to learn about the effects of alcohol and what teens around the country are doing to encourage their peers not to drink.

Activity: Using the information provided at the link above, write a letter to the editor of your local newspaper suggesting ways that underage drinking can be prevented in your community.




Explain What problems and behaviors occur during stage two of the disease of alcoholism?



ACTIVITY
Careers for the 21st Century

Alcohol Abuse Counselor

 An alcohol abuse counselor helps alcoholics recover from their addiction. These professionals give emotional support and show patients how to stay alcohol free. There will always be a demand for alcohol abuse counselors because alcoholics need professional guidance and support to overcome their addiction. If you are interested in becoming an alcohol abuse counselor, you should practice your communication skills. Alcohol abuse counselors need to be good speakers and listeners.

What skills does an alcohol abuse counselor need? Go to Career Corner at glencoe.com to find out.

Costs to the Family

Alcoholism affects others apart from the alcoholic. Denial—the biggest symptom of this disease—is a problem for family and friends as well. Often they don't believe the drinker has a problem. They think he or she just needs to stop drinking or cut down. Family members often neglect their own needs to focus on helping the alcoholic. This can have a very negative effect on self-esteem, especially if the alcoholic is abusive to family members.

In some families, members who try to help the alcoholic make the problem worse by becoming enablers. **Enablers** are *persons who create an atmosphere in which the alcoholic can comfortably continue his or her unacceptable behavior*. Enabling includes making excuses for or lying on behalf of the alcoholic. Enablers believe that these actions help, but they do not. An unhealthy cycle of dependency develops between the alcoholic and the enabler. This cycle prevents the alcoholic from getting treatment for his or her disease.



Reading Check

Define What is *enabling*?

Costs to Society

Alcohol's cost to the national economy is very high. Underage drinking costs society more than 50 billion dollars a year. The total cost of alcohol-related problems is approximately 175.9 billion dollars a year. That's more than the total cost of smoking or other drug-related problems. Alcohol-related problems also cost businesses billions of dollars a year in lost productivity. Productivity is how much work a person does when he or she is on the job.

- ▶ Speaking honestly to a family member about an alcohol problem is better than trying to hide the problem. **How can enabling be harmful to both an alcoholic and family members?**



Alcohol Abuse

Although the terms *alcoholism* and *alcohol abuse* are sometimes used interchangeably, there is a difference. People who abuse alcohol are not physically dependent on the drug. Rather, **alcohol abuse** is a pattern of drinking that results in one or more well-defined behaviors within a 12-month period. The four symptoms are:

- Failure to fulfill major work, school, or home responsibilities.
- Drinking in situations that are physically dangerous. For example, driving while intoxicated, or riding in a car driven by someone who is drinking alcohol.
- Having ongoing alcohol-related legal problems. These may include arrests for DWI or physically hurting someone while drunk.
- Continuing to drink even when relationships have been negatively affected by the person's use of alcohol.



Reading Check

Identify Name a behavior associated with alcohol abuse.

Go Online

Visit glencoe.com and complete the Interactive Study Guide for Lesson 4.

Lesson 4 Review



After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** Define *alcoholism*.
2. **Explain** What is the difference between alcohol abuse and alcoholism?
3. **Describe** Briefly describe the four stages of alcoholism.

Thinking Critically

4. **Analyze** Over the past year, Andrew has secretly been drinking alcohol. He has missed a lot of school and has been in trouble with the law. Would you say Andrew is an alcoholic? Explain your answer.
5. **Synthesize** You are at a friend's house. You overhear your friend's father say,

"I do *not* have a drinking problem." Your friend looks uncomfortable, then says, "He really doesn't have a problem, you know." What kind of behavior is your friend demonstrating?

Applying Health Skills

6. **Stress Management** Some people use alcohol to relieve stress. Make a list of healthy activities a person can do to manage stress without the use of alcohol. As a class, compile the best ideas into a brochure on stress-management techniques. Share copies of your brochure with family and friends.



Lesson 5

Getting Help for Alcohol Abuse

Guide to Reading

Building Vocabulary

As you read this lesson, write each new highlighted term and its definition in your notebook.

- intervention (p. 296)
- relapse (p. 296)
- recovery (p. 297)
- withdrawal (p. 297)
- detoxification (p. 297)

Focusing on the Main Ideas

In this lesson, you will learn to

- **explain** what a person experiences during withdrawal from alcohol.
- **describe** the steps in the process of recovery.
- **identify** community resources that can help alcoholics, alcohol abusers, and their families.

Reading Strategy

Predicting Based on the headings and photos in this lesson, describe what you think you will learn from reading it.

Quick Write

Name a person you turn to when you need help with a problem. Write a brief description of qualities this person has, such as good listening skills.

Help for People with Alcohol Problems

People who are struggling with alcohol use need help. However, many of them may be in denial. Being in denial means refusing to admit a problem with alcohol. To overcome this obstacle, family and friends can hold an intervention. An **intervention** is a gathering in which family and friends get the problem drinker to agree to seek help. The drinker is confronted with the facts of his or her problem and strongly urged to stop drinking.

Starting Down the Road to Recovery

Treatment for alcoholism begins with the alcoholic's understanding that he or she has an addiction and must never drink, again. If an alcoholic takes even one drink, there is the chance that he or she will have a relapse. A **relapse** is a return to the use of a drug after attempting to stop.

- ◀ Counseling can help a person recover from alcohol abuse. **What are some organizations that provide this type of counseling?**





Recovery starts only after the alcoholic makes the **commitment** never to drink again. **Recovery** is *the process of learning to live an alcohol-free life*, and is usually long and difficult. The alcoholic must cope with the symptoms of withdrawal that occur when he or she stops drinking. **Withdrawal** is *the physical and psychological reactions that occur when someone stops using an addictive substance*. These can be mild to very severe and include headaches, tiredness, strong mood swings, and nausea.

Academic Vocabulary

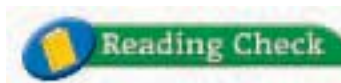
commitment (kuh MIT muhnt) (*noun*) a promise. *Julian and Lupe made a commitment to their physical health by running 2 miles, every day.*



Steps Along the Road

The road to recovery consists of a number of steps. Every person who wants to get better must take all the steps. There are no shortcuts. The steps to recovery are as follows:

- **Admission.** At the start of recovery, the person must admit that he or she has an addiction and ask for help.
- **Counseling.** Alcoholics need outside help from counselors and support groups to recover. Many people find the group Alcoholics Anonymous (AA) helpful. AA is an organization that is made up entirely of recovering alcoholics. They all know from firsthand experience how difficult it can be to break an alcohol addiction.
- **Detoxification.** This is *the physical process of freeing the body of an addictive substance*.
- **Resolution.** Once recovery has begun, the alcoholic resolves or makes the decision to accept responsibility for his or her actions. It is time to move forward, and the person is now referred to as a *recovering alcoholic*. A recovering alcoholic is someone who has an addiction to alcohol but chooses to live without alcohol.



Reading Check

Explain What makes recovery from alcoholism so difficult?



- ◀ Support groups are available to teens with an alcoholic in their family. **What are the benefits of joining such a group?**



Health Skills Activity

Communication Skills

When Communication Counts Most

If a friend or family member has a problem with alcohol, you may be able to help. Here's how.

- **Have an honest talk with the drinker.** Choose a time when the person is sober. Make eye contact and talk honestly about your concerns. Tell him or her about the serious effects alcohol can have on a person's physical, mental, and emotional health.
- **Encourage the person to seek help.** After expressing your concerns, explain why support is needed. Ask the person to get help.
- **Offer information.** Finally, provide useful information about where the person can go for help. Facts and details are important at this stage. Make sure that the person understands what kind of help is available and how to get it.

With a Group

Role-play a conversation in which you use the skills outlined above. Think about specific words that would express your concern and encourage the person to get help.

Help for the Family

The families of alcoholics need to recover from the effects of living with alcoholism as well. This is especially true when members of the family have been enablers. There are several organizations that offer help. One well-known example is Al-Anon. This nonprofit group teaches family and friends about alcoholism and helps them understand how they have been affected. It also teaches them skills for coping with the many problems alcoholism creates. Another group that exists within Al-Anon is Alateen. It is specially designed to help teens deal with alcoholic parents. Both groups do community outreach work as well. They educate the public and direct families to counselors, support groups, and mental health facilities.

Go Online

Visit glencoe.com and complete the Interactive Study Guide for Lesson 5.



Ways to Stay Alcohol Free

You have learned that alcohol use can damage a teen's physical, mental/emotional, and social health. The best way to avoid these risks is to choose to be alcohol free. Avoid situations where



◀ Staying alcohol free involves knowing how to say no to high-risk situations, like the teen in this picture is doing. **What refusal skills do you use to abstain from high-risk situations?**

alcohol may be present. Choose friends who are alcohol free. They will support your decision not to use alcohol.

If you find yourself in a situation in which you feel pressured to try alcohol, use refusal skills. Practice the S.T.O.P. strategy discussed in Chapter 2. State your decision clearly and assertively. When you speak assertively, you are letting people know you are serious. If the pressure continues, walk away. If needed, get help from a parent or other adult.

Reading Check

Identify What are some ways to stay alcohol free?

Lesson 5 Review

After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** Define *withdrawal*.
2. **List** Name the steps in the recovery process.
3. **Identify** What community organizations are available to help alcoholics and their families?

Thinking Critically

4. **Evaluate** What is the one fact about alcohol addiction you think a problem drinker needs to know most?

5. **Apply** Imagine that a friend admits to having a drinking problem. The way he plans to handle the problem is to gradually cut down on his drinking. Is this a wise plan? Why or why not?

Applying Health Skills

6. **Goal Setting** Think about personal goals you have. Write one or two of these down on a sheet of paper, leaving space under each one. In the spaces, explain how using alcohol could interfere with your goals.

Building Health Skills

Accessing Information
Practicing Healthful Behaviors
Stress Management
Analyzing Influences
Communication Skills
Refusal Skills
Conflict Resolution

Decision Making

Goal Setting
Advocacy

What Steps Can You Take to Make Healthy Decisions?

The decision-making process can help you make healthy and responsible choices. The six steps of the decision-making process are as follows:

1. State the situation.
2. List the options.
3. Weigh the possible outcomes.
4. Consider your values.
5. Make a decision and act.
6. Evaluate the decision.

Helping Someone Get Help

Follow the Model, Practice, and Apply steps to help you master this important health skill.

1 Model

Read how Darcy uses the decision-making process to decide whether or not she should talk to her friend Ellie about her drinking problem.

Darcy recently realized that her close friend Ellie may have a drinking problem. Darcy used the decision-making process to help her decide what to do.

1. **State the situation:** I'm afraid my friend might have a drinking problem.
2. **List the options:** I could just do nothing. I could try talking to Ellie.
3. **Weigh the possible outcomes:** If I do nothing, Ellie's problem could get worse. If I talk to her about it, she might get mad.
4. **Consider values:** Ellie is my friend. I care about what happens to her.
5. **Make a decision and act:** I will try to talk to Ellie about her problem.
6. **Evaluate the decision:** I spoke to Ellie today after school. She said she knows she has a problem. She asked me go to the school guidance counselor with her to get help.



2 Practice

Help Stephanie use the decision-making process to convince her cousin that drinking just to be part of a group is wrong.

Stephanie's cousin Stacy told her a secret, after making Stephanie promise not to say anything. "There's this club I want to join," she said. "Before I can be a member, I have to pass a test. I have to drink a beer in two minutes." When Stephanie told Stacy this was a bad idea, Stacy frowned. "I thought you'd understand how important this is to me," she said.

1. What decision is Stephanie faced with?
2. What do you think Stephanie's options are?
3. What are the possible outcomes of these options?
4. What would you do if you were Stephanie?



3 Apply

Use what you have learned about decision making to complete the activity below.

In a small group, think of a realistic situation where a decision needs to be made involving a teen and alcohol use. Write your situation down, then trade situations with another group. Each group should write an original story using the situation they have been given. The story should show how the six steps of decision making can be used to make a choice. In your story, explain how avoiding alcohol would affect the teen's health.

Self-Check

- Did our story illustrate the six steps of decision making?
- Did our story show how decision making can be used to make choices involving alcohol?
- Was our story realistic?



Refusing to Get in a Car with a Driver Who Has Been Drinking

You have learned that you should not drink and drive. You should also avoid getting into a car with someone who has been drinking. If someone who has been drinking alcohol invites you to ride in a car with him or her, you should know how to refuse that invitation. The following are some suggestions that can help you avoid an unsafe situation.

- Make a decision to never ride with someone who has been drinking, and stick to it.
 - Do not make arrangements to go places with a driver who you know will likely drink at an event you are going to.
 - Find other ways to get a ride home if you are with a driver who has been drinking.
 - Use direct statements: “I am not riding with you. You have been drinking. Don’t drive. I’ll find us another ride.”
- 2 Write a skit that has dialogue showing successful use of refusal skills. Be sure that every group member has a part.
 - 3 Act out your skit for the class.

What You Will Need

- 1 index card per student
- Colored pencils or markers



What You Will Do

- 1 Working with a small group, brainstorm a list of refusal statements a teen can use to avoid riding in a car with a driver who has been drinking.

Wrapping It Up

As a class, discuss the dialogue used in each of the skits. Decide which skit presented the most effective refusal statements. Then, on your own, take your index card and write “Don’t Ride with a Drunk Driver” on the card. Then, write at least two statements you can use to refuse such a ride. Use markers or colored pencils to make the card creative and colorful. Display your cards in the classroom.



Visit glencoe.com to download quizzes and eFlashcards for Chapter 12.

FOLDABLES® Study Organizer

Foldables® and Other Study Aids Take out the Foldable® that you created for Lessons 2 and 3 and any graphic organizers that you created for Lessons 1–5. Find a partner and quiz each other using these study aids.

Lesson 1 Why Alcohol Is Harmful

Main Idea Alcohol is harmful because it can damage a person’s physical, mental/emotional, and social health.

- Alcohol is a depressant. It slows down the body’s functions and reactions.
- Some of the reasons teens use alcohol include media messages, stress relief, peer pressure, and to look more mature.

Lesson 2 Short-Term Effects of Alcohol Use

Main Idea Alcohol is a very fast-acting drug. It begins to affect the body the moment it enters the mouth.

- Alcohol slows down a person’s reaction time. This creates serious safety risks for the drinker and others.
- Factors that influence the effects of alcohol include weight, gender, rate of consumption, amount consumed, amount eaten, other drugs in the system, state of health, and how well rested the person is.

**Lesson 3 Long-Term Effects of Alcohol Use**

Main Idea Drinking alcohol regularly can lead to a number of health problems. These

include damage to major organs like the stomach, liver, brain, pancreas, and heart.

- A devastating long-term consequence of driving while intoxicated is causing your own death or the death of someone else.
- Since teens frequently combine high-risk activities with binge drinking, their potential for death or serious injury is very high.
- Babies born to mothers who use alcohol are more likely to have health problems, learning disabilities, or even mental disorders.

Lesson 4 Alcoholism and Alcohol Abuse

Main Idea Alcoholism is a progressive, chronic disease that involves a mental and physical need for alcohol. Alcohol abuse is a pattern of drinking that results in one or more well-defined behaviors within a 12-month period.

- Symptoms of alcoholism include denial, craving, loss of control, tolerance, and physical dependence.
- There are four stages of alcoholism. Each stage can be long or short, depending on the individual and the age at which he or she started drinking.

Lesson 5 Getting Help for Alcohol Abuse

Main Idea The process of recovery includes admission, detoxification, counseling, and resolution.

- Several organizations offer help for alcoholics and their families.



After You Read

Health eSpotlight



Now that you have read the chapter, look back at your answer to the Health eSpotlight questions on the chapter opener. Have you added any important reasons to the list of why you should not drink alcohol? What would your answer be now?

Reviewing Vocabulary and Main Ideas

On a sheet of paper, write the numbers 1–6. After each number, write the term from the list that best completes each sentence.

- alcohol
- alcohol poisoning
- alternatives
- depressant
- drug
- intoxication
- malnutrition
- reaction time

Lesson 1 Why Alcohol Is Harmful

1. A _____ is a substance that changes the structure or function of the body or mind.
2. A(n) _____ is a drug that slows down the body's functions and reactions.
3. _____ to drinking include finding a hidden skill and volunteering.

Lesson 2 Short-Term Effects of Alcohol Use

4. _____ can occur when the body does not receive enough nutrients to function properly.
5. The ability of the body to respond quickly and appropriately to any situation is called _____.

6. _____ means a person is physically and mentally impaired by the use of alcohol.



On a sheet of paper, write the numbers 7–13.

Write **True** or **False** for each statement below. If the statement is false, change the underlined word or phrase to make it true.

Lesson 3 Long-Term Effects of Alcohol Use

7. A disease characterized by scarring and eventual destruction of the liver is called fatty liver.
8. The consumption of a large quantity of alcohol in a very short period of time is known as inhibition.

Lesson 4 Alcoholism and Alcohol Abuse

9. A person with a blood alcohol content (BAC) of 0.80 percent is legally considered to be DWI or driving while intoxicated.
10. An addiction is a physical or psychological need for a drug.

Lesson 5 Getting Help for Alcohol Abuse

11. Loss of control is one symptom of alcoholism.
12. Alcohol abuse is a pattern of drinking that results in one or more well-defined behaviors within a 12-month period.
13. Resolution is a process in which the alcoholic's body adjusts to functioning without the drug.



Applying Technology

The Dangers of Drinking: A Puppet Show

Using a digital camera and iMovie®, you and a partner will create a puppet show for younger students that teaches them about the dangers of alcohol use.

- Use socks or paper lunch bags to create your puppets. Make them colorful and appealing.
- Write a five-minute script that focuses on one of the topics covered in this chapter. Use language that younger students will understand.
- Use a digital camera to record your puppet show. Export it to your computer. Click, drag, and drop the video from the media files into the iMovie® clipboard.
- Save your puppet show.

Thinking Critically

Using complete sentences, answer the following questions.

14. **Evaluate** How can alcohol use as a teen cause health problems later in life?
15. **Analyze** Why is an alcoholic always said to be recovering rather than cured?
16. **Apply** Imagine you are planning a birthday party for a friend. What are some fun activities you could choose that do not include the use of alcohol?

Write About It

17. **Persuasive Writing** What reasons might teens use to persuade others to use alcohol? What are some refusal responses to these statements?

Standardized Test Practice

Reading

Read the passage and then answer the questions.

A SADD Story

In 1981, a group of students from Wayland, Massachusetts, wanted to make a statement. Having watched peers die in accidents involving drunk driving, the group formed SADD. Back then, the letters in the name stood for “Students Against Driving Drunk.” The students’ goal was to spread the word that drunk driving kills.

Today, SADD has thousands of chapters in middle schools, high schools, and colleges. In 1997, the letters in SADD were changed to stand for “Students Against Destructive Decisions.” The group is now dedicated to preventing all high-risk behaviors among teens. These include underage drinking, substance abuse, violence, and suicide.

1. Which best describes the way in which SADD changed since it was founded?
 - A. The founders moved the organization’s headquarters to a city out west.
 - B. The founders sold the organization to its adult backers.
 - C. SADD grew to have thousands of chapters.
 - D. The group is no longer dedicated to preventing drunk driving.
2. Sixteen years after SADD was founded, the organization’s name was changed to
 - A. Students Against Drunk Driving.
 - B. Students Against Doing Drugs.
 - C. Students Against Dealing Drugs.
 - D. Students Against Destructive Decisions.