

**Today's Objective: How can the influence of alcohol affect unsafe situations?**



In this lesson, you'll learn to:

- **Identify** factors, such as the media, that influence decisions about alcohol use and your health.
- **Analyze** the harmful effects of alcohol, such as physical, mental/emotional, social, and legal consequences.
- **Explain** the role alcohol plays in unsafe situations such as HIV, STDs, unplanned pregnancies, and motor vehicle accidents.
- **Develop** strategies for preventing the use of alcohol.
- **Demonstrate** refusal strategies regarding alcohol use and the benefits of choosing to be alcohol free.
- **Analyze** the importance of alternatives to substance use.



## What Is Alcohol?

- Alcohol, or ethanol, is an powerful and **addictive drug**.
- Ethanol can be **produced synthetically and naturally through the fermentation of fruits, vegetables, and grains**.
- Water, flavoring, and minerals are mixed with ethanol to produce a variety of beverages, such as beer and wine.
- Alcohol also can be processed to create spirits, or liquors, such as whiskey, rye, and vodka.



## Immediate Effects of Alcohol Consumption

- **At first**, drinking alcohol may provide **a kind of** energy “rush.” This initial reaction **masks alcohol’s true effects as a depressant**.
- Alcohol quickly **affects a person’s motor skills by slowing reaction time and impairing vision**. Clear thinking and good judgment also diminish.
- The **amount of alcohol that leads to intoxication varies from person to person**.



# Factors That Influence the Choice of Teens



## 1. Peer Pressure

- It's normal for teens to want to feel accepted within a group. The desire to fit in is strong.
- Teens who choose friends who avoid alcohol use are more likely to be alcohol free than teens whose friends accept alcohol use.



## 2. Family

- Family members can help teens be alcohol free.
- Parents who discourage and avoid the use of alcohol are more likely to have teens who do the same.
- In fact, **teens cite parental disapproval as the number one reason for not using alcohol.**



### 3. Media Messages

- Many **media messages** on TV and radio and in movies **make alcohol use appear exciting, attractive, and fun.**
- The message of many ads is “To fit in, drink alcohol.”
- However, teens who recognize these messages and their meanings are more likely to resist negative influences.





## 4. Advertising Techniques

- Companies that produce alcoholic beverages spend billions of dollars each year and use various strategies to advertise and sell their products.
- They do this to **associate their products with attractive and healthy people having fun.**
- It is important to thoroughly analyze and interpret media messages that encourage the consumption of alcohol.



## Avoid Alcohol: Avoid Unsafe Situations

- Alcohol-related motor vehicle accidents are the number one cause of death and disability among teens.
- Alcohol-related incidents can be damaging to the health and safety of the user and those associated with the user.



## Alcohol and the Law

- **If you are under 21, it is illegal to buy, possess, or consume alcohol.**
- For teens who break the law, the legal consequences can be very negative.
- By breaking the law, the offender risks both damaging his or her reputation and losing the trust and respect of friends and family members.



## Alcohol, Violence, and Sexual Activity

- Teens can protect their health by avoiding situations where alcohol is present.
- **Alcohol use and sexual activity are a dangerous mixture.**
- Alcohol **impairs a person's judgment, lowers inhibitions, and compromises moral standards.**
- The **effects of such careless sexual activity can be unplanned pregnancy, HIV, STDs,** and negative mental and social consequences.



## Alcohol Abuse

- It is estimated that 25 percent of all youth are exposed to family alcohol abuse at some time before they reach the age of 18.
- Young people who live in a household in which a family member abuses alcohol are at a high risk for neglect, abuse, economic hardship, and social isolation.
- Studies indicate that a **person who begins drinking as a teen is four times more likely to develop alcohol dependence than an adult is.**



## Alcohol and Extracurricular Activities

- Most schools have adopted a zero-tolerance policy for students found using alcohol.
- **If caught, students may become ineligible to participate or may be suspended from their extracurricular activities or from school.**
- A student's future social, college, and job prospects could be damaged.



## Commitment to Stay Alcohol Free

This commitment helps you:

- **Maintain a healthy body.**
- **Make responsible decisions.**
- **Avoid risky behavior.**
- **Avoid illegal activities.**



## Strategies for Preventing Use of Alcohol

Even if the pressure to use alcohol becomes intense, saying no is much easier when you're prepared.

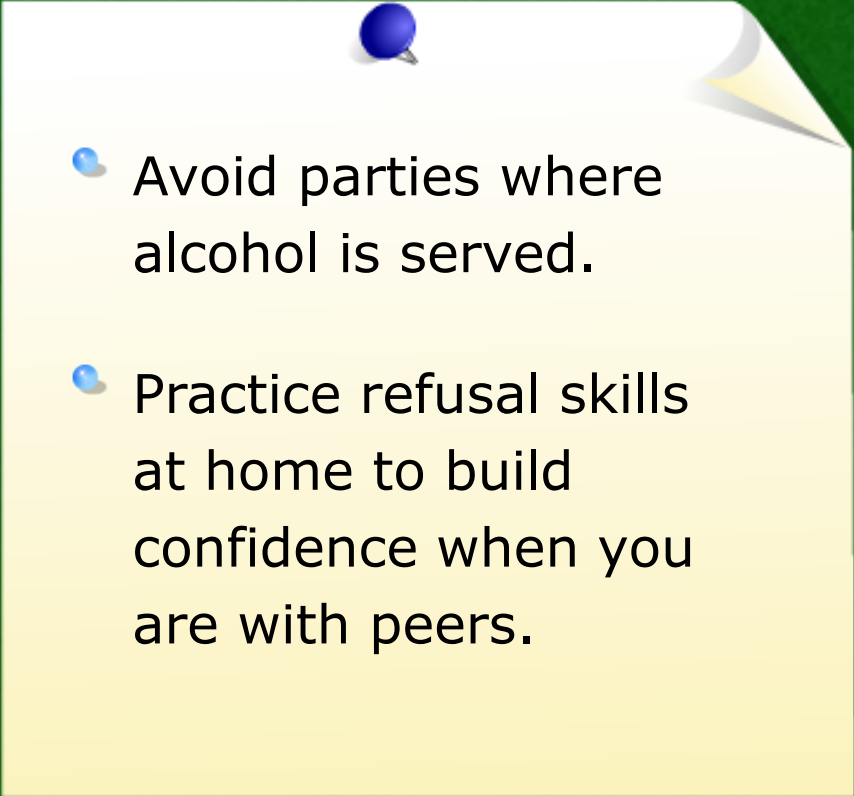
If you find yourself in a situation where alcohol is present, be assertive:

- **Refuse to drink.**
- **Leave the situation quickly.**
- **Call for a ride home.**





Your Best Defense

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- Avoid parties where alcohol is served.
  - Practice refusal skills at home to build confidence when you are with peers.

