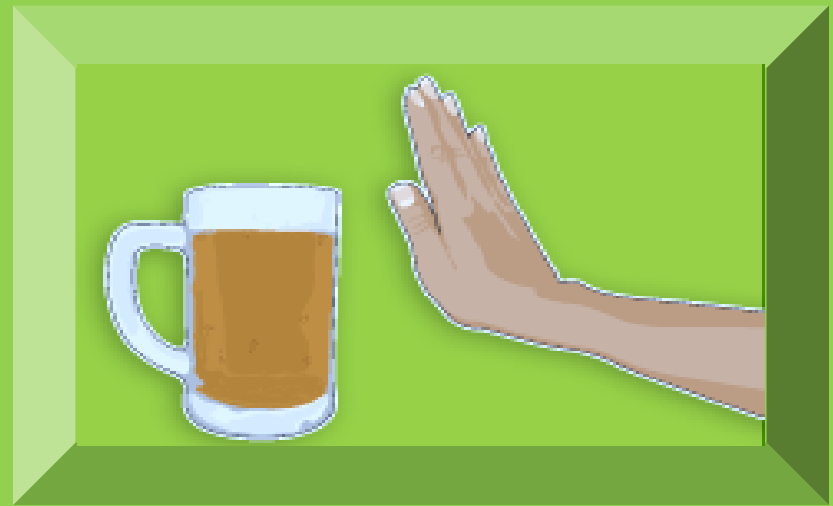


Chapter 15

Alcohol

Lesson 1

Alcohol Use and Teens



Alcohol Use and Teens

BIG IDEA

Most teens do not use alcohol, but several factors influence teens to try it.

Building Vocabulary

➤ **alcohol**

A drug created by a chemical reaction in some foods, especially fruits and grains

➤ **drug**

A substance other than food that changes the structure or function of the body or mind

➤ **depressant**

A drug that slows down the body's functions and reactions, including heart and breathing rates

➤ **inhibitions**

Conscious or unconscious restraints on his or her behaviors or actions

Alcohol Use and Teens

BIG IDEA

Most teens do not use alcohol, but several factors influence teens to try it.

Building Vocabulary

- **binge drinking** Having several drinks in a short period of time
- **minor** A person under the age of adult rights and responsibilities
- **driving while intoxicated** A person driving a car with a blood alcohol concentration (BAC) of 0.08% or greater

Alcohol Use and Teens

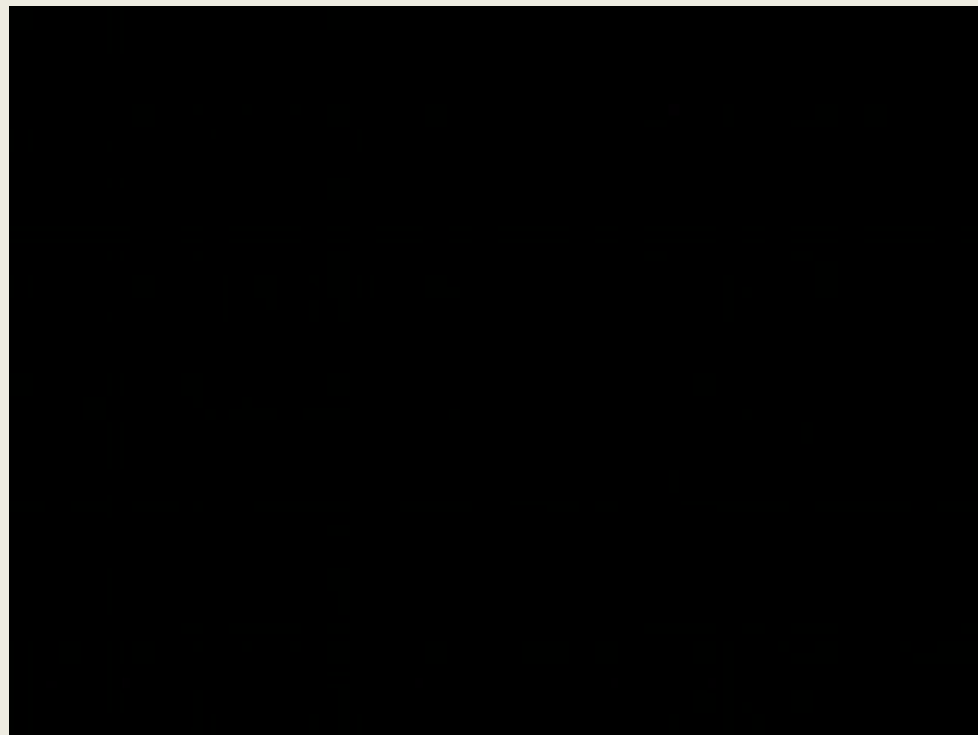
BIG IDEA

Most teens do not use alcohol, but several factors influence teens to try it.

Health eSpotlight Video

Watch the video and complete the questions.

1. Identify the number of drinks one third of all high school students admit to drinking in one sitting.
2. Name the leading cause of death among teens.



Alcohol Use and Teens

BIG IDEA

Most teens do not use alcohol, but several factors influence teens to try it.

Foldables®

Make this Foldable® to help you organize what you learn in Lesson 1 about alcohol use and teens.

- 1** Begin with a plain sheet of 11" x 17" paper. Fold the short sides inward so that they meet in the middle.



- 2** Fold the top to the bottom.



- 3** Unfold and cut along the inside fold lines to form four tabs.



- 4** Label the tabs *What Is Alcohol, Why Do Some Teens Use Alcohol, Reasons Not to Drink, and Consequences of Alcohol Use.*



Under the appropriate tab, record what you learn about these four topics.

Alcohol Use and Teens

BIG IDEA

Most teens do not use alcohol, but several factors influence teens to try it.

Real-Life Issues

Your Health Inventory Open a new page in your online Notebook and add the title *Alcohol Use and Teens*. For each statement in the Lesson Resources panel, record your response in your online Notebook. Response choices are “Yes,” “No,” and “Sometimes.” When you finish reading the lesson, check your responses. Would you change any responses?

Alcohol Use and Teens

BIG IDEA

Most teens do not use alcohol, but several factors influence teens to try it.

What is Alcohol?

The type of **alcohol** in beer, wine, and liquor is one of the most widely used and abused drugs in the United States.

New Vocabulary

alcohol A drug created by a chemical reaction in some foods, especially fruits and grains

Alcohol Use and Teens

BIG IDEA

Most teens do not use alcohol, but several factors influence teens to try it.

What is Alcohol?

Alcohol is a **drug** that acts as a **depressant**.

New Vocabulary

drug A substance other than food that changes the structure or function of the body or mind

New Vocabulary

depressant A drug that slows down the body's functions and reactions, including heart and breathing rates

Alcohol Use and Teens

BIG IDEA

Most teens do not use alcohol, but several factors influence teens to try it.

What is Alcohol?

Alcohol can cause people to lose their **inhibitions**.

New Vocabulary

inhibitions Conscious or unconscious restraints on his or her behaviors or actions

Alcohol Use and Teens

BIG IDEA

Most teens do not use alcohol, but several factors influence teens to try it.

Why Do Some Teens Use Alcohol?

Curiosity

Popularity

**To feel grown
up**

**To feel relief
from
emotions**

Alcohol Use and Teens

BIG IDEA

Most teens do not use alcohol, but several factors influence teens to try it.

Alcohol in the Media

Television commercials, movies, Internet sites, and online ads often make using alcohol seem fun and exciting. Media images may lead some teens to feel that drinking alcohol is okay. Some teens may also think that using alcohol will add more fun and excitement to their lives, like the people in the ads.

Alcohol Use and Teens

BIG IDEA

Most teens do not use alcohol, but several factors influence teens to try it.

Peer Pressure

Some may choose to use alcohol to try to fit in or to not be embarrassed in front of their friends. Sometimes peer pressure can lead to **binge drinking**. It is not always easy to say no, but negative peer pressure is not a good reason to choose alcohol.

New Vocabulary

binge drinking Having several drinks in a short period of time

Alcohol Use and Teens

BIG IDEA Most teens do not use alcohol, but several factors influence teens to try it.

Reasons Not to Drink

Those who should not use alcohol at all include people who are:

- A **minor**.
- Pregnant or women who are trying to become pregnant.
- Taking medications.
- Recovering from alcoholism or unable to control the amount they drink.
- Facing a medical condition that can be made worse by alcohol use.
- Driving, planning to drive, or engaging in any other activity that requires skill, coordination, and alertness.

New Vocabulary

minor A person under the age of adult rights and responsibilities

Alcohol Use and Teens

BIG IDEA

Most teens do not use alcohol, but several factors influence teens to try it.

Reasons Not to Drink

It is illegal for a minor to use alcohol. Buying or drinking alcohol can lead to an arrest, a fine, or time in a youth detention center. A person of any age who is convicted of **driving while intoxicated (DWI)**, or driving under the influence (DUI), risks losing his or her license. If that person causes an accident and someone is injured, the driver may face more serious consequences.

New Vocabulary

driving while intoxicated (DWI) A person driving a car with a blood alcohol concentration (BAC) of 0.08% or greater

Alcohol Use and Teens

BIG IDEA

Most teens do not use alcohol, but several factors influence teens to try it.

Reasons Not to Drink

Choosing not to use alcohol is a healthful decision. In reality, most teens do not use alcohol. By choosing not to drink, you will already be fitting in with most people your age. Many teens realize the negative effects that alcohol can have on all sides of their health triangle and are saying no to alcohol use.

Alcohol Use and Teens

Lesson 1 Review

▶▶▶ After You Read

Vocabulary Define alcohol. Use it in a sentence.

Alcohol Use and Teens

Lesson 1 Review

▶▶▶ After You Read

Explain What are two reasons teens often give for using alcohol?

Alcohol Use and Teens

Lesson 1 Review

▶▶▶ After You Read

State What are two reasons not to drink alcohol?

Alcohol Use and Teens

Lesson 1 Review

▶▶▶ Thinking Critically

Apply What do you think is the most important reason for a teen not to use alcohol?

Alcohol Use and Teens

Lesson 1 Review

▶▶▶ Thinking Critically

Predict How can using alcohol affect a teen's development?

Alcohol Use and Teens

Lesson 1 Review

▶▶▶ Applying Health Skills

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 truth about these concepts.

Chapter 15

Alcohol

END

Lesson 1

Alcohol Use and Teens

