

ALCOHOL



ALCOHOL

- CAUSES CHANGES IN A PERSON'S PHYSICAL & EMOTIONAL STATE = INTOXICATION
- CLASSIFICATION = DEPRESSANT
- ALL FORMS OF ALCOHOL IS DANGEROUS
 - 1 BEER = 1 SHOT OF HARD LIQUOR = 1 GLASS OF WINE
 - ([WHAT TO LEARN MORE CLICK THIS](#))
- LOTS OF "EMPTY" CALORIES = WEIGHT GAIN
 - REMEMBER CALORIES CONSUMED IN 24 HOURS MUST EQUAL CALORIES BURNED IN 24 HOURS IF YOU DO NOT WANT TO GAIN WEIGHT

WHAT IS ALCOHOL?

- A SUBSTANCE FORMED NATURALLY WHEN FERMENTING SUGAR REACTS WITH YEAST... ETHYL ALCOHOL
- ETHYL ALCOHOL CAUSES THE INTOXICATING EFFECTS IN BOOZE
 - DIFFERENT ALCOHOLIC BEVERAGES USE DIFFERENT SOURCES OF SUGAR
 - BEER IS MADE FROM BARLEY
 - WINE IS FROM GRAPES AND BERRIES
 - WHISKEY IS FROM MALTED GRAINS



ALCOHOL AND "DIGESTION"

- ALCOHOL IS ABSORBED DIRECTLY INTO THE BLOODSTREAM FROM THE STOMACH & INTESTINES
- IT'S BETTER FOR SOMEONE TO DRINK WITH FOOD BECAUSE ALCOHOL CANNOT BE ABSORBED AS RAPIDLY
 - DRINKING ON AN EMPTY STOMACH WILL SPEED UP INTOXICATION
- ALCOHOL POISONING CAN OCCUR IF YOU DRINK TOO MUCH TOO FAST

ACTUAL EFFECTS OF ALCOHOL

- EVERYONE IS AFFECTED DIFFERENTLY BY THE SAME AMOUNT OF ALCOHOL BECAUSE OF THE FOLLOWING 5 FACTORS:
 - BODY WEIGHT
 - FOOD IN STOMACH
 - USE OF OTHER DRUGS SIMULTANEOUSLY
 - EXPERIENCE WITH ALCOHOL (TOLERANCE)
 - SPEED OF DRINKING
- THIS SPECIFICALLY HAS TO DO WITH LEVELS OF INTOXICATION.
- [CLICK HERE → HOW DOES ALCOHOL MAKE YOU DRUNK](#)



WHAT A DRINK DOES RIGHT NOW!

- SLOWS NERVOUS SYSTEM DOWN- DEPRESSANT DRUG!
- 15 MINUTES AFTER 1 OR 2 DRINKS
 - MORE RELAXED & TALKATIVE, LAUGH MORE EASILY
- AFTER ONLY 2 DRINKS
 - LOSES ABILITY TO MAKE GOOD DECISIONS
 - UNABLE TO PAY ATTENTION & FOLLOW COMPLEX THOUGHT
 - LOSES INHIBITIONS
- AFTER A FEW MORE
 - LOSES ABILITY TO FOCUS EYES
 - SLURRED SPEECH
 - LOSS OF COORDINATION
 - MOOD SWINGS



LONG TERM HEALTH PROBLEMS

←
Click the title

- HEAVY USE OF ALCOHOL DAMAGES BODY FUNCTIONS:
 - INCLUDING BRAIN (MEMORY LOSS)
 - HEART (HEART ATTACKS FROM FATTY DEPOSITS)
 - LIVER (CIRRHOSIS: ORANGE/YELLOW DISEASE OF THE LIVER IN WHICH SCAR TISSUE REPLACES HEALTHY TISSUE AND BLOOD CANNOT FLOW THROUGH PROPERLY RESULTING IN THE BODY'S INABILITY TO BREAK DOWN FATS)
 - CIRCULATORY SYSTEM (TYPE 2 DIABETES)
 - STOMACH (TOO MUCH ACID LEADS TO INDIGESTION, HEARTBURN, AND ULCERS)
 - INTESTINES (DIARRHEA)



SOBERING UP!

- ALCOHOL IS ELIMINATED FROM THE BODY AT A FIXED RATE.
 - 5% IS ELIMINATED FROM BREATHING, URINATING, AND PERSPIRING.
 - 95% IS BURNED AT A RATE OF ABOUT ONE 12 OUNCE BEER, OR ONE 5 OUNCE GLASS OF WINE, OR ONE 1 ½ OUNCE SHOT OF HARD LIQUOR PER HOUR (OXIDIZED IN THE LIVER).
 - TAKING A SHOWER, EATING A LOT, FRESH AIR, OR DRINKING COFFEE WILL NOT SOBER YOU UP ANY FASTER!
 - [WATCH THIS](#)





LET'S TALK ABOUT DRINKING & DRIVING.....
BUT FIRST WATCH THIS

[HTTP://WWW.CC.COM/VIDEO-
CLIPS/LOH1QU/RENO-911--DRUNK-CATWALK](http://www.cc.com/video-clips/LOH1QU/RENO-911--DRUNK-CATWALK)

DRINK & DRIVING, A DEADLY COMBINATION

- #1 CAUSE OF DEATH AMONG TEENS IS CAR ACCIDENTS
- ALL SKILLS FOR DRIVING ARE IMPAIRED
 - SLOWS REACTION TIME
 - REDUCES ABILITY TO JUDGE DISTANCE & SPEEDS
 - AFFECTS VISION
 - REDUCES CONCENTRATION
- DUI = 0.08 BAC
- WATCH THIS



HOW MUCH DOES A DUI COST FOR A TEEN?

ESTIMATED MINIMUM \$

\$49,905



This is just the bare minimum, doesn't include costs if someone is killed or the guilt you will live with for the rest of your life.

Minimum fine: \$390

Court Cost: \$1,245

Booking & fingerprinting: \$170

Victim restitution fund: \$140

Annual auto insurance increase over 13 yrs: \$40,000

DUI classes: \$650

Towing & storage fee (\$137 a day): \$685 (at least 5 days)

Fines & attorney fees: \$4,000

DMV reinstatement fee: \$125

Bail bond cost (up to): \$2,500

Estimated *Minimum* total = \$49,905

Doesn't include hospital care for the person you hurt, the emotional & physical costs, the inability to get a job because of the DUI record, or the award from any lawsuit resulting from a death. All together, those costs could total millions of dollars.

THE TIME SPENT DEALING WITH THE CONSEQUENCES:

AVERAGE TIME OF LICENSE SUSPENSION = 3 MONTHS

FOR ADULTS, 1 YEAR FOR TEENS

AVERAGE TIME IN JAIL = 6 MONTHS

AVERAGE YEARS ON PROBATION = 3 YEARS

NUMBER OF YEARS WITH 2 POINTS ON DRIVING

RECORD = 13 YEARS

DUI CLASSES = 6 MONTHS

TIME IN COURT = SEVERAL MONTHS

CONVICTED OF MURDER = POSSIBLE LIFETIME

IMPRISONMENT



MOST IMPORTANT THINGS TO REMEMBER

- DO NOT DRINK AND DRIVE!!
 - DO NOT GET IN A CAR WITH
SOMEONE WHO HAS BEEN DRINKING!!
- 